



2025 Norwalk ACTS - "Day of Training" for Youth-Serving Adults
Tuesday, June 17, 2025 - 9:00am-3:00pm
Jefferson Elementary School, 75 Van Buren Avenue, Norwalk, CT

Time	Event	Location
9:00-9:30	Breakfast and Registration	Main Lobby
9:30-9:45	Welcoming Remarks	Cafeteria
9:45-10:15	Community Mindfulness Project - meditation session designed to support self-care and help manage stress that leads to burnout. Julia Hepfer and Erika Long	Cafeteria
10:20am-11:20am	Session 1: Participant Choices <ol style="list-style-type: none"> Trauma Informed Care (Mid-Fairfield Community Care Center, Mary Alice Delagrang and Adriana Fuchs) CALM: Counseling on Lethal Means (suicide prevention), PART I (Norwalk Health Dept., Kelley Tomlinson, Family & Children's Agency, Jessica Vivenzio) Infusing Substance Prevention into Youth Programming (Margaret Watt - Positive Directions) LGBTQ+ Identities & Allyship in Practice (Triangle Community Center, Cadence Pentheny) Youth with intellectual and developmental disabilities (ID/D): Supporting Success, Building Connections, and Unlocking Potential (STAR Inc, Dottie Jankowski, Rebecca Cavaliere) 	
11:20am-11:30am	BREAK	
11:30am-12:30pm	Session 2: Participant Choices <ol style="list-style-type: none"> CALM: Counseling on Lethal Means (suicide prevention), PART II (Norwalk Health Dept., Kelley Tomlinson, Family & Children's Agency, Jessica Vivenzio) Relationships (Silver Hill Hospital, Community Resilience Campaign Rebecca Murphy, Sophia Gouriotis, LMSW) LGBTQ+ Identities & Allyship in Practice (Triangle Community Center, Cadence Pentheny) Trauma Informed Care (Mid-Fairfield Community Care Center, Mary Alice Delagrang and Adriana Fuchs) Hidden Risks: Identifying Gambling Behaviors in Adolescents, (Connecticut Renaissance, Melodie Keen) Self-Care Is Not Selfish (Sparkle My Way, Shanita Crafter) 	
12:30-1:30pm	Lunch	Cafeteria
1:35pm-2:35pm	Session 3: Participant Choices <ol style="list-style-type: none"> Conflict Management (Silver Hill Hospital, Rebecca Murphy, Sophia Gouriotis, LMSW) Changing the Narrative (Norwalk Human Services Dept, AnaVivian Escalante) Navigating Substance Use For Families (Positive Directions, Margaret Watt and Family & Children's Agency, Jess Vivenzio) Navigating the New Immigration Landscape (Building One Community, Ivonne Zucco) Culturally and Ethically Sensitive Treatment: Building Inclusive and Respectful Care (Connecticut Renaissance, Dr. Jennier C. Reid) 5 Secrets to How to get Your Child to Listen (Shanita Crafter, LMSW, CEO, Owner, & Founder of Sparkle My Way, LLC Author, Inspirational Speaker, & Certified Life Coach) (Sparkle My Way, Shanita Crafter) 	
2:35pm-2:45pm	Networking & Survey Completion	Cafeteria
2:45pm-3:00-pm	NACTS Initiative Announcements	Cafeteria



Session 1 Workshop Descriptions

1. **Trauma Informed Care**

Mary Alice Delegrange, LCSW, Director, IOP & Prospects Programs, Mid-Fairfield Community Care Center

Email: mdelagrange@mfcgc.org

Adriana Fuchs, LMSW, Bilingual Clinician, Mid-Fairfield Community Care Center

Email: afuchs@mfcgc.org

Trauma-Informed Care (TIC) Training hopes to promote a stronger understanding of trauma, how it affects a child's behavior and ability to learn in school, and helps build a system more responsive to the needs of Norwalk's children. TIC strives to shift the underlying question from "What is wrong with you?" to "What happened to you?" In this training, we will discuss trauma basics such as a definition of trauma to create a shared understanding, identification of traumatic events; and the prevalence of trauma histories among children and adults. We will also discuss brain development and how it is impacted by trauma and toxic stress, along with the healing benefits of relationships, including strategies for TIC implementation. Lastly, we will explore vicarious trauma and the importance of self-care.

2. **CALM: Counseling on Lethal Means (suicide prevention) PART I**

Kelley Tomlinson, MPH, CHES, Health Educator, Norwalk Health Dept

Email: ktomlinson@norwalkct.gov

Jessica Vivenzio, Behavioral Health Director, Family & Children's Agency

Email: jvivenzio@fcagency.org

CALM is a practical intervention to increase the time and distance between individuals at risk of suicide and the most common and lethal methods of suicide, particularly firearms and medications. The oldest and most widely-used training on lethal means safety. CALM teaches why means matter and equips individuals with tools to intervene effectively with those at risk for suicide both upstream—before a crisis hits—as well as in times of crisis.

