



SEPTEMBER IS NATIONAL RECOVERY MONTH:  
"Recovery Benefits Everyone"

# Trauma-Informed Care: An Essential Element of Recovery



1911 Williams Drive, Suite 200  
Oxnard, CA 93036

**ALCOHOL & DRUG PROGRAMS**  
Ventura County Health Care Agency



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Ventura County Health Care Agency

# Trauma-Informed Care

*An Essential Element of Recovery*

SEPTEMBER 28 CONFERENCE • RECOVERY MONTH 2011

# Trauma-Informed Care: An Essential Element of Recovery

**Date:** Wednesday, September 28, 2011  
8:30am – 12:00pm

**Location:** Ventura Beach Marriott  
2055 East Harbor Blvd., Ventura

**Parking:** Self parking complimentary  
Valet Parking \$10.00



## Recovery Month 2011

The Ventura County Behavioral Health Department, with support from the Alcohol and Drug Advisory Board of Ventura County, invites you to join us in celebrating National Recovery Month 2011. This year's Recovery Month theme, "Join the Voices for Recovery – Recovery Benefits Everyone," aims to educate the public on the positive changes that national health care reform will have on access to needed recovery services for substance use and mental disorders. We celebrate the journey of those in recovery, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

*Trauma-informed services are based on the assumption that trauma is central to the development of mental health and substance use disorders.*

This year's conference, *Trauma-Informed Care: An Essential Element of Recovery*, focuses on offering another way of understanding addictions, and the importance of understanding trauma-informed services. This theme impacts our work with all clients, and in particular, with our treatment services for women.

*"Many individuals with substance abuse problems have personal or family histories of trauma which can result in emotional and physical suffering such as low self-esteem, anxiety, body pain and a sense of shame. Individuals may try to self-medicate with different substances in an attempt to manage these symptoms; however, people who present for substance abuse treatment may not initially mention the trauma or request treatment for trauma. Trauma-informed services are designed to consider and adjust to any potential vulnerabilities a traumatized consumer may have by taking into consideration different service delivery approaches that are supportive and will not cause re-traumatization. The National Center for Trauma-Informed Care proposes a change to the providers thought process from one that views the consumer as "what's wrong with you?" to one that asks "What has happened to you?"*

– National Council Addictions News Now – April 2011

## CONFERENCE SCHEDULE

**8:30** Registration

**9:00** Welcome

**9:10** KEYNOTE ADDRESS:  
Women and Addiction: A Trauma-Informed Approach  
Stephanie S. Covington, Ph.D., L.C.S.W.  
Institute for Relational Development Center  
for Gender and Justice, La Jolla, CA

**10:25** Break

**10:40** A Snapshot of Local Efforts  
Lucy Ford, L.C.S.W.  
VCBH, Alcohol & Drug Programs

**11:00** Alcohol, Women and Binge Drinking: The Risks  
Straight Up Ventura County

**11:20** The Power of the Media:  
Young Women & Alcohol Advertising  
Idea Engineering, Santa Barbara, CA

**11:55** Going Forward, Next Steps  
Patrick Zarate  
Division Manager, VCBH, Alcohol & Drug Programs

*Thank you to Straight Up Ventura County for event assistance.*

# Keynote Speaker: Stephanie S. Covington, Ph.D., L.C.S.W.

## *Women and Addiction: A Trauma-Informed Approach*



Over the past thirty years our knowledge of women's lives has increased dramatically, and we have added significantly to our understanding of the treatment needs of women with addictive disorders. Based on several of Dr. Covington's manualized curricula, this presentation offers a comprehensive treatment model that integrates theories of addiction, women's psychological development, and trauma. While research and clinical experience indicate a high incidence of trauma and co-occurring disorders in women's lives, administrators and counselors often struggle with the realities of providing effective, integrated, and trauma-informed treatment. The initial focus of the presentation is on the history of women's treatment, as well as the elements needed to create gender-responsive and trauma-informed services. It includes the following: the process of trauma, therapeutic environment, stages of recovery, dissociation, triggers, and secondary traumatization.

**Stephanie S. Covington, Ph.D., L.C.S.W.**, is a clinician, organizational consultant, and lecturer. For over twenty-five years her work has focused on the creation of gender-responsive and trauma-informed services. Her extensive experience includes designing women's services at the Betty Ford Center, developing programs for women in criminal justice settings, and being the featured therapist on the Oprah Winfrey Network TV show entitled "Breaking Down the Bars." She has also served as a consultant to the United Nations Office on Drugs and Crime (UNODC) in Vienna and was selected for the federal Advisory Council on Women's Services. Educated at Columbia University and the Union Institute, Dr. Covington has served on the faculties of the University of Southern California, San Diego State University, and the California School of Professional Psychology. She has published extensively, including six gender-responsive, trauma-informed treatment curricula. Dr. Covington is based in La Jolla, California, where she is co-director of both the Institute for Relational Development and the Center for Gender and Justice.

### *A Snapshot of Local Efforts • Lucy Ford, L.C.S.W.*

Personal growth, recovery, and healing are a lifelong journey. The "Beyond Trauma, A Healing Journey for Women" curriculum is being used at the VCBH, Alcohol & Drug Programs' Ventura Center. Using this program, women in our Adult Treatment Program are exploring the connection between trauma and substance abuse, and are given the opportunity to explore new ways of coping with the impact of trauma in one's life.

