



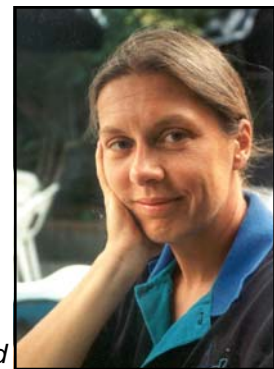
200 East Joppa Road, Suite 207
 Baltimore, Maryland 21286
 410-825-8888 (Phone)
 410-337-0747 (Fax)
 www.sidran.org

*For more information about engaging this speaker or trainer, or to learn more about the Sidran Speakers program or Risking Connection® training, please contact **Cindy@sidran.org**.*

www.SidranSpeakers.com
www.RiskingConnection.com

Ruta Mazelis

Ruta Mazelis is one of the program managers of the National Center for Trauma-Informed Care (NCTIC) focused on consumer and survivor program development. As a trainer and content specialist for the Sidran Institute, Ruta regularly participates in media interviews around self-inflicted violence and trauma, authors insightful articles on related issues, and provides compelling presentations and speeches at conferences and meetings.



She is the editor of *The Cutting Edge: A Newsletter for People Living with Self-Inflicted Violence*, an international quarterly publication she founded in 1990. Ruta is a researcher, consultant, service provider, and policy advocate around trauma-related issues and is experienced in providing substance abuse and mental health services. Her expertise impacts local communities, national systems of care, and international projects as well. She serves on the National Trauma Consortium Board of Directors.

PROFESSIONAL EXPERIENCE

- 2006 – Present Program Manager, National Center for Trauma-Informed Care
- 2004 – Present Trainer/Content Specialist, Sidran Institute, Baltimore, Maryland
- 2004 – 2006 Board of Directors, Center for Women, Violence and Trauma
- 2004 – 2005 Member, Trauma Knowledge Utilization Project
- 2003 – Present Board of Directors, National Trauma Consortium
- 1998 – 2004 Consultant, Coordinating Center, SAMHSA Women, Co-Occurring Disorders, and Violence Project
- 1990 – Present Editor, *The Cutting Edge*
- 1988 – 1989 Outpatient Adolescent Substance Abuse Counselor, The Covenant, Cleveland, Ohio

1985 – 1987 Senior Counselor, Inpatient Chemical Dependency Unit, Glenbeigh Hospital, Cleveland, Ohio

1982 – 1984 Physical Therapist, Women's General Hospital, Cleveland, Ohio

SELECT PRESENTATIONS

Preventing Self-Inflicted Violence. National Technical Assistance Center for State Mental Health Planning Annual Meeting of the Steering Committee and Grantees for Alternatives to Restraint and Seclusion. Presenter. Washington, DC. Jan. 8 – 10, 2008.

Self-Inflicted Violence. Presenter. Syracuse Behavioral Healthcare. Syracuse, NY. Nov. 8, 2007.

Preventing Compassion Fatigue. Presenter. Syracuse Behavioral Healthcare. Syracuse, NY. Nov. 8, 2007.

Trauma-Informed Care: Changing Treatment From What's Wrong to What Happened. Presenter. New York Association of Psychiatric Rehabilitation Services 25th Annual Conference. Ellenville, NY. Oct. 3, 2007.

Self-Inflicted Violence: Complex Problem, Simple Solution. Presenter. Kentucky School of Alcohol and Other Drug Studies. Highland Heights, KY. July 26-27, 2007.

Healing Self-Injury. Presenter. FamilyLinks. Monroeville, PA. June 28, 2007.

Creating a Trauma Informed System of Care. Co-presenter. Oregon Department of Human Service, Oregon State Hospital. Salem, OR. May 30, 2007.

Healing Self-Injury. Presenter. Applewood Centers. Cleveland, OH. May 11, 2007.

Understanding Self-Inflicted Violence. Presenter. Exceptional Children: Hidden Disabilities Conference. Baton Rouge, LA. October 13, 2006.

Co-Occurring Disorders and Trauma. Presenter. Exceptional Children: Hidden Disabilities Conference. Baton Rouge, LA. October 12, 2006.

Healing Self-Injury. 12th Annual "Safe Schools – Successful Students" Conference. Louisville, KY. Oct. 2, 2006.

Self-Inflicted Violence: Complex Problem, Simple Solution. Presenter. Kentucky School of Alcohol and Other Drug Studies. Highland Heights, KY. July 27-28, 2006.

Helping Adolescents Who Live With Self-Inflicted Violence. Presenter. National Mental Health Association. April 26, 2006.

After the Crisis: Healing from Trauma Following Disasters, Experts Panel Meeting. Presenter. Bethesda, MD. April 24-25, 2006.

