



WOMEN MOVING FORWARD

How Trauma Impacts Us and
Tools to Ease the Stress

Saturday, April 13, 2019

Web: www.wmfmd.org

Email: tellusyourstory@wmfmd.org



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Dear Conference Attendees,

The Women Moving Forward Committee, its members, and the National Association of Women Judges welcome you to the 2019 conference. This organization is made up of individuals and organizations that work to support the welfare of incarcerated women and their successful return to the community.



This year's conference has a single focus on mental health. This educational half day will address four areas: Trauma, Building Healthy Relationships, Understanding the Treatment of Mental Health Conditions, and Self-help Tools. An incarcerated person may bring with them the effects of earlier trauma, and the challenges of dealing with various mental health challenges. Understanding how those conditions impact our understanding and our actions will help identify the reasons behind some of our actions. Information about mental health conditions, and how they are treated by with counselling and medications will give insight into treatments inside the prison and in the community. There are tools to help address issues like anxiety, stress and depression which a person can use to improve their own situation.

The Women Moving Forward Committee give the recognition and gratitude to the mental health professionals who have generously given their time to join us today. In addition to our plenary speakers, Alisha F. Saulsbury, Caroline Burry, Denise Smith and Alexandra Wimberly, we have another dozen mental health professionals who will facilitate an interactive discussion in small groups. Their participation will afford you the opportunity to ask questions from trained professionals in a smaller group setting.

The Women Moving Forward Conference website, www.wmfmd.org, contains a wealth of guides to resources in the community. After your release, you will be able to go to the website, and get information to help you locate services and support.

We wish to recognize Warden Chippendale and the staff at MCIW for their work and continued support of the Women Moving Forward conference.

Sincerely,

Julia Weatherly

Hon. Julia B. Weatherly, Co-chair

Shawn Flower

Dr. Shawn Flower, Co-chair



Conference Schedule

8:45 to 9:00	Welcome
9:00 to 9:25	Trauma ♦ Alisha Saulsbury
9:30 to 9:55	Healthy Relationships ♦ Caroline Burry
10:00 to 10:40	Treatments and Tools to Ease Stress ♦ Alexandra Wimberly ♦ Denise Smith
10:40 to 10:55	Coffee Break
10:55 to 11:55	Small Group Sessions
11:55 to 12:00	Final Remarks, Goodbyes



PLENARY SPEAKERS



Caroline L. Burry, Ph.D., Associate Professor
University of Maryland School of Social Work, Baltimore

Dr. Burry is Associate Professor and Chair of the Families and Children Specialization at the School of Social Work, University of Maryland Baltimore. She serves on an Advisory Board of the International Coalition for Children of Incarcerated Parents. Her research interests include parental incarceration, child welfare, and international social work.

My “Take-Aways” of the Most Important Points Discussed



**Healthy
Relationships**



Alisha F. Saulsbury, LCSW-C

T.A.M.A.R. Trauma Specialist/Clinical Supervisor For All Seasons Mental Health Clinic

Ms. Saulsbury graduated from the University of Maryland in 1993 with her Masters of Social Work. Since becoming a therapist, she has practiced on the Mid-Shore of Maryland as an outpatient provider for 25 years where she works with children, adolescents and adults. For the past 20 years she has worked as a trauma-certified, outpatient clinician at For All Seasons Behavioral Health and Rape Crisis Center. In addition to her outpatient work at For All Seasons Rape Crisis Center, she coordinates the Mid-Shore TAMAR (trauma, addiction, mental health and recovery) Program, working in forensic mental health.

My “Take-Aways” of the Most Important Points Discussed



Trauma



Denise Smith, LCSW-C

Smith Consulting Group, LLC and Office of the Public Defender

A 2002 graduate of the University of Maryland School of Social Work (UMSSW), Denise Smith has refined her clinical practice in the areas of forensic social work, mental health treatment, and social work education. Ms. Smith launched Smith Consulting Group, LLC in 2011 providing forensic social work focused on defended-based advocacy- giving a voice to truth and restoring dignity to the accused. As a forensic social worker, she develops mitigation reports for use by attorneys in private practice and at the request of attorneys at the Office of the Public Defender and Federal Public Defender for Maryland.

My “Take-Aways” of the Most Important Points Discussed



Treatment



Alexandra S. Wimberly, Ph.D., MSW, MPH

Assistant Professor University of Maryland School of Social Work, Baltimore

Dr. Wimberly is an Assistant Professor at the University of Maryland School of Social Work. She researches interventions for people with substance use problems and associated challenges such as criminal justice involvement and HIV risk. She is interested in yoga and mindfulness approaches to improve stress coping and support reduced substance use. Her research interests stem from experience working in a jail as a counselor.

