

COVINGTON TRAINING INSTITUTE

www.covingtontraininginstitute.org

**Co-Director
Eileen Russo**



EILEEN M. RUSSO, MA, serves as Co-Director of the Covington Training Institute. In this leadership role, Ms. Russo brings nearly four decades of experience in addiction treatment, mental health services, education, and organizational consultation to guide curriculum development, faculty training, and implementation efforts that support meaningful and sustainable change. Ms. Russo has collaborated closely with Dr. Stephanie Covington since 2007, partnering in national and international training initiatives focused on trauma-informed and gender-responsive care. Their long-standing professional partnership has helped agencies and systems translate research into practical, culturally responsive, and gender-responsive services that foster resilience and recovery.

A Licensed Addiction Counselor, Certified Clinical Supervisor, and Advanced Certified Alcohol and Drug Counselor (Substance Use and Co-Occurring Disorders), Ms. Russo has 39 years of experience in the addiction and mental health field. She also holds credentials as a Relapse Prevention Specialist and Compassion Fatigue Educator.

She recently retired as Program Coordinator and Professor Emeritus of the Drug and Alcohol Recovery Counselor program at Gateway Community College in New Haven, Connecticut. For 19 years, she has served as a trainer and consultant for the Connecticut Women's Consortium, the Department of Mental Health and Addiction Services, private agencies, and several states beyond Connecticut. She has assisted more than 40 agencies and programs in developing trauma-informed services, including those providing mental health, substance use, employment, and criminal justice programming. Her extensive training experience includes work with private nonprofits, correctional facilities, and domestic violence programs, as well as presentations at national conferences.

Ms. Russo has co-authored articles on integrating trauma-specific services into treatment for substance use disorders. She is also a co-author of the curricula *Healing Trauma+: A Brief Intervention for Women and Gender-Diverse People* (Third Edition) and *Becoming Trauma-Informed: A Training Program for Correctional Professionals* (2025), both developed in collaboration with Dr. Stephanie Covington.