Healing Self-Injury. Presenter. Sidran Institute East Baltimore Project. Baltimore, MD. Jan. 18, 2006

How to Measure Project Effectiveness: Evaluation of Program Administration. Co-presenter. Addressing Homelessness for People With Mental Illnesses and/or Substance Use Disorders National Training Conference. Washington, D.C. Oct. 28, 2005.

Self-Inflicted Violence: Complex Problem, Simple Solution. Presenter. Pittsburgh Action Against Rape. Pittsburgh, PA. Oct. 14, 2005.

Healing the Wounds of Self-Inflicted Violence. Presenter. New York Association of Psychiatric Rehabilitation Services, 23rd Annual Conference. Ellenville, NY. Sept. 23, 2005.

Self-Inflicted Violence: Complex Problem, Simple Solution. Presenter. Kentucky School of Alcohol and Other Drug Studies. Highland Heights, KY. July 20, 2005.

Cross-site Implementation Learnings from the Women, Co-Occurring Disorders and Violence Study. Co-presenter. Dare to Act: Trauma Survivors, Practitioners, Researchers, and Policymakers Creating a Blueprint for Change. Baltimore, MD. Dec. 2, 2004

Self-inflicted Violence: Complex Problem, Simple Solution. Presenter. Dare to Act: Trauma Survivors, Practitioners, Researchers, and Policymakers Creating a Blueprint for Change. Baltimore, MD. Dec. 2, 2004

Different Paths: Recovery in Action. Plenary presentation. Dare to Act: Trauma Survivors, Practitioners, Researchers, and Policymakers Creating a Blueprint for Change. Baltimore, MD. Dec. 1, 2004.

Healing the Wounds of Self-Inflicted Violence. Presenter. New York Association of Psychiatric Rehabilitation Services, 22nd Annual Conference. Ellenville, NY. Oct. 1, 2004.

Adolescents and Self-Injurious Behavior. Health Foundation of Greater Cincinnati. Presenter. Cincinnati, OH. Sept. 24, 2004.

RECENT ACTIVITIES

National Leadership Forum for Behavioral Health and Criminal Justice Services. Washington, DC. Feb. 26, 2008.

National Technical Assistance Center for State Mental Health Planning Annual Meeting of the Steering Committee and Grantees for Alternatives to Restraint and Seclusion. Washington, DC. Jan. 8 – 10, 2008.

The National GAINS Center for Systemic Change for Justice-Involved People with Mental Illness Meeting On Evidence Based Practices. Bethesda, MD. Sept. 6, 2007.

National Technical Assistance Center for State Mental Health Planning Meeting on Trauma Informed Care for Peer Specialists. Alexandria, VA. Aug. 27, 2007.

Pittsburgh Gazette. Pittsburgh, PA. Interview. June 5, 2007.

Justice-Involved Men and Trauma Workgroup Meeting: The National GAINS Center for Systemic Change for Justice-Involved People with Mental Illness. Bethesda, MD. Nov. 30, 2006.

Ohio State Trauma Forums. 10/2006 – 6/2007.

National GAINS Center for Systemic Change for Justice-Involved People with Mental Illness, Annual Workgroup Meeting. Bethesda, MD. Oct. 4, 2006.

Freedom Center Radio. Northampton, MA. Interview. Sept. 27, 2006.

National Public Radio. Cleveland, OH. Interview. June 6, 2006.

WVIZ Public Television. Cleveland, OH. Guest Panelist. May 25, 2006.

After the Crisis: Healing from Trauma Following Disasters, Experts Panel Meeting. Bethesda, MD. April 24-25, 2006.

SafePlace Domestic Violence and Rape Crisis Center. Technical and editorial assistance. Austin, TX. Jan. - Oct. 2006.

The Surgeon General's Workshop on Women's Mental Health. Denver, CO. Nov. 30 - Dec. 1, 2005.

National GAINS Center for Evidence-Based Programs in the Justice System, Annual Workgroup Meeting. Bethesda, MD. Oct. 20, 2005.

Taking the Next Step: A National Forum on the Health and Social Impact of Trauma. Alexandria, VA. June 13, 2005.

National GAINS Center for Evidence-Based Programs in the Justice System, Trauma Expert Panel Meeting. Bethesda, MD. April 25, 2005

Trauma and Mental Health Systems Transformation. Center for Mental Health Services. Bethesda, MD. Feb. 14, 2005.

National GAINS Center for Evidence-Based Programs Workgroup. Washington, D.C. Jan. 12, 2005.

Cleveland Plain Dealer. *The Razor's Edge: Inside the secretive world of young cutters*. Interview. Jan. 9, 2005.

National Public Radio. Kent, OH. Interview. Dec. 13, 2004.

Transforming Care for Trauma Survivors in the Public Mental Health System: Action Planning Agenda. Bethesda, MD. Sept. 8, 2004.

