

DYNAMIC FUTURES

YOUTH CAREER PATHWAYS
IN BEHAVIORAL HEALTH

Schedule
July 24-August 18



WEEK 1: JULY 24-28

Online Training

WEEK 2: JULY 31-AUGUST 4

Worcester State

WEEK 3: AUGUST 7-11

Worcester State

WEEK 4: AUGUST 14-18

Internships

WHAT'S THE DIFFERENCE?

Psychiatrists are medical doctors and can prescribe medication as part of their treatments.

Psychologists primarily use counseling techniques to aid their patients.

They often work together to treat patients.

DID YOU KNOW?

There are 80+ careers in psychology to consider!

DID YOU KNOW?

All behavior serves at least one of four functions; escape, sensory, attention, and accessing tangibles

IN-PERSON WEEK 1

Lights Out at 10pm

Monday July 31st

- 9:00 Worcester State Dorm Move In
- 11:00 Campus Tour
- 12:00 Program Intro
- 1:00 Lunch
- 2:00 Welcome to College Panel
- 3:00 Cohort 1 Panel
- 4:00 Credential Setup
- 6:00 Dinner
- 8:00 Movie Night

Tuesday August 1st

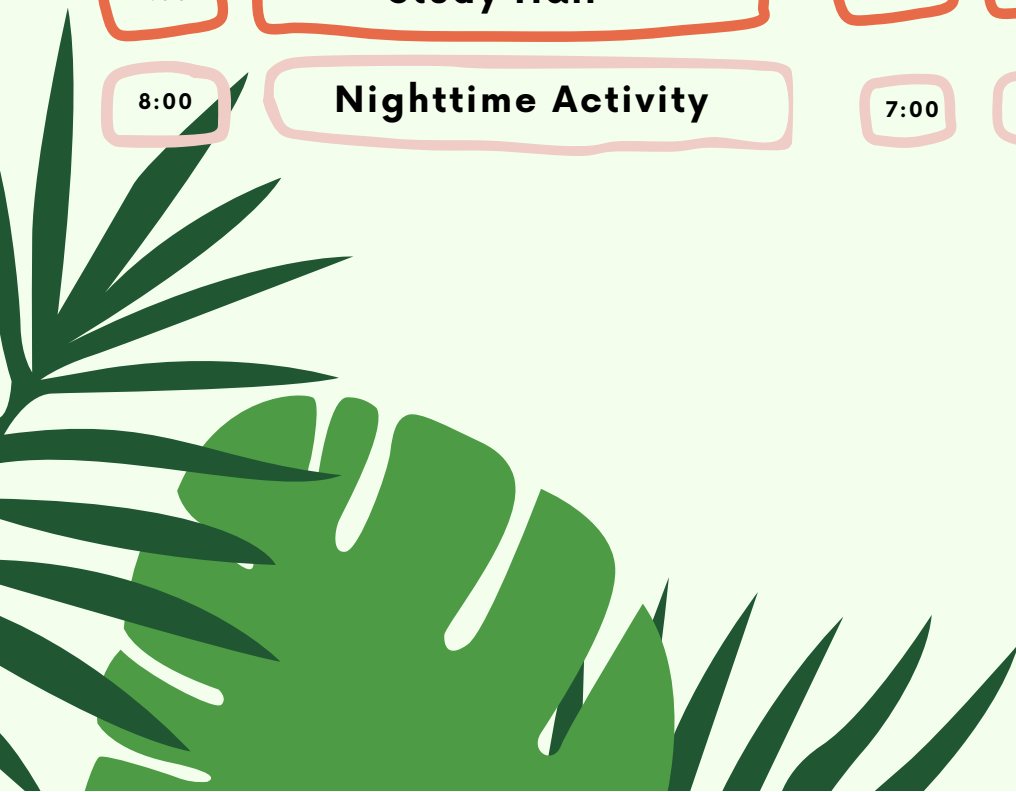
- 8:00 Breakfast
- 9:00 Ice Breaker + Mindfulness Exercise
- 10:00 What is Behavioral Health Presentation
- 11:00 Pathway to Success Panel
- 12:00 Lunch
- 1:00 Zentangle Workshop
- 2:00 Q/A with Psychology Interns
- 3:00 ForHealth Consulting- Our Work in Behavioral Health
- 4:00 Journal + Wellness Exercise
- 6:00 Dinner
- 8:00 Nighttime Activity

Wednesday August 2nd

- 8:00 **Breakfast + Mindfulness**
- 10:00 **Clark University**
- 11:00 **Identity and Intersectionality Panel**
- 12:00 **Lunch**
- 1:00 **Triggers-What are they? Presentation**
- 2:00 **AIDS Project Worcester**
- 3:00 **APW Presentation**
- 4:00 **Return to Worcester State + Wellness**
- 6:00 **Dinner**
- 7:00 **Study Hall**
- 8:00 **Nighttime Activity**

Thursday August 3rd

- 8:00 **Breakfast + Mindfulness**
- 9:00 **Encampment Site**
- 10:00 **El Buen Samaritano + Food Security Presentation**
- 11:00 **Return to Worcester State**
- 12:00 **Lunch**
- 1:00 **SNAP Workshop**
- 2:00 **Housing Instability & Homelessness Presentation**
- 3:00 **Journaling + Wellness**
- 5:00 **Study Hall**
- 6:00 **Dinner**
- 7:00 **Travel to Crystal Caves**





Friday August 4th

8:00

Breakfast

8:00

Mindfulness Exercise

8:45

UMass Chan

9:00

ICELS Workshop

11:00

Creative Therapies Workshop

1:00

Lunch

3:00

**Movement Therapy
Workshop**

4:00

Return to Worcester State

5:00

Pickup Begins

Enjoy your weekend!



IN-PERSON WEEK 2

Monday August 7th

Tuesday August 8th

8:00

Breakfast + Mindfulness

8:00

Breakfast + Mindfulness

9:00

**Substance Use Disorder
Presentation at City Hall**

9:45

Veterans Center

10:00

Prison Tour

10:00

**Intro to Veteran Affairs
Presentation**

1:00

Lunch at Café Reyes

11:00

PTSD Presentations

2:45

Return to Worcester State

12:00

**Lunch and Travel
to UMass Chan**

3:00

Group Debrief + Journaling

1:00

**Trauma of Human
Trafficking Presentation**

4:00

Movement Exercise

2:00

Debrief + Journaling

5:00

Study/Free Time

4:00

**Return to
Worcester State**

6:00

Dinner

5:00

Study/Free Time

7:00

Study Hall

6:00

WOOSOX Game

8:00

Nighttime Activity

10:00

Lights Out

Wednesday August 9th

Thursday August 10th

8:00

Breakfast + Mindfulness

8:00

Breakfast + Mindfulness

9:00

UMass Chan ICELS

9:00

UMass Chan

11:00

**Coping with Grief
Presentation**

10:00

**Career Pipeline Opportunity
Panel**

12:00

Lunch

11:00

**Developmental Disability
Presentation**

1:00

**Grief, Faith, and Compassion
Panel**

12:00

Lunch

2:00

Group Debrief

1:00

Group Dyads

3:00

Mindfulness Exercise

2:00

**Restorative Justice
Workshop**

4:00

Return to Worcester State

4:00

**Debrief and Return to
Worcester State**

5:00

Study Hall/Free Time

5:00

Study Hall/Free Time

6:00

Dinner

6:00

Dinner

7:00

Travel to Bowlero

8:00

Nighttime Activity



Friday August 11th

8:00

Breakfast + Mindfulness

10:00

Commencement

11:00

Presentations

12:00

Lunch

1:00

Move Out



Outings

AIDs Project Worcester

8/2/2023

165 Southbridge St, Worcester, MA 01608

APW was incorporated as a not-for-profit corporation to provide education to the community about HIV/AIDS and services to individuals and families infected with HIV. APW has grown from a narrowly focused, case management AIDS (Acquired Immunodeficiency Syndrome) services organization into the primary provider of non-medical HIV/AIDS support services in Central Massachusetts. APW began a restructuring of its programs and administration to respond to the dramatically changing needs of consumers resulting from improvement in medical treatments. These changes are: moving from an organization focused on helping people die, to one which assists people to live, and moving organizationally and programmatically from the crisis, short-term responses, to long-term strategic planning. These changes formed the foundation that would ensure the continued delivery of relevant, caring and comprehensive HIV/AIDS services to individuals and families in Central Massachusetts through the end of the millennium.

Encampment

Site

8/3/2023

Cohort 2 visited an encampment site with Evis Terpollari to talk about the housing crisis and homelessness in the area.

Worcester Department of Corrections

8/7/2023

5 Paul X. Tivnan Drive

West Boylston, MA 01583

Cafe Reyes

8/7/2023

421 Shrewsbury St, Worcester, MA 01609

Café Reyes is a mission-based restaurant, caterer, and initiative of the Latin American Health Alliance (LAHA). In addition to serving authentic Cuban food and dishes from around Latin America, we are a jobs training program for residents and graduates of the Hector Reyes House, a bilingual and bicultural residential treatment program for Latino men in recovery.

Veteran's Center

8/8/2023

255 Park Ave, Suite 900, Worcester, MA 01609

The Veteran's Center offers confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, post traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.

WOO Sox Game

8/8/2023

100 Madison St, Worcester, MA 01608

Crystal Caves

790 Southbridge St, Auburn, MA 01501

Mini Golf and Ice Cream

Bowlero

405 Boston Turnpike Route, 9, Shrewsbury, MA 01545

Internships Sites

El Buen Samaritano

EBS is a community-based non-profit organization that was founded in Worcester in 1991 and provides food relief and other services to individuals and families. EBS has worked for more than three decades to fight food insecurity in Worcester's Main South and Main Middle neighborhoods, acting not only as a food pantry but as a community center. EBS provides our community with nutritious food, including fresh fruits and vegetables, that may not be affordable or accessible to residents facing food insecurity. EBS services also provide aid people with SNAP applications, and connects people with resources for shelter, housing, elder care and, mental health services EBS primarily serves the Piedmont Street area, one of the most diverse neighborhoods in the city. Families, single parents, and the elderly from all different backgrounds all visit for assistance. EBS is a one hundred percent volunteer organization, founded by community members and guided by the philosophy that neighbors, when working together, can make a difference in their community.