My “Take-Aways” of the Most Important Points Discussed



**Tools to
Ease Stress**



GROUP SESSION FACILITATORS



Patricia Eleazer

Mental Health First Aid

Patricia Eleazer is an elementary school teacher and a Native New Yorker. She is a retired Air Force service member who enjoys participating in all types of community outreach activities. She serves on the Maryland Veterans Mental Health Advisory Council and teaches mental health first aid. Her hobbies include travel, cooking, hiking, and songwriting.

Katherine F Higdon, MA, LCPC

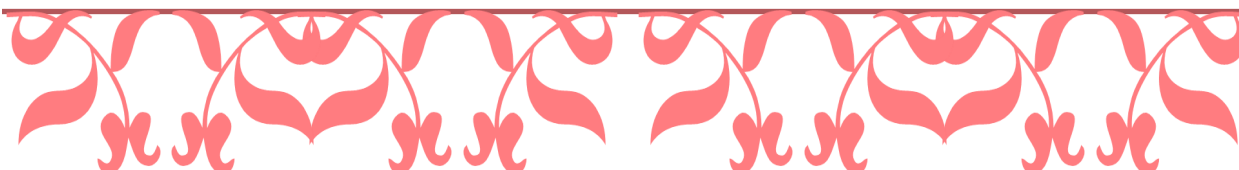
KH Counseling

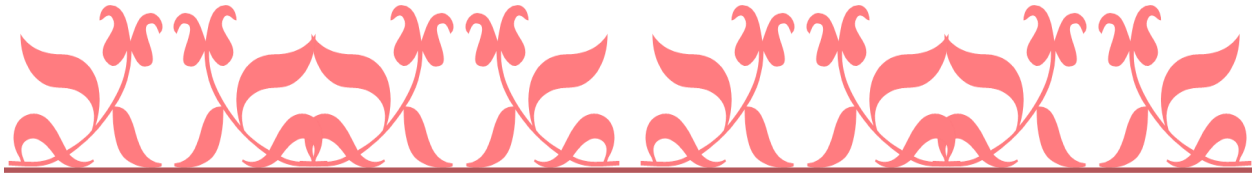
Katherine F. Higdon is a Licensed Clinical Professional Counselor in private practice since 2001. She specializes in depression, anxiety, addiction, and family issues. In 2018, she developed a program called Mood, Food and Attitude to help clients with emotional eating issues. She received her B.A. from St. Joseph College in 1975; M.A. in Clinical Psychology, from Loyola College in 1995; Health Coach, Institute for Integrative Nutrition, 2015, and a M.A. in Political Science from Georgetown University in 1982.

Nancy D. Franke, MSW

Ph.D. Student, University of Maryland School of Social Work, Baltimore

Nancy D. Franke, MSW, is the former Director of the Goldring Reentry Initiative (GRI), a program at the University of Pennsylvania's School of Social Policy & Practice that provides therapeutic case management services to people pre and post release from the Philadelphia Department of Prisons. In addition to her six years with the GRI, Nancy acted as an advisor for Eastern State Penitentiary's Returning Citizens Tour Guide Program, the Pennsylvania Prison Society's Mentor Program, and Penn's Criminal Justice Bloc. Prior to her work in Philadelphia, she was a Youth Development Peace Corps Volunteer in Paraguay, and worked in and unionized a residential treatment center in Oregon. Nancy has published and presented on various aspects of the criminal justice system, and is currently a social work PhD student at University of Maryland School of Social Work.





Dr. Omolara Akinrinade

Clinical Director, Patuxent Institute

Dr. Akinrinade is an experienced Clinician with a demonstrated history of working in the corrections, hospital & health care industries. Skilled in Family Therapy, Group Therapy, Psychological Assessment, Anger Management, Public Speaking, and Psychology. Strong healthcare services professional with a Doctor of Clinical Psychology (PsyD) focused in Psychology from American School of Professional Psychology at Argosy University.