Deseret News. *Cutting away the pain*. Interview. March 14, 2004.

PUBLICATIONS

Self-Injury: Understanding and Responding to Those Who Live With Self-Inflicted Violence. Author. Published by The National Center for Trauma Informed Care, funded by The Center For Mental Health Services/SAMHSA. Spring, 2008.

Living With and Healing from Self-Injury (Self-Inflicted Violence). Author. Published by The National Center for Trauma Informed Care, funded by The Center For Mental Health Services/SAMHSA. Winter, 2008.

Self-Injury: Understanding and Responding to Those Who Live With Self-Inflicted Violence. Author. Published by The National Center for Trauma Informed Care, funded by The Center For Mental Health Services/SAMHSA. Winter, 2008.

Understanding and Responding to People in the Criminal Justice System Who Live with Self-Inflicted Violence. Author. Published by The National Center for Trauma Informed Care, funded by The Center For Mental Health Services/SAMHSA. Fall, 2007.

It's My Time to Live: Journeys to Healing and Recovery. Co-author. Published by the Center on Women, Violence and Trauma. June, 2007.

Retraumatization: Working Paper for the SAMHSA After the Crisis: Healing from Trauma after Disasters Expert Panel Meeting. Co-author. April 24, 2006.

Journal of Substance Abuse Treatment. Co-editor. Issue 28, 2005.

Scholarship, Collaboration, Struggle, and Learning in the Women, Co-Occurring Disorders and Violence Study: Introduction to the Six-Month Outcome Papers. Co-author. *Journal of Substance Abuse Treatment*, 28 (2005) 87-89.

Improving the Quality of Demonstration Research: Integrating those with Personal Experience. Author. *Journal of Substance Abuse Treatment*, 28 (2005) 147-148.

Women, Co-Occurring Disorders, and Violence Study: Evaluation design and study population. Co-author. *Journal of Substance Abuse Treatment*, 28 (2005) 91-107.

Outcomes for Women with Co-Occurring Disorders and Trauma: Program and Person-Level Effects. Co-author. *Journal of Substance Abuse Treatment*, 28 (2005) 121-133.

The Assessment of Trauma History in Women with Co-occurring Substance Abuse and Mental Disorders and a History of Interpersonal Violence. Co-author. *Journal of Behavioral Health Services and Research*, 32:2 (2005) 113-127.

Development and Implementation of a Multisite Evaluation for the Women, Co-Occurring Disorders and Violence Study. Co-author. *Journal of Community Psychology*, 33:4 (2005) 441-427.

Developing Consumer/Survivor/Recovering Voice and Its Impact on Services and Research: Our Experience with the SAMHSA Women, Co-Occurring Disorders and Violence Study. Co-author. *Journal of Community Psychology*, 33:4 (2005) 513-525.

The Role of Coercion in the Treatment of Women with Co-Occurring Disorders and Histories of Abuse. Co-author. *Journal of Behavioral Health Services and Research* 32:2 (2005) 167-181.

Developing Integrated Services for Women with Co-Occurring Disorders and Trauma Histories: Lessons from the SAMHSA Women with Alcohol, Drug Abuse and Mental Health Disorders who have Histories of Violence Study. Co-author. Published by SAMHSA, April 2004.

Understanding and Responding to Women Living with Self-Inflicted Violence. Author. Published by SAMHSA, Oct. 2003.

Creating Trauma Services for Women with Co-Occurring Disorders: Experiences from the SAMHSA Women with Alcohol, Drug Abuse, and Mental Health Disorders who have Histories of Violence Study. Co-author. Published by SAMHSA, August 2003.

Tapestry: Weaving a fabric for change. Co-editor. Publications of the Women, Co-Occurring Disorders and Violence Study, SAMHSA, 2000-2003.

SIV: Roots and Reasons. Contributing author. New Partnerships for Women Consumer Curriculum Handbook. Madison, WI. June 1, 2002.

Collaboration in Instrument Design: Working Together to Better Understand. Author. Tapestry, a publication of the Women, Co-Occurring Disorders and Violence Study, SAMHSA, Summer 2002.

The Integration of Consumer/Survivor/Recovering Women: An Evolutionary Process. Author. Tapestry, a publication of the Women, Co-Occurring Disorders and Violence Study, SAMHSA, Summer 2001.

Research Strategies That Give People A Voice. Co-author. Tapestry, a publication of the Women, Co-Occurring Disorders and Violence Study, SAMHSA, Spring 2000.

The Cutting Edge: A Newsletter for People Living with Self-Inflicted Violence. Editor. Published quarterly since 1990.

EDUCATION

1982

Bachelor of Science in Physical Therapy
Cum Laude, Cleveland State University,
Cleveland, Ohio