CENTRO Inc.

Established in 1977, CENTRO, formerly Centro Las Americas, is the largest minority led, community based, multiservice, multicultural, multilingual, nonprofit organization in Central Massachusetts serving over 24,000 people each year. CENTRO's primary purpose is to assist individuals and families striving to reach self-sufficiency while promoting social responsibility, fostering cultural identity, and encouraging families to be significant contributors to the community. CENTRO is a CARF accredited institution. Its original purpose was that of preserving and sharing the Puerto Rican culture, to act as a gathering venue for celebrations and important community matters, as well as to assist these newcomers establish strong roots in Worcester. CENTRO's mission and the community it serves has evolved, as the make-up of the population in Worcester has changed. Its original purpose was that of preserving and sharing the Puerto Rican culture, to act as a gathering venue for celebrations and important community matters, as well as to assist these newcomers establish strong roots in Worcester. CENTRO's mission and the community it serves has evolved, as the make-up of the population in Worcester has changed.

Seven Hills: Family Resource Center

Mahly Alejandro: malejandro@sevenhills.org

Our Worcester Family Resource Center, conveniently located on a major bus route in downtown Worcester, is part of a statewide network of community-based providers offering multi-cultural parenting programs, support groups, information and referral resources and education for families whose children range in age from birth to 18 years of age. Family Resource Centers are located in 24 communities throughout Massachusetts to provide easy access to information and assistance related to health care, safety, employment training, education and peer support. In each of these communities and centers, the goal is to support families to strengthen their bonds, connect to others, and engage in their community.

Seven Hills Community Services/ Neurocore

Jennifer Adams: jadams@sevenhills.org

Seven Hills NeuroCare offers Day Services programming at its accessible community-based site located in New Bedford, Massachusetts. Services typically include assistance with learning activities of daily living and functional skills; language and communication training; compensatory, cognitive, and other strategies; interpersonal skills, prevocational skills; and recreational and socialization skills. Services promote wellness, individual choice, independence, empowerment, and encourages self-advocacy.

Seven Hills: Aspire, Community Based Day Supports

Fedna Laurent: flaurent@sevenhills.org

Seven Hills developed the ASPIRE! model of day programs to better support individuals with disabilities and other significant life challenges. ASPIRE! has restructured the way that day habilitation, adult day health, workforce readiness, and employment services are typically offered by promoting personal choice and self-determination in a dynamic, and dignified, community-driven environment. Activities of choice can include: workforce readiness & employment, sports/internet café, fiber/textiles studio, ceramics studio, art studio, music studio, technology center, health and wellness center, horticulture studio, ASPIRE! Internet Radio Station, Multimedia Clubhouse

Aspire, Worcester Day Hab

Cathi Joseph: cjospeh@sevenhills.org

Day Habilitation services are provided in the community-based settings of Worcester and Devens in Massachusetts, and Woonsocket, Rhode Island. All programs offer integrated occupational, physical, and speech therapy along with nursing and behavioral supports either on-site or in the community. Training is offered in functional life skills, health maintenance, fine- and gross-motor skills, self-direction, community utilization, socialization, and communication. The support goals are: Offer opportunities for choice, initiation, and risk taking, provide challenging, meaningful activities that promote personal growth, encourage and teach maximal participation by providing increased opportunities for motivation, independence, and self-direction, capitalize on each person's capabilities, strengths, and preferences, offer respectful, dignified, cultural, and age-appropriate service, provide therapeutically-based skills training

Sterns Tavern

Fedna Laurent: flaurent@sevenhills.org

An historic tavern saved from demolition in 2016, moved to its third Worcester site at an underutilized former industrial lot on Mill Street. The building is restored to its former glory to become a space for community meetings and a café used as a job training site for clients of the Seven Hills Foundation.

Seven Hills: Assistive Technology

Steven Kessler: skessler@sevenhills.org

In our decades of work supporting individuals with significant life challenges through a variety of day services, supported employment, family support programs, residential options, individual supports, and more, Seven Hills Foundation's philosophy is to promote achievement of personally meaningful goals and skills through supported participation in home and community activities. All supports at Seven Hills build on people's abilities rather than focusing on disabilities and assists individuals in enjoying a quality of life they did not think possible.

Open Sky

Lorie Martiska: lorie.martiska@openskycs.org

We support individuals and families to achieve their own definition of wellness, develop meaningful relationships, have access to opportunities of their choosing and be valued members of society. We know that with the right skills, services and supports, every person we serve can see beyond their perceived limitations to live beyond their own expectations. Open Sky was built on a foundation of strong community relationships and all of our efforts are informed by our commitment to the values of inclusion, opportunity, diversity, racial equity and justice for ALL people in our community.

Open Sky: Whitinsville Site

Lorie Martiska: lorie.martiska@openskycs.org

Meet Our Speakers

July 31st

Program Welcome



Stacey Luster JD

WSU General Counsel
sluster@worchester.edu

Stacey Luster is currently a part of the General Counsel and Advisor to President Barry Maloney for employment and equal opportunity. Luster was the first Black woman ever elected to Worcester City Council and works to support anti-racism and equal opportunity. She has also co-founded two advocacy groups designed to help those efforts: Black Families Together, which focuses on addressing institutional racism in Worcester; and the Black Excellence Academy, which helps students of color who are struggling in school.

Welcome to College Panel



Annie Azarloza - Moderator

Chief Academic Support Officer of Worcester Public Schools
azarlozaa@worcesterschools.net

Annie Azarloza was born and bred in Los Angeles, California, and has spent her career in urban school settings where she believes she makes a large impact due to her lived experiences. Being a child of immigrant parents, Azarloza feels an obligation to be an “equity warrior” and help remove the barriers that interfere with student’s ability to access their learning. Before joining the Worcester Public Schools, Annie served as Deputy Superintendent in Norfolk County and Interim Superintendent during the 2020-2021 school year. She currently leads the Academic Supports division at the Worcester Public Schools, which encompasses the departments of positive youth development, special education, social and emotional learning, nursing, and family/community engagement.

Adriana DiPaquale Psy.D., LP/HSP

College of the Holy Cross Associate Director for Training and Clinical Services
adipasqu@holycross.edu



Adriana earned her B.A. in psychology from Boston University and her doctorate in clinical psychology from Antioch New England University. Adriana started her clinical training in community mental health and quickly discovered her passion for working in a college campus setting. Adriana considers it a privilege to work alongside students of all backgrounds, identities and experiences to support their mental health needs and promote their academic success and personal growth as they navigate their college journey. Working from a culturally competent, feminist and interpersonal lens, Adriana meets with students for individual psychotherapy, group counseling and urgent care. Her role also includes providing clinical supervision to predoctoral externs, facilitating weekly training seminars for the clinical staff at CAPS, engaging in programming for the campus community and providing consultation for students, parents, guardians, caregivers, faculty and staff.

Dr. Danielle Morgan Acosta Ph.D, M.Ed.

Associate Dean for Student Engagement & Belonging
dacosta@clarku.edu



Danielle Morgan Acosta (she/her/hers) returned to Clark University in July 2020 and serves as the Associate Dean of Students for Student Engagement & Belonging, focused on supporting students loving and making meaning of their Clark experience. Danielle received her Ph.D from Florida State University, where she conducted a phenomenological exploration of how undergraduate student leadership is influenced by divorce during childhood. Danielle received her M.Ed. from Salem State University. A first-generation Clark alum, Danielle received her B.A. in History with a concentration in Law & Society, and MAT. Danielle is an active leader in ACPA, a professional association committed to racial justice, decolonization, and boldly transforming higher education, and completed her third three-year term on the Governing Board serving as the President 2021-2022. Originally from California, she is passionate about leadership, equity, the student experience, cooking, coffee, the ocean, exploring new places, eating local, and taking her dog on walks around Worcester.

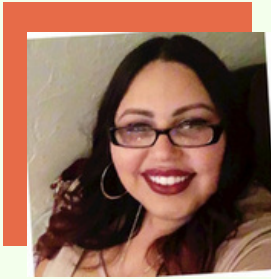
Laura Murphy MA/CAGS

Associate Dean for Health and Wellness, Director of
Counseling Services @ Worcester State

lmurphy2@worchester.edu



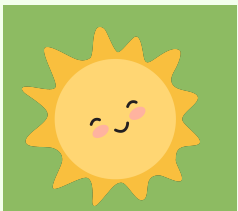
Cohort 1 Panel



Irelis Rivera MSW, LCSW

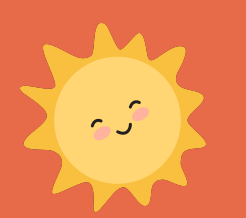
2022 Dynamic Futures Program Manager, Rehabilitation Counselor
irelizr84@gmail.com

Rivera is currently a Rehabilitation Counselor at Worcester Recovery Center and Hospital. She's a bilingual, bicultural counselor that facilitates groups for probationers in both English and Spanish. Rivera helps probationers complete their individualized treatment plan, which helps them advance in their personal lives in hopes that it will reduce recidivism.



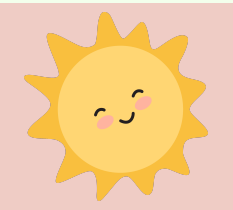
Totoski Mwangi

2022 Cohort Member
Totoskimwangi@stu.akfcs.org



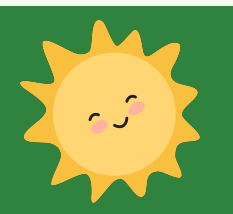
Ashley Flores

2022 Cohort Member
ashleyyy656@gmail.com



Angel Opoku

2022 Cohort Member
angelopoku@stu.akfcs.org



Isaac Huynh

2022 Cohort Member
isaachuynh@stu.akfcs.org

August 1st

What is Behavioral Health?



Suzy Langevin LICSW, LACDI

Director of Training and Professional Development at Open Sky
Susuzy.langevin@openskycs.org

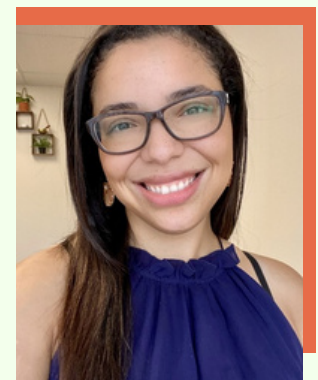
As the Director of Training and Professional Development at Open Sky Community Services Langevin is committed to making the best evidence-based tools and supports available to both Open Sky employees and the broader community through the Bridge Training Institute. Ms. Langevin has been with Open Sky for almost 10 years. She also has experience in a diverse range of settings, including emergency mental health, juvenile justice, residential treatment, and hospital inpatient care.