**Lucy Ford L.C.S.W., C.A.T.C.**, is a Behavioral Health Clinician with the Ventura County Behavioral Health Department, Alcohol and Drug Program Division. A graduate of the University of California at Berkeley's School of Social Welfare, she is a Licensed Clinical Social Worker with over 28 years of experience working in the substance abuse and mental health treatment fields. As a psychiatric social worker for Ventura County Behavioral Health, Ms. Ford helped develop, implement and evaluate a Dialectical Behavior Therapy program in the 1990's for clients with Borderline Personality Disorder. For the past 10 years she has served as a clinician for the Ventura Center, an outpatient program of Ventura County's Alcohol and Drug Division, providing individual and group counseling for individuals with substance abuse problems, as well as for those with co-occurring psychiatric disorders. For the past ten months she has facilitated a Trauma Recovery Group for the Center's female addicts and alcoholics, utilizing the curriculum developed by Dr. Stephanie Covington.

### *Alcohol, Women and Binge Drinking: The Risks • Straight Up Ventura County*

**Straight Up** is a Ventura County, California youth development project for ages 12-25 that promotes social change regarding underage and binge drinking and impaired driving using improvisation and interactive techniques to engage discussion, explore issues, and develop personal and community solutions to these issues. Straight Up is made possible through funding from VCBH, Alcohol & Drug Programs.

### *The Power of the Media: Young Women & Alcohol Advertising • Idea Engineering*

This presentation explores the connection between alcohol advertising and marketing and the impact it has on young women in particular. In 2011, VCBH, Alcohol & Drug Programs, Prevention Services, in collaboration with Idea Engineering, initiated a targeted "Young Women & Alcohol Campaign," to specifically address the risky behaviors associated with young women and drinking behaviors, and the ways in which women can be empowered to make healthy choices in their lives.

**Idea Engineering** is a contract provider with VCBH, Alcohol & Drug Programs, Prevention Services. Idea Engineering develops policy-focused communication plans and materials for Ventura County Behavioral Health, and serves to enhance the prevention strategic initiatives. Idea Engineering developed VCBH, Alcohol & Drug Program's newly designed website, [venturacountylimits.org](http://venturacountylimits.org).

# REGISTRATION FORM

Recovery Month 2011 Conference • Trauma-Informed Care: An Essential Element of Recovery

## TO REGISTER FOR CONFERENCE:

1. Complete registration form.
2. Attach payment or fill in credit card information.  
(Payment method is by check, cash, money order, or credit card.)
3. Mail, fax or deliver registration form with payment to:

Recovery Month 2011  
Behavioral Health Department  
1911 Williams Drive, Suite 200  
Oxnard, CA 93036  
FAX: (805) 981-6838

Visa       MasterCard

Name on card: \_\_\_\_\_

Billing Address: \_\_\_\_\_  
(must match credit card)

Phone Number: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Registration:**                      **\$15.00**

**CE Fee:**                              **\$10.00**

**Total Included:** \_\_\_\_\_  
**(no refunds)**

## MAKE CHECKS PAYABLE TO VENTURA COUNTY.

Limited number of scholarships for consumers and family members.

For any conference questions:

Phone: (805) 981-9213

Email: [vcbh.training@ventura.org](mailto:vcbh.training@ventura.org)

Website: [www.vchca.org/bh](http://www.vchca.org/bh) "Programs - Conferences"

**CONFERENCE: September 28, 2011**

**REGISTRATION DEADLINE: September 21, 2011**

**MUST PREREGISTER**

**NO ON-SITE REGISTRATIONS**

## ONE FORM PER PARTICIPANT — PLEASE PRINT CLEARLY

Name: \_\_\_\_\_  
*Last Name                      First Name*

\_\_\_\_\_  
*Organization or Agency Name (if applicable)*

Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Consumer       Family Member       VCBH Staff

Mental Health Professional (non VCBH staff)

Other: \_\_\_\_\_

Meeting rooms are handicap accessible. For assistance with sign language interpreters or other accommodations, send written request through mail or email by September 1.

## FOR PROFESSIONAL CREDIT

3 CONTINUING EDUCATION CREDITS

(No partial credit available)

**License/Certification #:** \_\_\_\_\_

CE Fee: \$10.00

- LMFT       LCSW       RN  
 Physician       Psychologist       CAADAC  
 CAADE       Other \_\_\_\_\_

*Course meets the qualifications for 3 hours of continuing education credit for LMFT's and/or LCSW's as required by the California Board of Behavioral Sciences (Approved Provider #PCE 4184). Provider Name: Ventura County Behavioral Health.*

*Provider approved by the California Board of Registered Nursing. Provider #CEP 15325, for 3 contact hours. Provider Name: Ventura County Behavioral Health Department.*

*The Ventura County Medical Center is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. The Ventura County Medical Center takes responsibility for the content, quality and scientific integrity of this CME activity. The Ventura County Medical Center designates this educational activity for a maximum of three hours of AMA PRA Category I Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education. Provider Name: Ventura County Medical Center.*

*Alcohol & Drug Counselors: CAADAC Approved Provider #2C-92-284-0412 CAADE Approved Provider #CPI0 888 C 0513*