



Western Connecticut
Leadership

A Program of



Human Services Session October 29, 2018

Goal and Objectives

To provide an overview and introduction to the human service challenges and needs in cities and towns in Western Connecticut, with an emphasis on at-risk youth, homelessness, domestic violence, hunger and the opioid epidemic.

- ❖ Educate and expose participants to nonprofit organizations that provide effective intervention and services to clients in the emphasized areas; presentations will include discussion of contributing factors in problem areas.
- ❖ Identify specific volunteer opportunities that are compatible with the interests and expertise of class members and meet the needs of the participating nonprofits.

Important Session Information

Session Leaders

Denise Pratt, *WCL '17*
Trish Lindenman, *WCL '17*

Advisor

Bilal Tajildeen, Program Coordinator,
Connecticut Community Foundation

Suggested Attire

Dressing for comfort is appropriate. We will be touring a homeless shelter and/or working in a city soup kitchen.

Venues

UConn Waterbury Campus
99 East Main Street
Room 119

Greater Waterbury Interfaith Ministry
770 East Main Street, Waterbury

St. Vincent DePaul Ministry Shelter
114 Benedict Street, Waterbury

Parking

Available at parking lot next to campus (**141 East Main Street, Waterbury**). Carpooling is strongly encouraged, as the Foundation will be paying for each car to park here. As you enter the lot, please take a ticket and give it to a staff member who will add a validation code. You will need to present your validated ticket when exiting at the end of the day.

Agenda

- 8:30 Arrival, light breakfast
- 8:55 **Welcome**
Denise Pratt, WCL '17
Trish Lindenman, WCL '17
- 9:00 **Overview of 2018 Alice Report: Study of Financial Hardship in CT**
Annie Scully, Research Analyst & Community Outreach Coordinator, *United Way of Connecticut*
Joann Reynolds Balanda, Vice President of Community Impact, *United Way of Greater Waterbury*
- 9:45 **At-Risk Youth: Problems and Solutions**
Noel Federle, Chairperson, *Southbury & Middlebury Acting Responsibly Together*
Althea Marshall Brooks, Executive Director, *Waterbury Bridge to Success*
- 10:30 Break/Move to bus
- 10:45 **Travel to Site Visits**
Travel by bus to Greater Waterbury Interfaith Ministries and St. Vincent DePaul Homeless Shelter
- 11:00 **Site Visits**
Barbara Dublin, Executive Director, *Greater Waterbury Interfaith Ministries*
Jered Bruzas, Shelter Manager, *St. Vincent DePaul Homeless Shelter*
- 12:15 Travel by bus to UConn Waterbury Campus
- 12:30 Lunch
- 1:15 **Site Visit Debrief: Lessons Learned**
Bilal Tajildeen, Program Coordinator, *Connecticut Community Foundation*
- 1:30 **Community Gardens: Supporting the Hungry**
Fiona de Merrill, Director, *Osher Lifelong Learning Institute*
Nunzio De Filippis, Instructor, *Osher Lifelong Learning Institute*
- 1:45 **Sexual Assault and Domestic Violence in the #MeToo Era**
Louisa Printz, Community Outreach Educator, *Safe Haven of Greater Waterbury*
- 2:15 Break

- 2:30 **Opioid Addiction: Causes, Effects and Prevention**
John Simoncelli, Executive Director, *Greenwoods Counseling Referrals*
- 3:15 **Foundation Bite: Supporting Nonprofits**
Patrick McKenna, Organizational Development Coordinator, *Connecticut Community Foundation*
- 3:30 Wrap up and preview of Economic Development Session

Speaker Biographies

Trish Lindenman, WCL'17

Trish is a Jersey Girl who moved to Connecticut 40 years ago to live, work and raise her family. Trish started her career in health care instructing in the Health Sciences Department at Morris County Community College in New Jersey. She then worked at St. Francis Hospital in Hartford and UConn Health Center in Clinical Health Services. She spent over 20 years as the practice administrator of a robust medical and surgical practice with locations in Southbury and Waterbury.