Tashiani Forman CBIS

Career Support and Advancement Navigator & Internship Coordinator at Seven Hills
TForman@sevenhills.org

Tashiani is a 16-year veteran of Seven Hills, becoming an employee right out of college. Her first assignment was as a residence cleaner, but she quickly advanced to become a Direct Support Provider, Assistant Residence Director, Residence Director, and now Area Director. Prior to joining the Seven Hills Community Services team, she was an RD in the Seven Hills Neurocare residence in Grafton. Her experience working with survivors of brain injury taught her so much about helping people with all sorts of disabilities.



Vilmary Lopez LICSW

Therapist

Vilmary Lopez, LICSW, is currently a therapist based in Franklin, MA. She is a relationship-oriented psychotherapist that utilizes an attachment & trauma lens, she works with clients who have experienced trauma (e.g., physical/emotional/sexual abuse, neglect, domestic violence, sexual assault, growing up with a caregiver who struggled with substance use and/or mental illness, foster care/adoption) and are willing to invite me into their journey of healing. Lopez also has experience working with clients who suffer from symptoms of anxiety and depression.

The Pathway to Success Panel



Katie Stickney - Moderator

Project Manager in Office of Community and Government Relations at UMass Chan

katherine.stickney1@umassmed.edu

Katie Stickney is the Project Manager for the Office of Community and Government Relations at UMass Chan Medical School. Her primary role relates to the UMass Chan Cares Volunteer Initiative where she connects employees, students, and faculty to local community organizations and nonprofits who are in need of support.



Marlina Duncan Ed. D.

Vice Chancellor for Diversity and Inclusion at UMass Chan

marlina.duncan@umassmed.edu

Dr. Duncan provides strategic direction for a wide range of programs and initiatives to build and sustain a diverse and inclusive environment at UMass Chan Medical School. She coordinates educational and enrichment efforts and measures and reports DEI progress to ensure institutional accountability. Before this position, she served as the assistant vice president of academic diversity and associate dean of diversity initiatives at the Graduate School at Brown University. During her time there: the graduate school received more applications from, admitted, and hired from historically underrepresented groups more than at any other time in its history.

Paola Penn MA/CAGS

Private Practice Mental Health Counselor at Baker Mental Health Consulting
paolapenn@gmail.com



Paola Penn is a highly skilled Latina Therapist with an impressive educational background. She obtained her bachelor's, master's, and CAGS (Certificate of Advanced Graduate Studies) degrees from Anna Maria College, where she honed her expertise in mental health counseling. Throughout her career, she has made significant contributions to various renowned institutions, including Spectrum Health Systems, UMass Harrington, and Eleanor Health. Driven by her deep commitment to her community, she has recently established a private practice at Baker Mental Health Consulting, where she provides compassionate and culturally sensitive therapy. In a beautiful full-circle moment, Paola Penn will soon embark on a new journey as an adjunct professor at Anna Maria College, where she will inspire and educate future generations of mental health professionals.



Rolando Cruz

Elm Park Community School, Wrap Around Zone
Coordinator
cruz@worcesterschools.net

I did my undergrad at the University of Miami in 2002 earning a double Major in Psychology, Sociology, and a Minor in Sports Medicine. I did my Graduate degree at Worcester State in Non Profit Management in 2006. I am a Wraparound Coordinator at Elm Park Community School, and a personal trainer and Fitness instructor at the YWCA. My passions are my family, traveling, and fitness, and I like having political discussions about the infrastructure systems in the US and locally.

Zentangle Workshop

Molly Hollibaugh

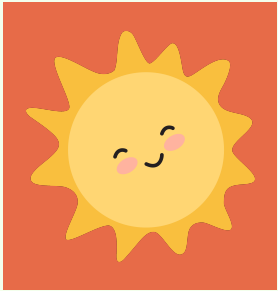
molly@zentangle.com



Hollibaugh was introduced to Zentangle by her parents, Zentangle founders Rick Roberts and Maria Thomas. Molly became fascinated with the impact this art form had on people and began pursuing an intense practice of the Zentangle Method. Inspired by how it affected her self-discovery and artistic approach, Molly loves guiding others through their Zentangle journey, encouraging them to access their own creative souls.

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. We call these patterns, tangles. You create tangles with combinations of dots, lines, simple curves, S-curves, and orbs.

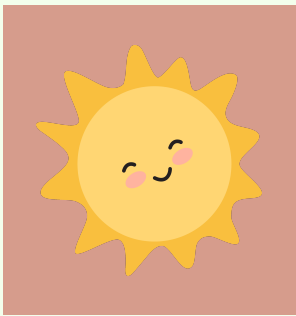
Q/A with Pre-Doctoral Interns



Amanda Vincent

Amanda.Vincent@umassmed.edu
Psychology Intern at Umass Chan

Amanda Vincent is a psychology intern at UMass Chan Medical School/Worcester Recovery Center and Hospital and will be graduating from the University of Hawai'i's clinical psychology PhD program this summer. Amanda has had the opportunity to provide clinical services to children, teens, and families across a wide variety of settings, and particularly enjoys working with youth who want therapy for anxiety and obsessive-compulsive disorders, identify as LGBTQ+, or have snarky senses of humor. Outside of work, Amanda enjoys baking, reading, weightlifting, video games, and spending time with friends and pets.



Emily Crain

Psychology Intern at Umass Chan
Emily.Craine@umassmed.edu

ForHealth Consulting-Our Work in Behavioral Health Presentation



Jorge Sanchez^{MEd}

Director DIO ForHealth Consulting
Jorge.Sanchez@umassmed.edu

Jorge Sanchez is the program director for diversity and inclusion. He provides vision and leadership to effectively integrate diversity, equity and inclusion into the strategic planning process for ForHealth Consulting and contributes to the efforts that will ensure the organization meets the DEI goals and impact in UMass Chan's IMPACT 2025 strategic plan. He assumed this newly created position in March 2022.

Dyana Nickl_{JD}



The State of Behavioral Health
Deputy Managing Director, Justice & Health Equity ForHealth Consulting
Dyana.Nickl@umassmed.edu

Ms. Nickl is the Deputy Managing Director for ForHealth Consulting's Health & Equity service lines at UMass Chan Medical School. Ms. Nickl strategically provides leadership, direction, and guidance in multiple designated operations and support programs under her purview in order to further initiatives to improve health equity and lessen the impacts of health disparities. A recognized subject matter expert in state and federal correctional healthcare, the intersection of law and business, and risk management and mitigation initiative, Ms. Nickl is an attorney with over 20 years' of experience in the criminal justice and healthcare risk management fields, the last 17 years of which were in leadership positions within ForHealth Consulting. In addition, Ms. Nickl is an Associate Professor at UMass Chan and the Tan Chingfen Graduate School of Nursing at UMass Chan Medical School.

Meaghan Dupuis_{LMHC}



The State of Behavioral Health
Executive Director of the Justice, Health, and Equity program at ForHealth Consulting
meaghan.dupuis@umassmed.edu

Ms. Dupuis is a mental health clinician with more than 15 years of clinical experience within the correctional health care field and serves as Executive Director of the Justice, Health, and Equity program at ForHealth Consulting, UMass Chan Medical School. She has oversight of all clinical, academic and research activities that comprise the JHE service line. She has led various trainings for state and private agencies on working with those who have acute behavioral health needs and have been justice-involved. Her focus in trainings is ensuring individuals can understand the significance of approaching their work in a culturally competent manner. Ms. Dupuis previously worked in the Massachusetts DOC as a contractor in clinical and administration roles to ensure that staff were following policy and procedures, appropriately trained, and working ethically with the inmates they serve. Throughout her work within the DOC, Ms. Dupuis had many years working with de-escalation and crisis interventions for those who were at risk.

Candice B. Brown



Project Manger for ForHealth Consulting
Candice.Brown1@umassmed.edu

Candice B. Brown (she/her/hers) is a Project Management Consultant for ForHealth Consulting and collaborates with stakeholders to successfully execute on initiatives aligning with UMass Chan's Strategic Plan. Ms. Brown is a Vice-Chair for the ForHealth Consulting Cultural Diversity Committee which focuses its efforts on creating a culture of inclusion where all can achieve a sense of belonging and thrive in their respective roles. She is an inaugural recipient of the ForHealth Consulting Above and Beyond Award (2022). She has a Bachelor of Science in Business Management from the University of Rhode Island and is currently pursuing a Master of Science in Business Analytics from the University of Massachusetts, Amherst.

August 2nd

Welcome to Clark University Presentation



Joseph Corazzini

Welcome to Clark University
Vice President of Government and Community Affairs
JCorazzini@clarku.edu

As a member of the University's senior leadership team, Corazzini oversees all government and community relations at Clark as well as outward engagement at the local, state, and federal levels. He is also responsible for sustaining the University's active partnerships in Worcester and the Main South neighborhood and works to improve the quality of life for all who live and work here. Corazzini earned both his bachelor's in history and master's in nonprofit management from Worcester State University.

Identity & Intersectionality Presentation



Domenica Perrone

Director of Community Engagement and Volunteering at Clark University
DPerrone@clarku.edu

Perrone has committed to working for Worcester's Latinx community for many years. Starting in the city as a graduate student at Clark, she contributed to local research about youth violence, teen pregnancy, and community justice. She has worked as a project manager for the Worcester Commissioner of Health and human services and as a program coordinator for the Latino Education Institute at Worcester State University. Perrone now works as the Director for Community Engagement and Volunteering at Clark. She also received a Worcester's 40 Under Forty Award in 2022. Currently, she is the Director for Community Engagement and Volunteering at Clark University, where she supports college students and faculty in strengthening their relationships with the Worcester community. She is also running for District Council at Large intending to increase equity by increasing comprehensive policies that promote happy, healthy, and safe lives for the city's diverse population.

