

# CONNECT ALL & ETHICAL SELF-CARE

To optimize ethical practice, it is important to enhance awareness of and minimize ways in which we may be inadvertently contributing harm to ourselves or others. The Connect All approach provides specific strategies for doing this, as well as providing a pragmatic personal self-care framework that contributes to as community achieving our needs - that as we understand how the world operates, in turn is taking care of ourselves.

*Fields:* Behavioral Health, Systems of Care Partners, Advocacy

*Service Focuses:* Child, Adolescent, Young Adult, Adult

*For those not needing CEUs, who like to participate to learn, and be able to hold others accountable as needed, you are invited.*

## Learning and Connecting



**1:30-4:30 | December 29, 2021**



**Virtual**



**3 hrs of Ethics CEUs for: LADC, CADAC, LPC, LMFT, LBHP, LCSW, CM;  
per NOVA D-SAACP will be accepted for Victim Advocacy Ethics CEUs**



**Donation of \$10.00 or more. Simply Text "connectall" to (202) 858-1233.**

**We, the World 501(c)3. *If you truly can't afford the donation, still register - this is about the good. Likewise, if you can't attend, donations still needed.***

Important 2021 tax info!

- Do you know there is a nonitemized tax deduction available? Under a coronavirus relief law enacted in December 2020, taxpayers who claim the standard deduction can take a deduction for charitable contributions made in 2021. Single filers can deduct up to \$300 in donations and married couples can deduct up to \$600 on 2021 tax returns. The deduction lowers both adjusted gross income and taxable income - translating into tax savings for those making donations to qualifying tax-exempt organizations.

- Individuals who do itemize: The law now permits people to apply an increased limit, up to 100% of their AGI, for qualified contributions made during calendar-year 2021.

- If you receive a benefit as a result of making a contribution to a qualified organization, you can deduct only the amount of your contribution that is more than the value of the benefit you receive

Source: <https://www.irs.gov/about-irs/the-irs-encourages-taxpayers-to-consider-charitable-contributions>

### REGISTRATION

<https://us02web.zoom.us/meeting/register/tZUrf-GrrTkrHNdOmLXM5cRpUZ49YqeLBzSQ>

**If you aren't getting this as a clickable PDF, link should be in the accompanying comments.**

### Gwendolyn Downing, LPC

Gwen (she/hers) wherever she resides, identifies as part of all. She is the initiator of the Connect All initiative for the most safety and hopeful possibilities. She was the former Manager of Hope and Resilience for the Oklahoma Department of Mental Health and Substance Abuse Services, former member of the National Child Traumatic Stress Network's Steering Committee and Affiliate Advisory Group. She is recently co-author of the Oklahoma Domestic Violence, Sexual Assault, Stalking, and Trafficking hotline manual.

**CONTACT: GWENDOLYNJDOWNING@GMAIL.COM**



**AMPRESOURCES**