Her focus now has been community involvement, particularly current youth issues. Trish is proud to have awarded scholarships for over ten years to Region 15 students pursuing health careers and is an active supporter of the Boys & Girls Club. As a lover of the arts, Trish is proud of her role to establish the new Women's Marquee Society at the Palace Theater in Waterbury.

Contact info: Trish11004@aol.com

Denise Pratt, WCL '17

Denise Pratt has worked in the Women's Health field in Waterbury for over 40 years, recently retiring from private practice as a Nurse Practitioner. Prior to private practice, she worked at StayWell Health Center, Connecticut Counseling Center and the Waterbury Health Department. While at the Health Department, she ran a program for Yale School of Public Health, which identified high risk and at risk individuals thus enabling them earlier access to continued prenatal care. She was also on the adjunct faculties of Yale, UCONN, Fairfield and Sacred Heart Universities. Now in her retirement, she serves as a board member for VNA of Litchfield and a member of the Litchfield Aide Society.

Contact info: petiyaya@optonline.net

Annie Scully

Research Analyst and Community Outreach Coordinator, *United Way of Connecticut*

Annie Scully is a Connecticut native who grew up in Niantic. She earned a degree in Political Science from Northeastern University and Masters in Public Administration from the University of New Haven. Annie currently works in United Way of Connecticut's Community Results Center as a Research Analyst and Community Outreach Coordinator. Before joining United Way, Annie worked for Brian House, Inc., a nonprofit organization that provides vocational and residential support to disabled adults and at the Connecticut Conference of Municipalities as a Labor Relations Analyst.

Contact Info: ann.scully@ctunitedway.org, <http://www.ctunitedway.org>

Joann Reynolds Balanda

Vice President of Community Impact, *United Way of Greater Waterbury*

JoAnn Reynolds Balanda is Vice President of United Way of Greater Waterbury, an independent 501C(3) with annual revenues of 4\$+ million that creates positive change in the areas of education, financial stability and basic needs. She has fostered a common vision for coordinating a community planning process for the development of objectives and strategy implementation that achieve desired outcomes in

community conditions, continuously working with community partners to leverage resources and improve coordination of services.

Prior to coming to United Way, JoAnn was a regional Maternal Child Health Community Liaison for United Way of CT/2-1-1, engaging communities in planning efforts to address disparity in child health outcomes. As the former Executive Director of Waterbury Youth Services, JoAnn developed programs and initiatives that increased opportunities for families and youth to thrive.

JoAnn has a Bachelor of Science in Social Work from Southern Connecticut State University. She currently serves on a variety of committees related to her work focused on homelessness, health, child development, financial security and asset building. JoAnn is married to Richard Balanda, has two children, and resides in Watertown.

Contact info: jrbalanda@unitedwaygw.org, <https://www.unitedwaygw.org/>

Noel Federle, M.A., NCC, LPC

Chairperson, *Southbury & Middlebury Acting Responsibly Together*

Noel Federle is a Nationally Certified Counselor and a Licensed Professional Counselor with over 25 years of clinical experience. She is the co-owner of the Behavioral Health Center for Counseling and Learning, LLC and the chair-person for S.M.A.R.T., Inc. (Southbury & Middlebury Acting Responsibly Together), a non-profit organization dedicated to strengthening individuals, families, and communities.

Throughout her career, Noel has had extensive experience working with children traumatized by abuse and neglect, attachment and relational difficulties, and issues that present during adolescence. She specializes in the assessment and treatment of Anxiety Disorders, Trauma, Mood Disorders, Substance Abuse Disorders, Personality Disorders, Attention Deficit Disorders, Sensory Integration Disorder, and Attachment and Relationship disorders.

Noel's background includes the development, implementation, and oversight of several different community-based living programs that serviced children and adults. She has held several top management positions, including being the Clinical Director of a non-profit community based agency. Noel is well-respected for her clinical expertise and collaborative work within the community and with various other community entities such as medical providers, school systems, Department of Children and Families, family and criminal attorneys, and the family relations offices through the court system. She provides trainings and workshops to foster and adoptive parents, as well as local non-profit agencies on a variety of child and family based topics.