How do we identify with each other? Panel

Domenica Perrone - Moderator



Director of Community Engagement and Volunteering at Clark University
DPerrone@clarku.edu

Perrone has committed towards working for Worcester's Latinx community for many years. Starting out in the city as a graduate student at Clark, she contributed to local research about youth violence, teen pregnancy, and community justice. She has worked as a project manager for the Worcester commissioner of health and human services and a program coordinator for the Latino Education Institute at Worcester State University. She now works as the Director for Community Engagement and Volunteering at Clark. She was also a recipient of the Worcester's 40 under Forty Award in 2022.

Robert Bilotta

rbilotta86@gmail.com



Robert Bilotta grew up in Worcester, and has worked for over a decade as a disability rights advocate and board member. He's a civic minded resident who's served on two city commissions: The Worcester Access Advisory Commission for five years and currently serving on the Worcester hums rights commission. Robert is committed to creating a more inclusive and equitable community, and is running for Worcester City Council District 2.

Laura Martinez

Martinez Consulting
martinezconsulting@gmail.com



Jie Park Ph.D.

Clark University Associate Professor, Education Department Chair, CGRAS
JPark@clarku.edu



Jie Park's research interests include adolescent literacy and language practices in school and out-of-school settings. For the past two years, she has been studying how first-generation immigrant students acquire academic discourses, and what cultural and linguistic resources they bring to their schooling. Her most recent work has been published in the Journal of Adolescent and Adult Literacy, English Education, and Children's Literature in Education. Before coming to Clark, she was assistant professor of literacy education at Bard College's Master of Arts in Teaching Program.

Coriander Freeman

Planned Parenthood



Triggers-What are they? Presentation



Amy Ebbeson^{LCSW}

Director of Vision and Content at Worcester ACTs
aebbeson@gmail.com

Amy Ebbeson is the Director of Vision and Content at Worcester ACTs (Addresses Childhood Trauma) and a Consultant for the Collaborative for Youth and Community Justice at Clark University. She has a Master's in Clinical Social Work from Boston University and has worked in a variety of social service settings. She is passionate about eliminating racism, empowering women, and bringing people together. She hopes to use empathy as a vehicle for individual and social change.

AIDS Project Worcester Presentation



Lamar Brown-Noguera^{They/them}

Community Relations Manger at AIDs Project Worcester
lbrown-noguera@aidsprojectworcester.org

Brown-Noguera is the Community Relations Manager at AIDs Project Worcester and has been with the organization for over eight years. They are also a program coordinator at Supporters of Worcester Area Gay and Lesbian Youth (SWAGLY), a social support club for LGBTQIA+ youth under 18.

August 3rd

EBS & Food Security



Maricelis Gonzales

Executive Director of Operations for El Buen Samaritano Food Program, Inc.
info@ebsamaritano.org

Maricelis Gonzalez is motivated by her love and passion to help her community and those in need by continuing her parents' legacy at El Buen Samaritano Food Program Inc. EBS is a non-profit organization that opened its doors in 1991. The EBS program provides a nutritional program, assistance with applying for SNAP benefits, mental health assistance, shelter resources, child care resources

SNAP Benefits Workshop



Alex Swanson

Central West Justice Center
aswanson@cwjustice.org

Alex joined the Central West Justice Center in April 2021 after working for the CWJC's parent organization, Community Legal Aid, as part of the CLAVC Unit. Prior to joining CLA in 2019, she was a Boston College Law Public Service fellow Advocates for Children of new York.

The Central West Justice Center , a wholly-owned subsidiary of Community Legal Aid, provides free legal help to low-income and elderly residents of central and western Massachusetts. Our advocates focus on cases involving humanitarian-based immigration law, employment rights, housing and homelessness issues, and access to public benefits.

Housing Instability and Homelessness Presentation



Etel Haxhiaj

Worcester City Councilor-District 5
etelhaxhiaj16@gmail.com

Councilwoman Haxhiaj has called Worcester home since 2001, arriving as a young adult with her parents after fleeing Albania's political upheaval. She has since been serving the community in several different positions; working with youth, families facing housing crises, and Mothers Out Front, mothers fighting for livable conditions for their children. As Councilwoman, Haxhiaj strives to build stronger and more vibrant neighborhoods, increasing access to jobs, housing, a healthy environment, and education.

August 4th

iCELS Workshop

<https://www.umassmed.edu/icels/>



Melissa Fischer, MD MEd
Assistant Vice Provost, Interprofessional and Instructional Innovation
Professor of Medicine

Bridget Latour, MSOL
Education Program Specialist

Branden Brierly, BS HS Admin & Public Health
Program Specialist – Simulation

Anne Weaver, RN, MS, CHSE Simulation Educator
Certified Healthcare Simulation Educator

Jorge Yarzebski, BA, CHSE, NRP, FP-C
Simulation Educator, Certified Healthcare Simulation Educator

Dadagian Goldman, TH Chan Medical School MS2

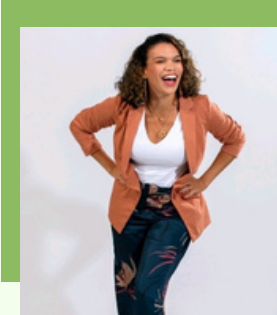
Sara Buscher, TH Chan Medical School MS2

Interprofessional Center for Experiential Learning & Simulation (iCELS) creates an experience where medical learners in New England can practice clinical skills with standardized patients who are professionally trained to portray medically accurate and emotionally authentic scenarios, as well as assess physical examinations from the perspective of a patient. In recognition of the significant learning values that SPs also offer in post-simulation debriefings, Dr. Stillman popularized the use of a standardized assessment method - the Master Interview Rating Scale (MIRS). This practice of quantifying medical learners' communication skills through a Likert scale went on to influence clinical simulations world over.

Introduction to Movement Therapy Workshop

Masielle "Massy" Paulino

Executive Director Ritmos Dance Academy
mpaulino508@gmail.com



Ms. Paulino provides community leadership, preservation of Latino culture, and mental health care, all through one medium: DANCE. She is a Licensed Clinical Social Worker, Registered-Dance/Movement therapist and the Director of Ritmos Dance Company which has served Worcester for the last 21 years. Her goal is to elevate the Latinx community through psycho-education and the arts.

Since being established in 2002, the Ritmos Academy's mission has been to preserve Latin American culture through dance across the New England area. Ritmos dancers range from ages 4-20 learn both folkloric and modern styles of Latin dance from Puerto Rico, the Dominican Republic, Columbia, and Cuba. Ritmos first opened its doors under the direction of Hilda Ramirez. In 2011, long-time student Masielle Paulino volunteered to continue the Ritmos' mission, and in 2015 Ritmos relocated to 70 Webster St. Worcester, MA. Today, the growing Ritmos family aims to continue this mission. They educate others about Latino history as well as provide affordable dance instruction, and numerous travel and performance opportunities all within a family-oriented atmosphere.

August 7th

Substance Abuse & Reentry Presentation



Dr. Mattie Castiel^{MD}

Commissioner for Health and Human Services
castielm@worcesterma.gov

In September of 2015, Dr. Castiel was appointed as the City of Worcester's Commissioner for Health and Human Services, where she oversees the divisions of Public Health, Youth Services, Human Rights and Disabilities, Veterans Affairs, and Elder Affairs, and Homelessness along with advancing important new initiatives that fall under the scope of youth violence and the current opioid crisis. She has worked as a Board-certified physician in Internal Medicine in the Worcester community for over 34 years, including working at UMass Memorial Medical Center and Family Health Center of Worcester and as an Associate Professor of Internal Medicine, Family Medicine, and Psychiatry at UMass Medical School.

Introduction to Creative Therapy Presentation



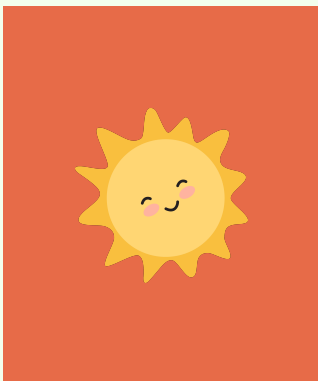
Dr. Laura Wood Ph.D

Introduction to Creative Therapy
Associate Professor, Drama Therapy Coordinator-Lesley University
lwood5@lesley.edu

Prior to being a full-time professor, Dr. Wood was the Lead Therapist at an eating disorder and trauma treatment center, and the past President for the North American Drama Therapy Association. She also worked in pediatric hospitals with seriously ill children and in assisted living with older adults. Her focus and research areas include the treatment of trauma and dissociation, eating disorders, attachment, recovery, and grief/loss. More specifically, Dr. Wood is interested in how therapeutic theater can support individuals in various forms of recovery. She is a co-collaborator with the UMASS Mind Team and received a National Endowment for the Arts grant using the CoATT Model with individuals in mental health recovery.

Introduction to Drama Therapy Workshop

Bretny Seamon



Bretny Seamon is currently pursuing a Master of Arts in Clinical Mental Health Counseling with a specialization in Drama Therapy from Lesley University in Cambridge, Massachusetts. She previously earned a Bachelor of Arts in Psychology, with a minor in Drama Therapy, from Marymount Manhattan College. As a preschool teacher, clinical intern at Codman Academy Charter Public School, and a lab member of The Collaborative for Creative Arts Therapy in Schools, Bretny uses drama therapy to connect with students from all walks of life.

Introduction to Art Therapy Workshop

Binh Truong



Binh Truong is a first-generation college student. She identifies as Vietnamese-Chinese-American. Initially born in Ho Chi Minh, Vietnam, and immigrated to Springfield, MA. She graduated in 2023 from Lesley University's Expressive Therapies Division in the Art Therapy modality. She received a Bachelor of Fine Arts from the University of Massachusetts Dartmouth. She worked in clinical and community-based settings with adults and youth while delivering a trauma-informed and anti-racist narrative approach to provide culturally-responsive services and techniques. She intends to become an LMHC and ATR and continue to work within the community and school systems.

August 8th

Introduction to Veteran's Affairs Presentation



Alex Arriaga

Director of Veterans Services
ArriagaA@worcesterma.gov

Since 2014, Alex R. Arriaga has worked in various roles in Worcester, Shrewsbury, and Devens focusing on the veteran population. He was appointed as Director of Veterans Services for the city in 2020. Arriaga served as a combat engineer in the National Guard, is a veteran of Operation Iraqi Freedom, and a Purple Heart recipient. He strives to help fellow Veterans by connecting them to important community resources.