3. **Infusing Substance Prevention into Youth Programming**

Margaret Watt MPH, MA, Prevention Director, Positive Directions—The Center for Prevention & Counseling

Email: mwatt@positivedirections.org

In this workshop, we'll consider our own beliefs and experiences about underage substance use, look at today's reality, and think about how our messages and activities can be adapted to prevent risky behaviors

4. **LGBTQ+ Identities & Allyship in Practice**

Cadence Pentheny, Community Education Manager, Triangle Community Center

Email: cadence@ctpridecenter.org

This training will engage participants in a thorough overview of the LGBTQ+ community, with emphasis on supporting children and youth. From terminology and definitions to rethinking historical and traditional assumptions about gender and sexuality, this training is a must for all those who wish to be informed, and therefore effective, allies to the community.



5. Youth with ID/D: Supporting Success, Building Connections, and Unlocking Potential

Dottie Jankowski, MSW, MPH, Director of Family Support Services, STAR Inc., Lighting the Way

Email: djankowski@starct.org

Rebecca Cavelier, Program Support Manager

Email: rcavaliere@starct.org

This interactive workshop is designed for those interested in learning more about how to work with youth who experience behavioral and social challenges. Participants will gain a deeper understanding of how intellectual and developmental disabilities affect communication, social interaction, and emotional regulation. The session will explore practical, evidence-based strategies to support positive behavior, building social skills, and create inclusive, supportive environments in a variety of group settings.

Session 2 Workshop Descriptions

1. CALM: Counseling on Lethal Means (suicide prevention) PART I

Kelley Tomlinson, MPH, CHES, Health Educator, Norwalk Health Dept

Email: ktomlinson@norwalkct.gov

Jessica Vivenzio LCSW, ACCTS, Behavioral Health Director, Family & Children's Agency

Email: jvivenzio@fcagency.org

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2. Relationships

Rebecca Murphy, Community Resilience Campaign, Silver Hill Hospital

Email: rmurphy1@silverhillhospital.org

To review the importance of relationships and skills that work to nurture them. We will discuss how to have difficult conversations and practice trust building techniques. We will learn how to be present for others during good times and difficult times. Healthy relationships in our personal or professional lives rely on trust and effective communication—both of which are built on foundational skills that can be developed. Understand how feelings can be information about needs, wants, limits, and boundaries needing to be communicated.

- Understand the relationship between psychological safety and performance standards
- Practice Active Constructive Responding
- Learn and practice effective communication techniques
- Discuss emotional intelligence & how to appropriately set limits and boundaries
- Practice being present and grounded while communicating needs



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Cadence Pentheny, Community Education Manager, Triangle Community Center

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4. Trauma Informed Care

Mary Alice Delegrange, LCSW, Director, IOP & Prospects Programs, Mid-Fairfield Community Care Center

Email: mdelagrange@mfcgc.org

Adriana Fuchs, LMSW, Bilingual Clinician, Mid-Fairfield Community Care Center

Email: afuchs@mfcgc.org

Trauma-Informed Care (TIC) Training hopes to promote a stronger understanding of trauma, how it affects a child's behavior and ability to learn in school, and helps build a system more responsive to the needs of Norwalk's children. TIC strives to shift the underlying question from "What is wrong with you?" to "What happened to you?" In this training, we will discuss trauma basics such as a definition of trauma to create a shared understanding, identification of traumatic events; and the prevalence of trauma histories among children and adults. We will also discuss brain development and how it is impacted by trauma and toxic stress, along with the healing benefits of relationships, including strategies for TIC implementation. Lastly, we will explore vicarious trauma and the importance of self-care.

5. Hidden Risks: Identifying Gambling Behaviors in Adolescents

Melodie Keen (she/her), LMFT, ICGC11, BACC, AADC, IGDC, Clinical Manager of Gambling Services, Connecticut Renaissance

Email: Mkeen@ctrenaissance.org

This workshop is designed to equip mental health professionals with the knowledge and tools to recognize early signs of gambling behaviors in adolescents. As gambling becomes more accessible through online platforms, gaming, and sports betting, it is increasingly important for providers to differentiate between recreational behaviors and problematic patterns that may lead to gambling disorder. Participants will learn to assess risk factors, identify warning signs, and explore culturally responsive strategies for screening and early intervention.

6. Self-Care Is Not Selfish

Shanita Crafter, LMSW, CEO, Owner, & Founder of Sparkle My Way

Email: sparklemyway5@gmail.com

Feeling exhausted from constantly prioritizing others over yourself? When was the most recent occasion you enjoyed some "me time" - a moment dedicated to yourself? Do you find it challenging to carve out time for your own needs in your daily schedule? Now is the moment to prioritize yourself, learn tips on how to indulge in self-care, and uncover your inner peace.