Contact info: noel.federle@smartinc.org, <http://www.smartinc.org/home.aspx>

Althea Marshall Brooks

Executive Director, *Waterbury Bridge to Success*

Althea Marshall Brooks' work spans at-risk youth development, employment and education initiatives and training programs, affordable subsidized housing development, community economic revitalization efforts, restoring and enhancing the capacity of small businesses, post-secondary efforts for displaced workers, and community organizing. She received her Bachelor of Science in Human Development and Family Relations from University of Connecticut, earned a Master of Science in Sociology from Southern

Connecticut State University, and earned a Master of Divinity in Religion and Social Welfare from Yale University Divinity School.

Prior to joining Waterbury Bridge to Success, Althea worked as the Director of Coordinated School Health with the New Haven Public Schools improving health outcomes for students, increasing staff wellness, and engaging a marginalized community to increase health equity across the city through collaboration, coordination, and active engagement with leaders, parents, and providers. She also worked as the Community Services Administrator for the City of New Haven, and her community work includes ten years working as the President/CEO of Empower New Haven facilitating and creating economic development and empowerment processes. She continues to review grants for the U.S. Department of Labor and teach at Gateway Community College, and volunteers for several community organizations including the Yale University Diversity and Inclusion Advisory Committee, Beulah Land Development Corporation, and the United Way of Greater New Haven.

Contact info: Director@WaterburyBridgeToSuccess.org,
<http://www.waterburybridgetosuccess.org/>

Barbara Dublin

Executive Director, *Greater Waterbury Interfaith Ministries*

Barbara Ann Dublin has worked for Greater Waterbury Interfaith Ministries for over twenty years. She began working for GWIM as a volunteer in 1994, was hired in 1995 as the Dining Hall Manager and became Executive Director in 2008. Under her leadership, GWIM has grown from a renovated garage behind St. John's Parish to a full service organization which includes the soup kitchen, the food pantry and the resource center. Currently GWIM's Soup Kitchen provides nearly 600 meals daily to Waterbury's neediest residents Sunday through Friday. In 2002, Barbara established GWIM's Resource Center, which provides intake or interviews to identify the needs of many daily visitors who need direction to find the various portals for entitlement services.

During Barbara's tenure, GWIM has been honored with the Liberty Bell Award, Organization of the Year by the Waterbury Sportsmen's Club and she was personally given the honor of The Order of the Eagle by St. John's Parish in 2003. Barbara earned her Bachelor's Degree with a minor in Psychology from Post University in Waterbury, Connecticut. She then completed her Master's Degree in Human Services/ Clinical Counseling.

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Jered Bruzas

Shelter Manager, *St. Vincent DePaul Homeless Shelter*

Jered Bruzas currently services the Mission as the Director of the Shelter and Homeless Resource Service Center. He has served those experiencing homelessness since 2012, first as a case manager and currently as Director. In 2001, the Archbishop of Hartford, Most. Rev. Daniel Cronin, STD assigned Jered to study at St. John Seminary and Boston College. It was there he fell in love serving the poor in inner-city Boston. These formative college years shaped his personal and professional life. In 2006, Jered began working with Fr. Philip Cascia, the founder of the Mission, who introduced Jered to the Shelter. Since this time, Jered and his wife Viviana have fallen in love with the diversity of the people in Waterbury, and in particular, those experiencing homelessness.

Jered is driven and inspired every day the incredible people the Mission serves and his generous staff. Knowing people can and do recover from their root causes of homelessness gives Jered great hope. Jered believes no one should have to experience homelessness, he fights for the rights of the homeless and is an outspoken advocate for those experiencing homeless in Greater Waterbury. Jered is leading the way with creative and innovative solutions ensuring people are able to overcome homelessness with sustainable resolutions, specific to each person's needs.

Contact info: jbuzas@svdpmission.org, <http://www.svdpmission.org/>

Patrick McKenna

Organizational Development Coordinator, *Connecticut Community Foundation*

As the organizational development coordinator at the Foundation, Patrick McKenna works to support local nonprofits by linking them to important resources and vital information that can help to amplify impact. Patrick also coordinates the Foundation's Nonprofit Advisory Institute, which puts volunteer experts together with nonprofits to improve the effectiveness of organizations.