Brain Trauma and PTSD Presentation

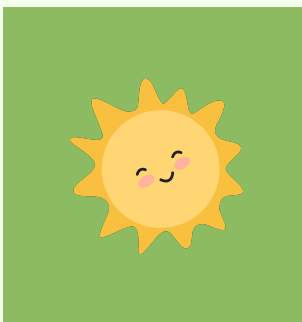


Tony Riello MSW, LICSW

Veteran Inc.
Anthony.Riello@va.gov

I am currently the Director of the Worcester Vet Center, Dept of Veteran's Affairs. We offer individual and group counseling to veterans who have served in combat and/or are survivors of Military Sexual Trauma. I am an Army veteran and served on active duty as a PATRIOT Missile officer with a deployment to the Middle East and service in Korea. In 2010 I left active duty to pursue graduate studies in Social Work at Columbia University. I have been with the Worcester Vet Center since 2012. I also currently serve in the Army Reserves based out of Devens, MA, as an Operations Officer for the Headquarters, European Command.

Human Trafficking and Trauma Presentation



Alex Powell

LIFT Worcester
alex@liftworcester.org

August 9th

iCELS Workshop

<https://www.umassmed.edu/icels/>



Interprofessional Center for Experiential Learning & Simulation (iCELS) creates an experience where medical learners in New England can practice clinical skills with standardized patients who are professionally trained to portray medically accurate and emotionally authentic scenarios, as well as assess physical examinations from the perspective of a patient. In recognition of the significant learning values that SPs also offer in post-simulation debriefings, Dr. Stillman popularized the use of a standardized assessment method - the Master Interview Rating Scale (MIRS). This practice of quantifying medical learners' communication skills through a Likert scale went on to influence clinical simulations world over.

Coping With Grief Presentation



Liz BeeCroft

MENTL.SESH
beecroftea@gmail.com

Liz Beecroft is a Licensed Clinical Social Worker and Psychotherapist who helps clients accomplish their goals, enhance performance and improve one's mental fitness by meeting people where they are at in their mental health journeys. She specializes in working with athletes, creatives, millennials, & Gen Z to manage anxiety, depression, trauma, stress, and challenging life situations.

Grief, Faith, and Compassion Panel

Reverend Payson - Moderator

Board of Worcester Interfaith



Currently Rev. Aaron Payson is on the Board of Worcester Interfaith, the Worcester Clergy Police Partnership Program, and the Domestic Violence Taskforce of the YWCA of Central MA. In addition Aaron serves on the Good Officer Support Team of the Unitarian Universalist Minister's Association and as a Compassionate Care Trainer with the Religious Coalition for Reproductive Justice in Washington, D.C. Aaron is an Adjunct Faculty Instructor in the Sociology Department of Worcester State University where he offers courses in the Sociology of Religion and the Sociology of Death & Dying.

Pastor Richie Gonzales

Executive Director of Net of Compassion

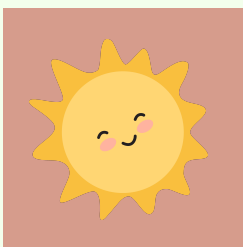


Director Richie Gonzalez started this outreach effort in 2010, with just a card table and some bagged lunches. He returned to the very spot where he used to struggle with addiction. He knew that now that he had found his faith and sobriety he had to share it with his community. Now along with countless volunteers, he is cooking and serving a hot meal to an average of 250 people per week. Richie is a husband and a father. He is also a Pastor of Restorer Of Broken Bridges Church and is employed as a Life Coach at Straight Ahead Ministries. Richie is a Board Member at LAHA and a man that loves God, loves people, and loves his community.

Tahir Ali

Spokesperson and Public Relations for the Worcester Islamic Centers

Coordinator for the Quoran Halaqa
tahir1234@hotmail.com



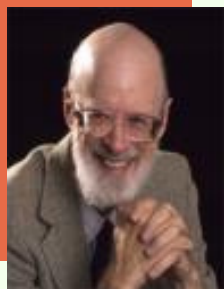
Rev. David Woessner

Rector at St. Michael's-on-the-Heights Episcopal Church
davewoessner@gmail.com



Reverend Woessner is committed to ministry, leadership, and teaching that transform individuals, communities, and our wider world. His professional expertise has developed through years of parish ministry, contemplative teaching, non-profit program leadership, and social justice mission. After studying and teaching Philosophy at various universities, he left his formal academic profession to explore a life of service and spiritual growth. Reverend Woessner now serves as a priest of the Episcopal Church and practices as a spiritual director and coach. He draws upon his experiences as a meditation teacher in the Theravāda Buddhist tradition of Samatha-Vipassanā. In all aspects of his work, he develops collaborative relationships to erase the divide between our inner spiritual lives, our engagement with others, and Divine Presence.

Rev. David Miller



A native of Muskegon, Michigan, Minister Emeritus is a graduate of Harvard College and Harvard Divinity School. He was called to the ministry of our church in 1970, at a time when the church had been weakened by a period of controversy and strife. David and the congregation worked together for 20 years to restore the church to a more flourishing condition. From time to time David teaches in the church school and has volunteered as a mentor in the Coming of Age Group. He is also active in the UU Humanist Group at church. Among his special interests are Humanism and world religions, especially Islam.

Rabbi Valerie Cohen

Temple Emanuel Sinai, Worcester
rabbivaleriecohen@gmail.com



Rabbi Cohen grew up in North and Central Florida, received her Bachelor's in Public Relations at the University of Florida, and after was ordained from Hebrew Union College-Jewish Institute of Religion, she spent her first 15 years as a rabbi in Memphis, Tennessee, and Jackson, Mississippi. When her family arrived in the Worcester area 14 years ago, they found a warm community in Jewish community. She believes her presence here is b'sheirt – meant to be – for herself, her family, and for her partnership with this community. I am humbled to be guiding my congregation through our growing years after a successful integration process. Rabi Cohen loves teaching and learning with adults and children who are hungry for Jewish education. And she's excited to create innovative and accessible avenues for worship and spirituality through the vision of our members.

Dr. Bijoy Misra PhD

Hindu, Physicist and space-scientist at Harvard Smithsonian Center for Astrophysics
misra.bijoy@gmail.com



Dr. Bijoy Misra serves as the President of India Discovery Center and leads the efforts of content creation and organizing the IDC activities. He is a physicist and has taught in the local area schools. He helps run the South Asia Poets of New England group. He is a Sanskrit scholar and promotes Sanskrit studies in various institutions. He is currently an Honorary Research Associate in the Department of South Asian Studies at Harvard University.

August 10th

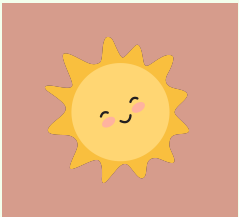
Career Pipeline Panel



Omo Fagboore - Moderator

Career Pipeline Manager at OpenSky
omo.fagboore@openskycs.org

Omolewa (Omo) Fagboore is an immigrant from Nigeria with background in Mass Communication but found fulfillment in serving others. Omo joined then The Bridge of central Massachusetts in 2015 as an outreach counselor but quickly advanced his career to Housing Coordinator when the agency merged in 2017/2018 to what is now known as Open Sky Community Services. Omo functioned in this capacity until recently (November 2022) when he applied to the career pipeline manager position where he leads a few numbers of career pipeline navigator and a diverse population of immigrants, refugees, unemployed and underemployed participants of the Human Services Career Support Program.



Jean Charles

Open Sky Residential Counselor

Tashiani Forman CBIS

What is Behavioral Health?
Seven Hills Area Director
TForman@sevenhills.org

Tashiani is a 16-year veteran of Seven Hills, becoming an employee right out of college. Her first assignment was as a residence cleaner, but she quickly advanced to become a Direct Support Provider, Assistant Residence Director, Residence Director, and now Area Director. Prior to joining the Seven Hills Community Services team, she was an RD in the Seven Hills Neurocare residence in Grafton. Her experience working with survivors of brain injury taught her so much about helping people with all sorts of disabilities.





Faith Scanlon

Department of Psychology Intern
Faith.Scanlon@umassmed.edu

Faith Scanlon is a sixth-year student in Texas Tech University's Counseling Psychology PhD program. She is currently completing the last year of her training at UMass Chan Medical School / Worcester Recovery Center and Hospital. Faith's work includes therapy and assessment with people with serious mental illness, and people involved in the U.S. legal and carceral systems. Starting in the fall, she will work at Massachusetts General Hospital / Harvard Medical School as a researcher!

Developmental Disabilities Presentation



Trisha O'Connell MA, LMHC, BCBA, LABA

Director of Clinical Services/Assistant Vice President at Seven Hills Foundation
toconnell@sevenhills.org

Trisha O'Connell graduated from Assumption College with a Master's Degree in counseling psychology. She then completed a certificate of advanced graduate studies in applied behavior analysis at the University of Massachusetts at Lowell. She is currently a board certified and licensed applied behavior analyst, as well as a licensed mental health counselor. Trisha works for the Seven Hills Community Services affiliate and is Director of Clinical Services and an Assistant Vice President. She oversees the clinical teams across the Northeast, Central, and Southeast regions of the state who support adults living in residential homes. She has worked for Seven Hills for 16 years in a number of capacities and has been able to benefit from the career growth opportunities within the Seven Hills Foundation.

Restorative Justice Worksop

Jorge Sanchez

Umass Chan Office of Diversity and Inclusion
Jorge.Sanchez@umassmed.edu



Jorge Sanchez is the program director for diversity and inclusion. He provides vision and leadership to effectively integrate diversity, equity, and inclusion into the strategic planning process for ForHealth Consulting and contributes to the efforts that will ensure the organization meets the DEI goals and impact in UMass Chan's IMPACT 2025 strategic plan.

Candice B. Brown

Project Manger for ForHealth Consulting
Candice.Brown1@umassmed.edu



Candice B. Brown (she/her/hers) is a Project Management Consultant for ForHealth Consulting and collaborates with stakeholders to successfully execute on initiatives aligning with UMass Chan's Strategic Plan. Ms. Brown is a Vice-Chair for the ForHealth Consulting Cultural Diversity Committee which focuses its efforts on creating a culture of inclusion where all can achieve a sense of belonging and thrive in their respective roles. She is an inaugural recipient of the ForHealth Consulting Above and Beyond Award (2022). She has a Bachelor of Science in Business Management from the University of Rhode Island and is currently pursuing a Master of Science in Business Analytics from the University of Massachusetts, Amherst.