Session 3 Workshop Description

1. Conflict Management

Rebecca Murphy, Community Resilience Campaign, Silver Hill Hospital

Email: rmurphy1@silverhillhospital.org

Purpose: To better understand how to handle difficult and emotionally charged conversations, or individuals experiencing behavioral challenges due to historical trauma. Importance of creating and steps to build a psychologically safe environment.

- Examine the difference between “survival brain” and “learning brain”
- Discuss challenges and triggers for those that have a history of trauma
- Learn a variety of verbal and non-verbal interventions for each phase of conflict management.

2. Changing the Narrative

AnaVivian Escalante, Human Services Director, Norwalk Human Services Dept

Email: AEstrella@NorwalkCT.gov

We will explore how narratives are used in our world, reflect on dominant narratives, and how we can change these narratives. Narratives can create a story with unintended consequences—shaping how people view problems, themselves, and others. This workshop will also include a quick overview on classic storytelling, so we can shift the narratives we use and change the way we help others see the world

3. Navigating Substance Use For Families

Margaret Watt MPH, MA, Prevention Director, Positive Directions–The Center for Prevention & Counseling

Email: mwatt@positivedirections.org

Jessica Vivenzio, Behavioral Health Director, Family & Children’s Agency

Email: jvivenzio@fcagency.org

This training provides essential information and an overview of common substances that youth may encounter, including their effects, risks, and warning signs of use. It equips parents and adults with practical tools and strategies to engage in open, honest, and age-appropriate conversations with young people. By fostering trust and communication, the training supports adults in guiding youth toward informed, healthy decisions regarding substance use.

4. Navigating the New Immigration Landscape

Ivonne Zucco *MBA, PCC*, Building One Community

Email: izucco@b1c.org

Join us for a crucial workshop focused on the continuously evolving immigration landscape.

- Understand who in our community is most at risk
- Learn about recent changes in immigration policy
- Address today’s challenges faced by immigrants and supporting organizations
- Learn about the local and state efforts to protect families



- How to prepare your organization threats to nonprofit organizations

5. Culturally and Ethically Sensitive Treatment: Building Inclusive and Respectful Care"

Dr. Jennifer C. Reid DSW, LCSW, MBA, Director of Outpatient Services, Connecticut Renaissance

Email: jreid@ctrenaissance.org

This interactive workshop is tailored for mental health and substance use professionals, especially those working with individuals impacted by the criminal justice system and systemic marginalization. Participants will explore key concepts—cultural humility, ethical sensitivity, and intersectionality—and examine how identity, power, and bias influence client care. Through real-world examples and focused discussion, attendees will gain practical strategies to reduce bias, navigate ethical dilemmas, and deliver inclusive, trauma-informed care.

6. 5 Secrets to How to get Your Child to Listen

Shanita Crafter, LMSW, CEO, Owner, & Founder of Sparkle My Way

Email: sparklemyway5@gmail.com

This workshop is designed to help parents strengthen their connection with their children by becoming better listeners. It promotes children feeling heard, respected, safe, and valued. This can provide the foundation for trust, cooperation, and healthy emotional development.

1. **Trauma Informed Care** - Mid-Fairfield Community Care Center
2. **CALM: Counseling on Lethal Means PART 1 and 2** - Norwalk Health Dept. & Family & Children's Agency (if you signed up for part 1 you must sign up for part 2- make sure to mention that or have it set up automatically)
3. **LGBTQ+ Identities & Allyship in Practice 101 & 102** - Triangle Community Center
4. **Infusing Substance Prevention into Youth Programming** - Positive Directions
5. **Conflict Management** - Silver Hill Hospital Community Resilience Campaign
6. **Navigating Substance Use For Families** - Positive Directions & Family & Children's Agency
7. **Relationships** - Silver Hill Hospital - Community Resilience Campaign
8. **Navigating the New Immigration Landscape Building One Community**
9. **Changing the Narrative** - Norwalk Human Services Dept
10. **Hidden Risks: Identifying Gambling Behaviors in Adolescents**- CT Renaissance
11. **Culturally and Ethically Sensitive Treatment: Building Inclusive and Respectful Care**- CT Renaissance
12. **Self-Care Is Not Selfish** -Shanita Crafter, LMSW, CEO, Owner, & Founder of Sparkle My Way, LLC Author, Inspirational Speaker, & Certified Life Coach
13. **5 Secrets to How to get Your Child to Listen**- Shanita Crafter, LMSW, CEO, Owner, & Founder of Sparkle My Way, LLC Author, Inspirational Speaker, & Certified Life Coach
14. **STAR INC**