Prior to joining the Foundation, Patrick worked for five years at the Connecticut Association of Nonprofits (now The Alliance). He is also a former AmeriCorps member, having completed two years of the public allies program. Born and raised in Waterbury, Patrick now lives with his wife in Rocky Hill.

Contact Info: pmckenna@conncf.org, <http://conncf.org/organizational-development>

Bilal Tajildeen

Program Coordinator, *Connecticut Community Foundation*

A lifelong Waterbury resident, Bilal joined the Foundation's staff in 2017. He works primarily in two focus areas: youth development and grassroots initiatives. His responsibilities include grantmaking, facilitating community conversations, and listening to the needs, desires and hopes of Waterbury residents.

Prior to the Foundation, Bilal worked as a marketing and development manager for a Waterbury theatre. He also worked as an assistant antiquarian bookseller in Waterbury, aiding in the cataloguing and processing of books, ephemera, and art in the areas of Americana, poetry and letters. In his off hours, Bilal is pursuing a thesis-track master's degree in English at Central Connecticut State University. There, he continues the work he started at the University of Connecticut during his undergraduate studies by focusing, primarily, on queer theory, LGBTQ literature and literary theory.

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Fiona de Merill

Director, *Osher Lifelong Learning Institute*

Fiona de Merell received her B.A. degree in Classics and Ancient Greek from the University of Wales, and her M.A in Adult Learning from the University of Connecticut. Her academic interests include narrative, and transformative, learning theory, both of which form the basis for her grief support group format, "Seen and Heard". Fiona has featured at many spoken word events throughout Connecticut. Some of her personal essays are published in the anthology, "This One Has No Name" (2016).

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Nunzio De Filippis

Instructor, Osher Lifelong Learning Institute

Nunzio De Filippis has a B.A., with honors, in Political Science from Queens College, CUNY and 43 doctoral credits in Political Science from CUNY's Graduate Center. He was a businessman for 35 years who then began teaching at the age of 51. He has taught Italian, International Cinema, and gardening in many different institutions. His work as a volunteer in these courses was featured in the NY Times, Daily News, and recognized by a Proclamation from NY Governor George Pataki.

Louisa Printz

Community Educator and Prevention Coordinator, *Safe Haven of Greater Waterbury*

Louisa Printz has been the Community Educator and Prevention Coordinator at Safe Haven of Greater Waterbury since April 2011. In this role, Louisa provides outreach and educational presentations to the community about domestic violence and sexual assault. The majority of her time is spent in the local schools and colleges where she presents programs to students on bullying, appropriate/inappropriate behaviors and touches, personal safety, dating violence, healthy relationships, self-esteem, internet safety, predator danger, acquaintance rape and sexting. Louisa designs each presentation to be age and culturally appropriate assuring it will be interesting to her audience to provoke discussion as well as education. Louisa has also facilitated many groups with teens and young adults. She also provides trainings for parents and professionals. Louisa is currently developing a Medical Advocacy Program that will provide collaboration between Safe Haven and medical providers to better assist victims of domestic violence and sexual assault. Louisa coordinates the Lethality Assessment Program (LAP) with the Waterbury Police Department. LAP is a two pronged intervention in which police officers identify victims of domestic violence who are at risk of being seriously injured or killed by their intimate partners and immediately connects the victim to Safe Haven. Louisa has helped train both the Safe Haven staff and Waterbury police.

Louisa has her Associates degree from Naugatuck Valley Community College and Bachelors of Science in Psychology and Human Services from the University of Bridgeport. She is currently enrolled in the Masters in Marriage and Family Therapy program at Central Connecticut State University.