Dr. Nicole Barber

Maryland Correctional Institution for Women

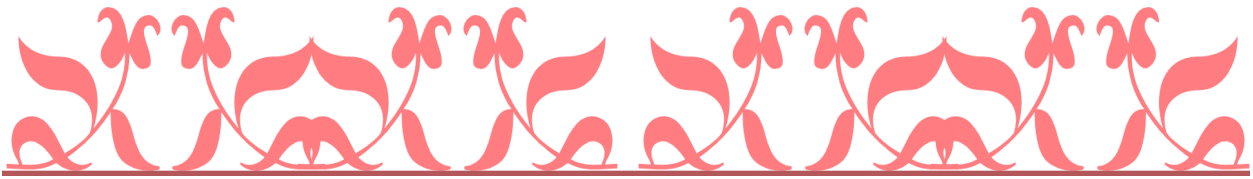
Dr. Barber has over 26 years of experience working with individuals diagnosed with mental health, trauma, familial, and spiritual dilemmas. She is a Licensed Clinical Professional Counselor (LCPC) who is the psychology department lead for mental health services render to incarcerated individuals diagnosed with a mental illness, substance abuse and/or personality disorders as well as traumatic history.

Simone Blanchard, LCPC

Executive Director and Lead Therapist of Inner Light Consulting and Therapeutic Services

Simone Blanchard is the Executive Director and Lead Therapist of Inner Light Consulting and Therapeutic Services in the metro Washington DC area. She is a National Certified Counselor (NCC) and currently holds her LCPC (Licensed Clinical Professional Counselor) in Maryland and Washington, DC. She is also a Trauma Specialist, whose training includes working with children who have been impacted by childhood sexual abuse. Blanchard is a sought-after speaker by both lay and professional audiences. To the general community, she speaks about parenting skills, relationship healing and building, childhood development, and natural healing modalities.





Mia Cohen, LCPC

Maryland Correctional Institution for Women

Mia Cohen is a Licensed Clinical Professional Counselor and have been working in the position of Mental Health Professional Counselor at MCI-W for about four and a half years. Prior to that, she worked with male inmates with severe mental illness at the Correctional Mental Health Center-Jessup program for three years.

Bronwyn A. Hunter, Ph.D.

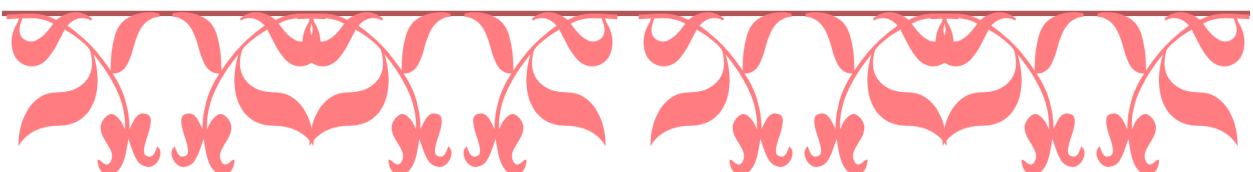
Assistant Professor in Clinical and Community Psychology, University of Maryland, Baltimore County

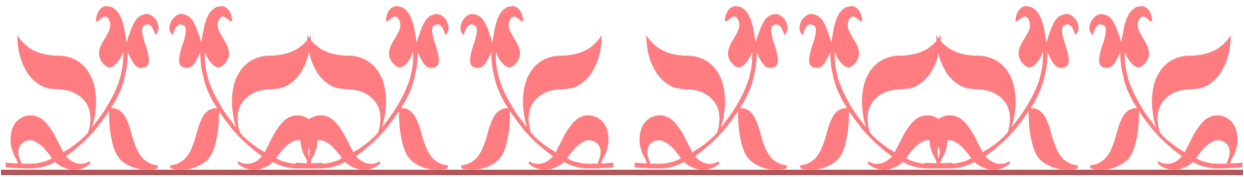
Dr. Hunter's research program identifies factors that promote successful prisoner re-entry and reintegration by examining stigma, health, and well-being among individuals with criminal justice and substance abuse histories. Specifically, she focuses on: 1) the relationship between stigma, stigma management, and health-related outcomes for individuals transitioning from prison to the community; and 2) program development and evaluation to improve health and well-being for women who have been involved in the criminal justice system.

Renée Jefferson, LMSW

Behavioral Health Integration Specialist, Windrush Behavioral Health, LLC

Renée Jefferson, LMSW has more than 20 years of experience working in a variety of settings with diverse groups. However, her passion is working with and advocating for vulnerable older adults in her community to enhance the quality of their lives. Renée served as a Social Work Intern at Intergrace Copper Ridge where she worked with older adults and adults with disabilities and their families to manage their care. Prior to that, she worked with the Howard County Office on Aging and Independence. In her role there, she conducted home visits and provided referrals for agency programs and resources as well as those offered in the community.