Katie Stickney

Project Manager in Office of Community and Government Relations at Umass Chan
katherine.stickney1@umassmed.edu



Katie Stickney is the Project Manager for the Office of Community and Government Relations at UMass Chan Medical School. Her primary role relates to the UMass Chan Cares Volunteer Initiative where she connects employees, students, and faculty to local community organizations and nonprofits who are in need of support.

August 11th Commencement Speech

Candice Williams PhD, LMHC

Director of Mind Health and Wellness for the Boston Celtics



A nationally recognized researcher and mental health professional, Dr. Candice Williams is a Texas native in Boston, Massachusetts specializing in the mental health and mental performance of elite and professional athletes. As the Director of Mind Health & Wellness for the Boston Celtics, she provides oversight and programming for mental health and mental performance services within the organization.

For the past 3 years, Dr. Williams served as an Athletic Counselor at The Ohio State University Athletics Department where she provided psychotherapy and wellness programming to student-athletes, coaches, and athletic support staff. Prior to her role at The Ohio State University Athletics, she served as a Program Manager for The Trust (Powered by the NFLPA). There, she assisted retired NFL players in all aspects of their transition following the success of their NFL career.

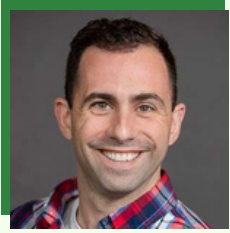
Over the past 9 years, Dr. Williams has crafted a respected career and professional reputation supporting the personal and emotional development of athletes at various levels of their athletic careers. As a mental health professional, she embodies the spirit of service and advocacy while supporting the well-being of athletes. Her passions include developing player centric programs focused on athlete development and transition, content creation on mental health related topics, as well as providing preventative and responsive training to coaches, parents, mental health professionals, and athletics staff on the importance of athlete mental health and wellness.

Her most notable quote “we have to put the person before the student and the athlete otherwise we are at risk of losing all three” has gained national recognition within the college athletics community amongst student-athletes, coaches, parents, mental health professionals, and athletic administrators.

She has been featured in popular press publications such as ESPN College Game Day, Fox Sports, Men's Health Magazine, NCAA Champion Magazine, and USA Today Sports. Dr. Williams is committed to elevating conversations around mental health and mental performance and helping athletes move beyond the stigma associated with mental health to achieving optimal wellness both in sports and in life.



Meet Your Mentors



John Pratico

MA, CAGS, PsyD, LMHC

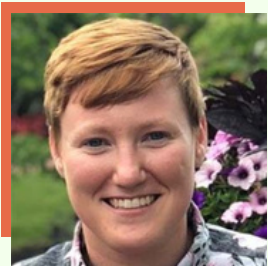
Director of Behavioral and Mental Health programs at Anna Maria College
jpratico@annamaria.edu



Dr. Jennifer Carlson

Ph.D., CEM, LCSW

Assistant Professor at Anna Maria College
jcarlson@annamaria.edu



Megan Dumas

Field Placement Coordinator
mdumas@annamaria.edu



Stefanie Howe

PhD

Assistant Professor of Psychology
StefanieHowe@annamaria.edu



Lisa Williams

Professor of Psychology and Field Placement Coordinator
lwilliams@annamaria.edu



Achu Alexander Ph.D, M.A., M.A.

Assistant Professor of Psychology at Anna Maria College
aalexander@annamaria.edu



Evangelina Gonzalez Dufresne MSW, LICSW

Interim Director of the BSW Program & Director of BSW Field Placement
egonzalezdufresne@annamaria.edu



Kelly Sullivan MSW, LICSW

Director of Counseling Services and Co-Director of the Molly Bish Center
ksullivan@annamaria.edu



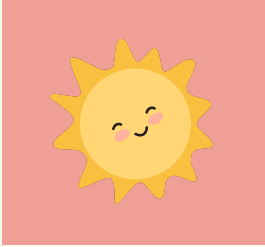
Roni Grace Lebeau Bushee MA, LADC1, CADCI

Drug and Alcohol Counselor
ronilebeau70@gmail.com

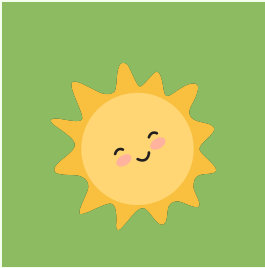


Sanjay Grant MA, LMHC, LADC I

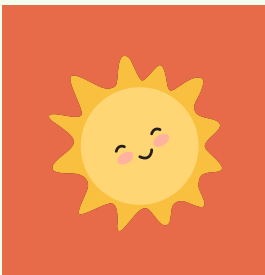
Sex Therapist, LGTQIA+ Therapist
sanjay@uecl.org



Stephanie Manzi
Sex Therapy & Racial Identity



Alicia Walker



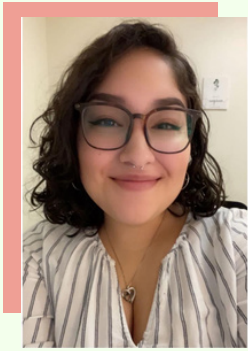
Susan McClurken
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Tashiani Forman CBIS
Navigator and Internship Coordinator at Seven Hills
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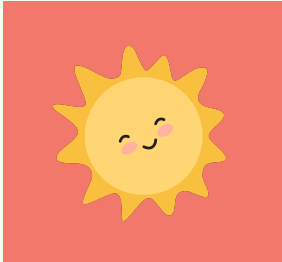


Monique Graves
Intensive Care Coordinator at Seven Hills
mgraves@sevenhills.org



Kim Persson

Office Manager at Seven Hills Behavioral Health, YOU.inc
kpersson@sevenhills.org



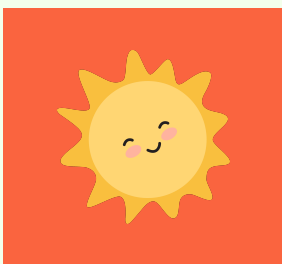
Joseph Lopez

Family Support Worker , You Inc., Southbridge Family
Resource Center
jlopez@sevenhills.org



Jordan Moores

Residence Director, Seven Hills Neurocare
jmoores@sevenhills.org



Lloyd Sackey

Area Director, Seven Hills Nuerocare
lsackey@sevenhills.org



Ayorkor Gaba Psy.D

Assistant Professor and Treatment Researcher in the
Department of Psychiatry at Umass Chan Medical School
Ayorkor.Gaba@umassmed.edu



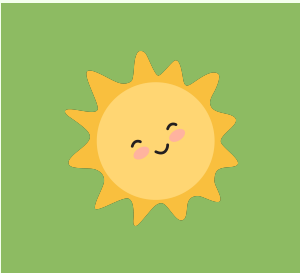
Omo Fagboore

Career Pipeline Program Manager/ Open Sky Community Services
omo.fagboore@openskycs.org



Fredrick Mann MA, EDM

Assessment Coach at Centers for Child Wellbeing and Trauma
Fredrick.Mann1@umassmed.edu



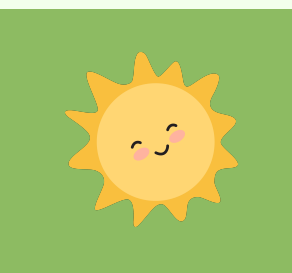
Gilbert Wanyoike

Gilbert.wanyoike@openskycs.org



Stephen OseiBonsu

Director of Diversity, Equity, Inclusion, and Belonging
Stephen.OseiBonsu@openskycs.org



Stephanie Pratico

Therapist for AdCare
spratico@annamaria.edu



Paola Penn

Private Practice Mental Health Counselor at Baker
Mental Health Consulting
paolapenn@gmail.com



Michelle Bing, MA

Clinician at Seven Hills Aspire/SHBH
mbing@sevenhills.org



Dolores Toribio

Program Director for Southbridge Community
Connections, Certified Medical Interpreter

dtoribio@sevenhills.org

Glossary of Terms

Definitions of words used commonly in the behavioral health field

Behavioral Health:

Also referred to as mental health; is the prevention, diagnosis, and treatment of mental health and substance use disorders, life stressors and crises, and stress-related physical symptoms

Therapy:

Broad term for variety of techniques used to change maladaptive behaviors

Types: cognitive-behavioral, exposure, applied behavioral analysis, strength-based, multicultural, etc.

Common Mental Health Diagnoses

Psychotic Disorders:

These illnesses present with a break from reality when people have difficulty recognizing whether what they are experiencing is real or may be fake. Onset usually begins in the late teens.

Includes: schizophrenia, schizoaffective, psychotic disorder, delusional disorder

Common symptoms: hallucinations, delusions, slowed speech and mobility, disorganized thoughts and behaviors

Depression:

A common but serious mood disorder that negatively affects how a person thinks, feels, and handles daily activities, such as sleeping, eating, or working. For a diagnosis, symptoms must be present for at least 2 weeks. Depression can occur once in a person's life or recurring cycles

Includes: major depression, persistent depressive disorder, perinatal depression, seasonal affective disorder, depression with psychosis

Common symptoms: feelings of sadness, tearfulness, emptiness or hopelessness, loss of interest and pleasure in most activities, sleeping disturbances (too much or too little), tiredness and lack of energy, reduced appetite, and weight loss, increased appetite and weight gain, agitation, thoughts of suicide, physical symptoms such as back pain, headaches

Bipolar Disorders:

A mood disorder characterized by episodic periods of alternating depression and mania/hypomania. Mood episodes can last from several days to nine months

Mania symptoms: Elevated energy, lack of sleep, irritability, grandiosity

Includes: Bipolar I, Bipolar II, Cyclothymia

Generalized Anxiety Disorder:

People with anxiety disorders frequently have intense, excessive, and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety

Symptoms: feeling nervous, restless, on edge, impending sense of doom, easily fatigued/tired, irritability, headaches, and muscle aches, difficulty concentrating

Post-Traumatic Stress Disorder:

PTSD develops after the experience of a shocking, scary, or dangerous event or circumstance. People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended.