Contact info: lprintz@safehavenofgw.org, <http://www.safehavengw.org/>

John Simoncelli, LCSW, LADC, MPA

Executive Director, *Greenwoods Counseling Referrals*; Director, *Authentic Recovery*

John Simoncelli is a Licensed Clinical Social Worker and Licensed Alcohol and Drug Counselor and holds Master's Degrees in Social Work and Public Administration. John is the Executive Director of Greenwoods Counseling Referrals, located in Litchfield, CT. Greenwoods offers free mental health assessments and referrals to services to anyone that lives or works in Litchfield County. In order to make quality referrals to services, the organization maintains a network of over 100 clinicians in private practice throughout the county. Greenwoods also administers a number of community and school-based programs. Through their subsidy program, Greenwoods helps individuals and families pay for treatment if they are in financial need. Greenwoods was established in 1992 and is the only service of its kind in Connecticut, and possibly the country.

John is also a practicing mental health therapist and addiction specialist. He is the Director of Authentic Recovery, LLC, a private practice group he established in 2014. Currently, Authentic Recovery has 11 mental health clinicians and 2 part-time Psychiatric Nurse Practitioners that work out of offices in Torrington and Waterbury, CT. In addition to his administrative duties, John continues to carry a small caseload of clients. He specializes in the treatment of trauma and addiction, and uses a number of modalities including Eye Movement Desensitization and Reprocessing (EMDR), Rational Emotive Behavior Therapy (REBT), and Motivational Interviewing. He believes that a truly genuine therapeutic experience is essential for positive change to occur. John is an active member of the Litchfield County Opiate Task Force and is passionate about educating the public concerning the connection between trauma, addiction, and other mental health issues.

Contact Info: jSimoncelli@greenwoodsreferrals.org; <http://greenwoodsreferrals.org>

Opportunities for engagement and/or further exploration

ALICE Report

ALICE is an acronym that stands for **A**sset **L**imited, **I**ncome **C**onstrained, **E**mployed. ALICE represents the men and women in Connecticut's households of all ages and races who get up each day to go to work, but who aren't sure if they'll be able to make ends meet. ALICE is our co-workers, friends, and neighbors. ALICE does essential work that we depend on, and contributes to our community's well-being. Read more about this population at <http://alice.ctunitedway.org>.

Greater Waterbury Interfaith Ministries (GWIM)

The GWIM soup kitchen provides a nutritionally balanced hot meal each weekday from 11 am to 1 pm. In 2016, an average of 15,000 meals were served monthly. Additionally, the emergency food pantry provides monthly groceries to feed the whole household and additional single bags of groceries as needed. Staff and volunteers provide referrals and assistance with benefits, shelter, health care, and other social services. Volunteers are needed to serve meals and to help special projects throughout the year. <http://www.gwimwaterbury.org>

Litchfield County Opioid Task Force

Litchfield County communities have joined together to turn the tide of increased addiction and overdoses from opiate drugs. The Task Force, formed in December of 2013, is led by the McCall Center and Charlotte Hungerford Hospital and has more than 60 members. <https://www.mccallcenterct.org/litchfield-county-opiate-task-force>

Southbury and Middlebury Acting Responsibly Together (S.M.A.R.T.)

S.M.A.R.T., Inc. is a local non-profit organization dedicated to strengthening individuals, families, and communities. The organization has three primary areas of focus: Local Prevention Council, Parent University, and Family, School and Community Events. Community volunteers are welcome and are invited to attend a Local Prevention Council meeting. Council meetings are held the 4th Tuesday of each month, 6-8 p.m. at Southbury Town Hall for upcoming events and volunteer opportunities. <http://www.smartinc.org/home.aspx>

St. Vincent De Paul's Homeless Shelter

St. Vincent DePaul shelter is the largest emergency homeless shelter in Connecticut with 130 beds and 20 cots to shelter residents 365 days a year. The shelter not only provides a place for residents to sleep, it also provides daily showers, a hot meal served for dinner, breakfast, toiletries, linens and pajamas. The organization has case managers on staff from 8:00 am-8:00 pm seven days a week to assist residents with their needs including basic living needs, budgeting, finances, employment, and provides assistance applying for state benefits. The shelter seeks volunteers to serve dinner between the hours of 4:30-8:00 pm. Male volunteers are also needed in the shelter from 5:45-7:00 pm. <http://www.stvincentdepaulmission.org>