Elaina McWilliams

Elaina McWilliams is currently a second-year student in the University of Maryland, Baltimore County's Doctoral Psychology Program. Prior to beginning the doctoral psychology program at UMBC, she was a practicing licensed clinical social worker who provided mental health treatment to individuals experiencing a wide range of mental health conditions and substance use issues, as well as many life stressors including homelessness, past incarceration, and difficulty finding employment.

John R. Nattans, LCPC, NCC

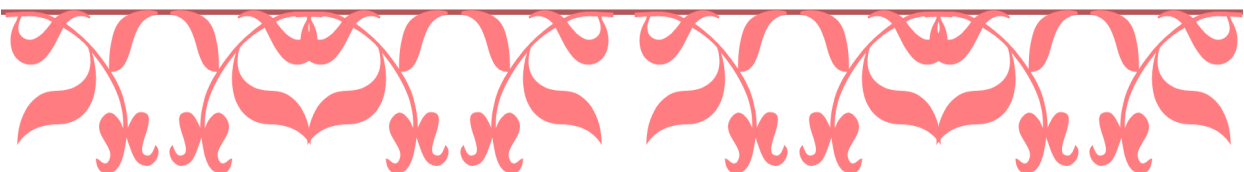
Program Manager, MD DPSCS Pharmacy Services contract, Correct Rx Pharmacy

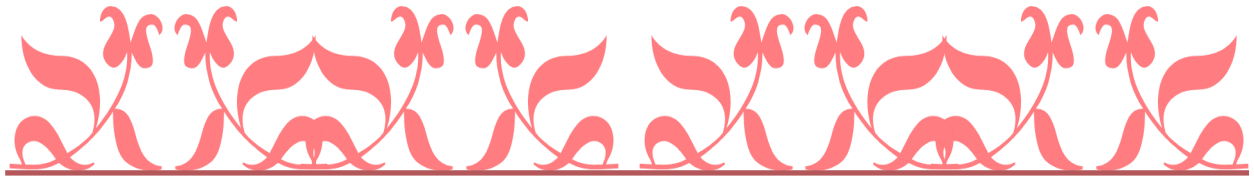
John R. Nattans, MC is a Licensed Clinical Professional Counselor (LCPC) in Maryland and a Nationally Certified Counselor (NCC). John earned a Masters of Counseling degree from Arizona State University, a Bachelor of Arts degree in Psychology from the University of Delaware, and has taken several postgraduate courses at the Johns Hopkins University, School of Professional Studies in Business and Education. Mr. Nattans has been supervising professionals and managing programs over the past 20 years. He joined Correct Rx in February 2005 and has served as the MD DPSCS Pharmacy Program Manager since July 2005.

Ainisha Persaud, Licensed Clinical Marriage and Family Therapist

Prince George's County Department of Corrections, Staff Psychology Coordinator

Born and raised in Prince George's County Maryland, Ainisha Persaud completed her undergraduate and graduate studies at the University of Maryland at College Park. Ainisha is a licensed clinical marriage and family therapist in the State of Maryland and a clinical member of the American Association of Marriage and Family Therapy. Since 1994, she has been providing therapy for individuals, couples, and families in a variety of settings including schools, foster care, outpatient mental health clinics, correctional facilities, and private practice. In 2002, Ainisha became the Executive Program Director of the TAMAR's Children program (Trauma Addiction Mental Health and Recovery program), a clinical intervention for incarcerated pregnant women in Baltimore City. When grant funding for the program ended in 2004, she became a trauma specialist with the TAMAR program at the Prince George's County Department of Corrections, working with female inmates with an identified trauma history.





Veronica Tucker-Scott, LGPC
Case Manager, Baltimore Station

Veronica Tucker-Scott has been working with incarcerated men for over 35 years. Throughout her ten year tenure with the Baltimore City Jail, which became the Baltimore City Detention Center (“BCDC”) under the Maryland Department of Public Safety and Correctional Services, she held many positions including Compliance Officer, Escort, Courtroom Officer, and Section Officer. Veronica retired from BCDC in 2006 after an injury in the line of duty. She was certified as an HIV/STD Counselor in 2006 with Women Accepting Responsibility (“WAR”) where she taught Commercial Sex Workers how to be safe on the streets and facilitated the SISTA program (Sisters Informing Sisters on the Topic of AIDS) with the Center for Disease Control and Prevention.