Symptoms: nightmares, flashbacks, avoidance of others and places, easily startled, feeling on edge, sleeping issues, angry outbursts, negative thoughts, and loss of pleasure in activities

Substance Use Disorder:

A mental disorder affects a person's brain and behavior, leading to their inability to control the use of legal and illegal substances such as drugs, medication, and alcohol. Can range from moderate to severe (addiction)

Symptoms: Cravings, withdrawal, tolerance, time seeking a substance out. They must cause significant impairment or distress within a persons' life and vary in severity.

Eating Disorders:

Serious and sometimes fatal illnesses are associated with severe disturbances in people's eating behaviors and related thoughts and emotions.

Types:

Anorexia Nervosa – restricting food and calories

Bulimia – binge eating and purging

Binge Eating – excessive eating

Pica – eating items that do not have nutritional value

Compulsive exercise – excessive working out to control weight and muscle

Autism Spectrum Disorder:

Autism impacts the normal development of the brain in the areas of social interaction, communication skills, and cognitive function. Individuals with autism typically have difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities. Most symptoms develop before the age of 3. About 40% of children with ASD do not speak

Symptoms: Avoids or does not keep eye contact, does not respond to name by 9 months, shows little to no facial expression, not engaged in play with peers, repetitive actions or repetition of words (stimming), unusual mood or emotion reactions, lack of fear

Attention Deficit Hyperactivity Disorder

ADHD is one of the most common neurodevelopmental disorders of children and can last into adulthood. Men tend to have more "externalizing" symptoms such as personality disorder and conduct disorder. While women tend to exhibit "internalizing" symptoms such as anxiety, depression, and bulimia. This has led to disparities in diagnosis. that

Symptoms: trouble paying attention, controlling impulsive behaviors or being overly active, daydreaming a lot, forgetting or losing things a lot, squirming or fidgeting, talking too much, making careless mistakes or taking unnecessary risks, having a hard time resisting temptation, having trouble taking turns, have difficulty getting along with others, have difficulty understanding others personal boundary space

Career Pathways

**Marriage
and
Family
Therapist**
LMFT

B.A or B.S in Psychology -->
M.A OR M.S in Clinical Psych or Counseling
(Some jobs available)
Ph.D in Psychology or Psy.D
+ Licensure/Certification

LMFTs work with families and married couples toward reconciling differences, overcoming difficult situations, or deal with mental and emotional issues

Workplaces: mental health center, substance abuse centers, hospitals

B.A or B.S in no specific major (recommended psych or dance related)
M.A in approved graduate program +certification
OR
M.A in Dance and Movement Therapy
Observation, fieldwork and certification

**Dance
Therapist**
RDMT
BCDMT

The psychotherapeutic use of movement to promote emotional, social, cognitive, and physical integration of the individual. As well as improving self-esteem and a new coping mechanism

Workplaces :nursing homes, schools, psychiatric, rehabilitation and medical facilities, drug treatment centers, counseling and crisis centers, wellness and alternative health care centers.

Pssst..
Click on
the
job titles
for more
info



A Ph.D. in psychology is more research and science based. A Psy.D takes one less year to complete and is more focused on clinical and practitioner work

Child Psychologist

Workplaces: Schools, hospitals and health systems, private practice, and government and non-profit organization

B.A or B.S in Psychology -->
M.A OR M.S in Clinical Psych (Some jobs available)
Ph.D in Psychology or Psy.D + licensure

They support healthy child development by diagnosing mental, emotional, behavioral, learning, or related mental health conditions and prescribing therapeutic approaches.

Diploma or GED =+certification = LADCII
B.A or B.S -->
M.A OR M.S in Clinical or Counseling Psych
Ph.D in Psychology or Psy.D + licensure

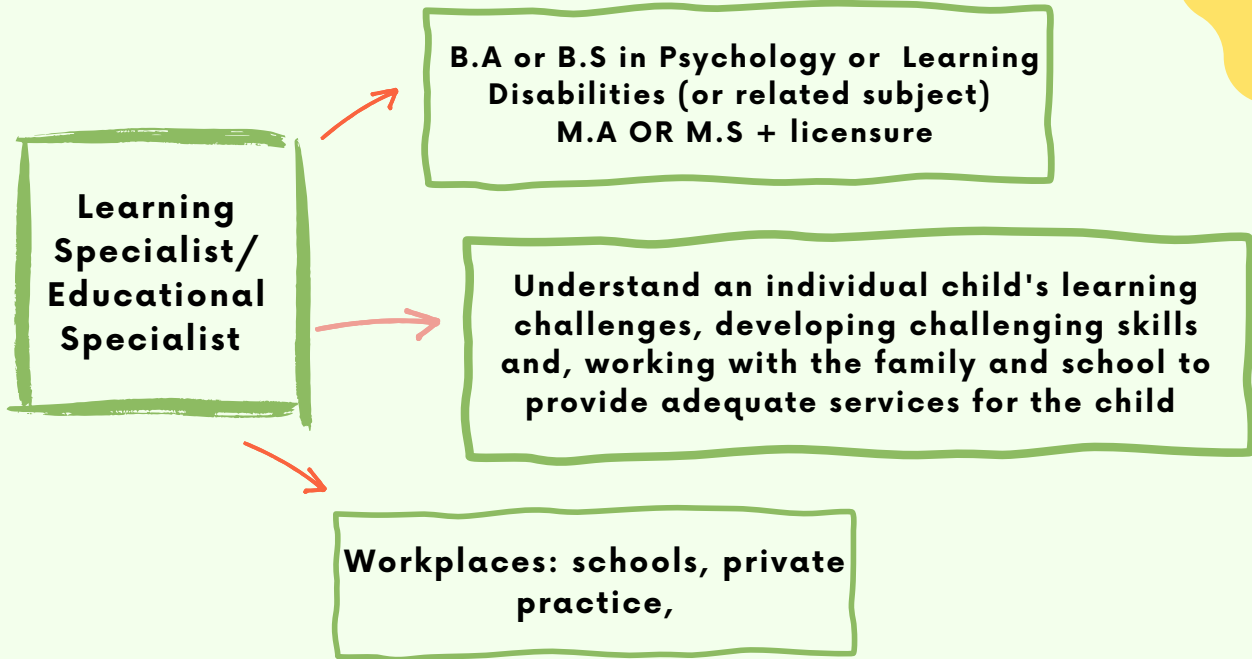
Substance Abuse Counselor (LADC, LADC II)

LADCs work with individuals and groups who experience a range of substance use issues and provide addiction education and counseling

Workplaces: outpatient clinic, general hospitals, mental facilities/clinics, detox centers, residential treatment centers, prisons, juvenile detention facilities

Degree Terms
B.A= Bachelors of Arts
B.S.=Bachelors of Science
M.A.=Masters of Arts
M.S.=Masters of Science

Each state has their own qualifications to attain certification



Bachelor's in Social Work + cert. =LSW
Master's in Social Work +cert. =LCSW and LICSW
LSW: Licensed Social Worker
LCSW: Licensed Certified Social Worker
LICSW: Licensed Independent Clinical Social Worker

Social workers are devote to helping individuals and families with challenges they face in everyday life. They promote social welfare, advocate for social and economic justice.

**Social Worker
LSW,
LCSW,
LICSW**

populations: Children, couples, families, aging individuals, student, refugees and immigrants, veterans, victims of violence, those incarcerated or in the criminal justice system

workplaces: child protective service agencies, local, state, and government agencies, mental health and substance abuse centers, home and school based programs, non-profits

Forensic Psychologist

B.A or B.S in forensic Psychology -->
M.A OR M.S in Forensic Psych (Some jobs available)
Ph.D in Forensic/Clinical Psych or Psy.D + licensure

Forensic psychologists offer their expertise to aid the judicial system in civil and criminal matters. They often specialize in civil, family, or criminal casework. They interview, write reports, provide expert testimonies and, counsel and provide treatment

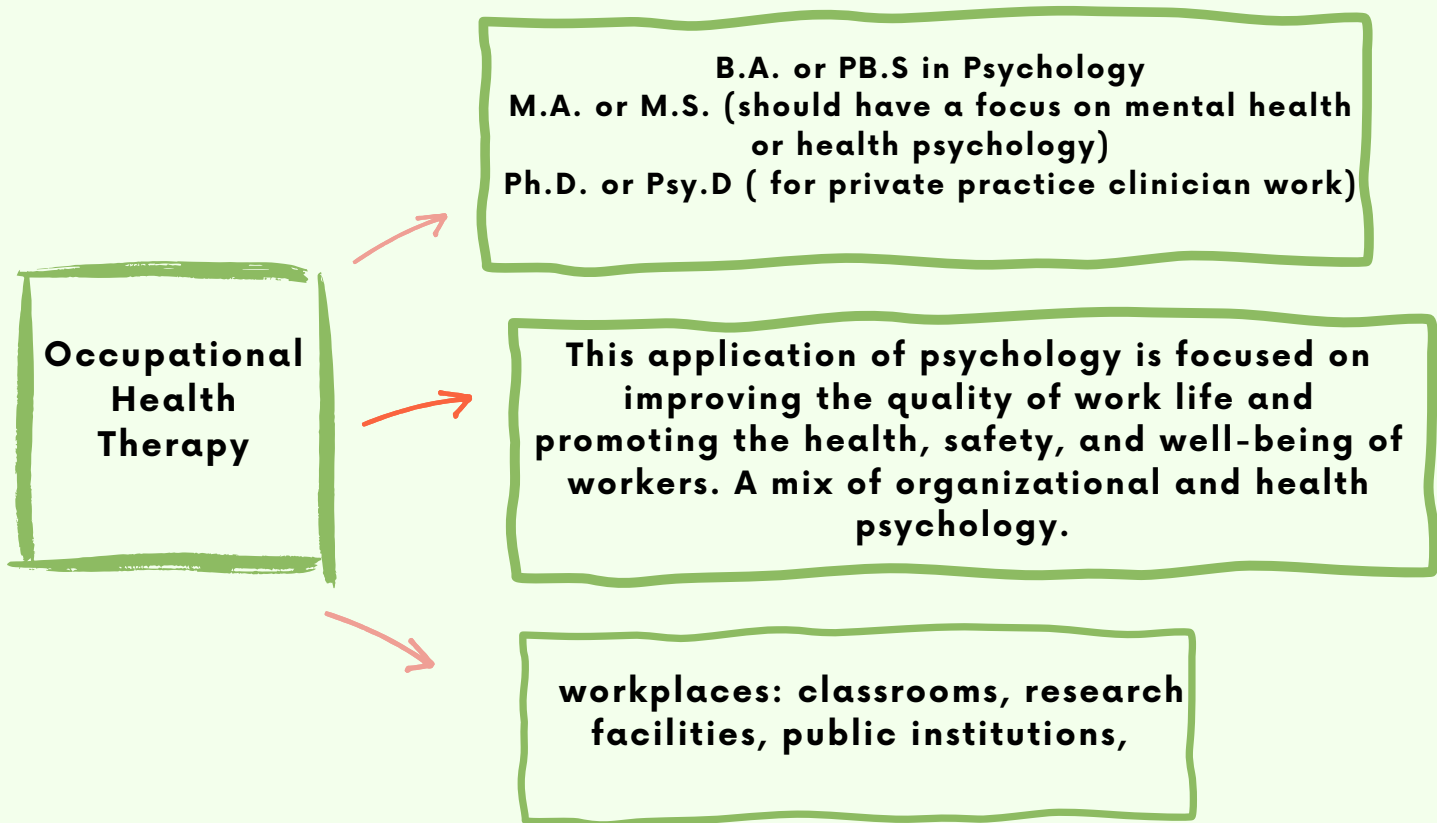
Workplaces: offices, courtrooms, law offices, and universities
Populations/work area: Adults, Children, law enforcement,

B.A or B.S. in Psychology, Corrections or related field (fewer jobs at this level)
M.A. or M.S. in Rehabilitation Counseling, Criminal Justice, Correctional Rehabilitation

Correctional Treatment Specialist

Correctional Treatment Specialists act as liaisons between corrections and social services. They also design plans and implement strategies for convicted felons' transition back into society. As well as empowering felons to make healthy lifestyle choices that will decrease recidivism.

Workplaces: correctional institutions
Populations: adults and juveniles (not felons)

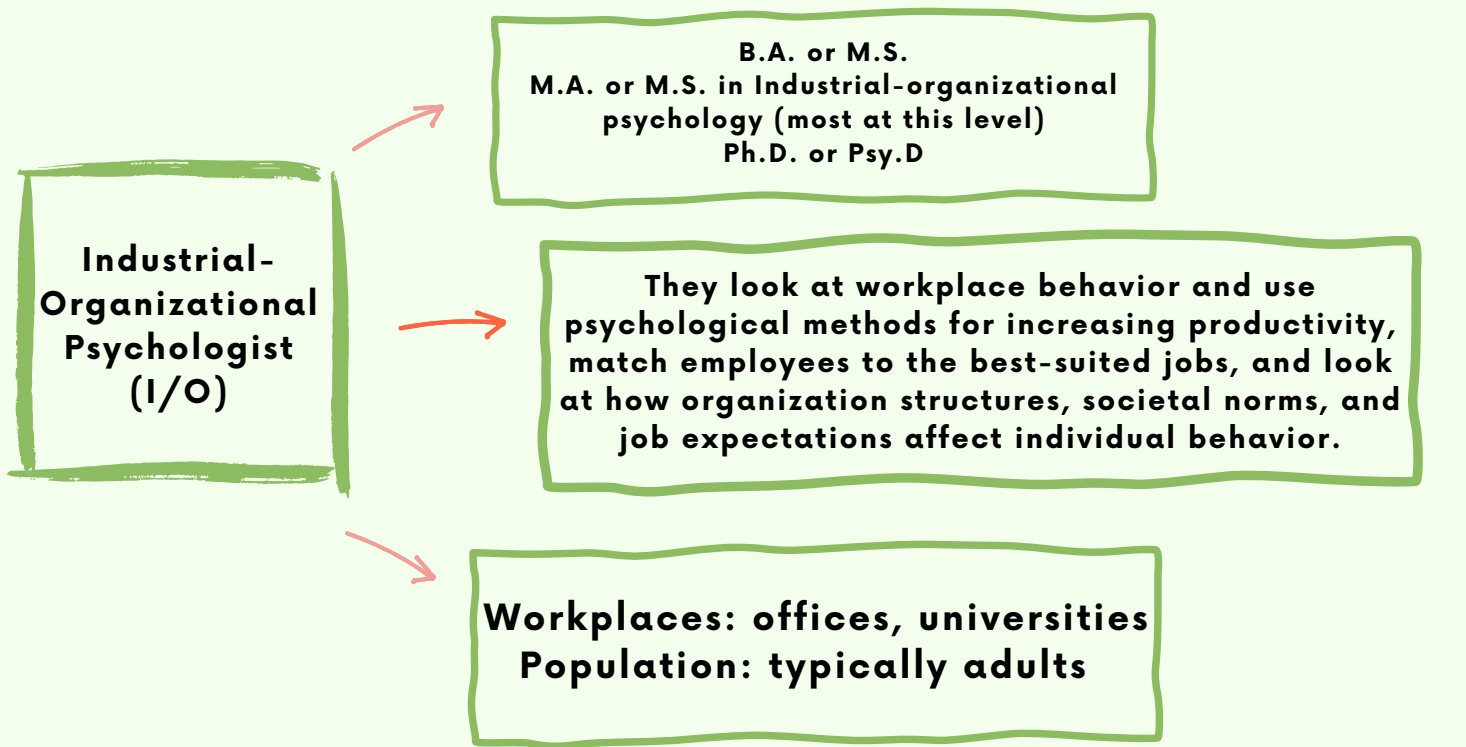


High School Diploma
or GED + On Job Training
B.A. in a mental health related
field offers for more oppurtunities

Mental Health Tech

Mental health technicians—also called psychiatric technicians or behavioral health technicians— work directly with patients who are coping with disabilities, illnesses, or substance use. Often in collaboration with physicians, psychiatrists, social workers, and counselors as part of a treatment team.

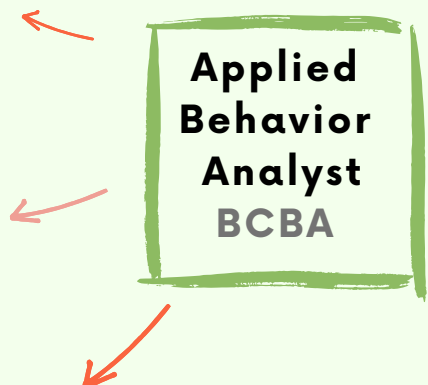
Workplaces: psychiatric hospitals,
residential mental health facilities,
other health care settings



B.A. or B.S. in Psychology
M.A. in ABA
Certification= Board Certified Behavioral Analyst

Populations: those on the autism spectrum, those with a developmental disability education, sports, health and fitness, gerontology

Based on behaviorism, ABA is a therapy that uses behavioral theory to teach target behavior with the use of positive reinforcers and negative reinforcers. Typically applied in the therapy of autistic individuals but can be applied to many populations



**High School Diploma
or GED**

**Direct Care
Support
Person**

Provide supervision to clients who live in residential, group, and hospital settings and require 24/7 monitoring and support. Provide activities, support, and occasional counseling.

Workplaces: Directly employed in a clients home, residential care facilities

**Healthcare
Navigator**

**High School Diploma or GED
Some jobs require certification**

**Workplaces: clinics, hospitals,
public health organizations, the
health department or agencies**

A health navigator (also known as a patient navigator or resource navigator) is a member of the health care team who helps individuals overcome barriers to quality care. Such as health care, insurance or lack thereof, poor health literacy, transportation, child care, and more.

Care Coordinator

High School Diploma -->
B.A. or M.A in human services, psychology,
related fields
Certs. not required but available

Care Coordinators facilitate conversations between interdisciplinary Care Teams (including Patient Navigators, Care Coordinators, primary care physicians, and clinicians) and expedite client services referrals.

B.A OR B.S. n Psychology, Sociology,
Social Work, Human Services, or a
related field

Therapeutic Mentor

Work in one-on-one relationships with youth under age 21 to help them build skills to be successful in their lives. This can include teaching them how to use coping skills, working on social skills, making a budget, and applying to their first job.

Outreach Worker

High School Diploma or GED
Associates or Bachelors

Someone who provides support directly to the individuals living in their community by assisting with food services, housing, substance use assistance, or violence remediation.

Workplaces: Government agencies,
non-profits, homeless shelters,
mental health care facilities,
churches

Psychiatric Nurse Practitioner
PNP, NP, PA, PMHNP

B.S. in Nursing --> M.A. in Nursing and certification

Psychiatric nurse practitioners can treat, diagnose and prescribe medications for individuals with mental health diagnoses. They can work in a variety of community, hospital, school, and legal settings

High School Diploma or GED (bachelor's may be preferred)

Program Manager

Responsible for the day-to-day operations to maintain and enhance the quality of program services offered. A program manager typically works in a contracted program, or a group home which is a home where people with disabilities, or kids involved with DCF or DYS might live together.

Program Director

B.A. in Psychology or related field → M.A.

A Program Director is responsible for the overall management and leadership of continuous improvement within programs. Ensures that identified objectives are being met and the daily operation will be of the highest quality possible.

B.A./ B.S. in psychology, physical science or pre-med →
M.D. Or M.O. Followed by a residency program

Psychiatrist MD

A psychiatrist assesses, diagnoses, and treats mental, emotional, and behavioral disorders. Psychiatrists are medical doctors and can order or perform a variety of medical and/or psychological tests. They can prescribe medication, while psychologists or therapists cannot. They often collaborate on their patients' treatment plans

Workplaces: private practice, general and psychiatric hospitals, university medical centers, community agencies, courts and prisons, nursing homes, industry, government, military settings, schools and universities, rehabilitation programs, emergency rooms, hospices, and many other places

High School Diploma or GED →
Training course(s)

Recovery Coach

A form of peer support that involves the process of giving and receiving non-clinical assistance to support long-term recovery from substance use disorders. A peer recovery coach brings the lived experience of recovery, combined with training and supervision, to assist others in initiating and maintaining recovery, helping to enhance the quality of personal and family life in long-term recovery. Peer recovery support services can support or be an alternative to clinical treatment for substance use disorders.

Workplaces: substance addiction services, mental health clinics, rehabilitation centers, and private practices

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