



BACK TO SCHOOL

Required learning classes for staff come with earlier deadlines, new offerings.

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LACE 'EM UP

Annual NAMI Walk is Saturday, May 19 at UConn's Rentschler Field. • PAGE 3



BACK ON CAMPUS

Mental health author, speaker returns to Stonehaven. •

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Hartford HealthCare 
Behavioral Health Network

BHINews

Creativity for a cause

BrainDance Award projects contribute to the fight against mental health stigma

Sixteen students and one teacher from schools around Connecticut were honored by the Institute of Living at the 15th annual BrainDance Awards on Thursday, April 26.

■ Full list of winners. Page 2.

The BrainDance Awards encourage high school students to learn about psychiatric conditions and develop a more tolerant and realistic perspective toward people with severe psychiatric problems.

..... Continued on page 2



The IOL's Kimesha Morris, LCSW, interim director of social work; Laura Saunders, PsyD, ABPP, assistant director of psychology; and Dr. Linda Durst, medical director; joined a panel discussion on mental health during the 15th annual Braindance Awards.



Above left: IOL's Jimmy Choi, PsyD; BrainDance Art winner Hannah Wheelock; Nancy Hubbard, LCSW; and Godfrey Pearlson, MD. Above center: BrainDance Academic winners Ashley Varjenski, Noelis Guzman and Kaitlyn Stripling. Above right; Choi, Pearlson, Mixed Media winner Deniz Çamli-Saunders and Hubbard.

Schwartz: 'This is an important part in getting students involved.'

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The competition also aims to promote student interest in careers in mental health care.

"Each project celebrated at the BrainDance Awards encompasses our mission of decreasing stigma and discrimination, and increasing the involvement of students in the lives and issues that face those with mental illness," said Harold Schwartz, MD, psychiatrist-in-chief of the Institute of Living and vice president of behavioral health at Hartford HealthCare. "This is an important part of getting students involved, not just in mental illness, but in mental wellness for a lifetime."

Awards and cash prizes were given to first, second and third-place finishers in the Art, Academic and Mixed Media categories, and the students presented a brief overview of their projects.

The projects were judged by expert clinicians and researchers in the field, who determined winners based on creativity, accuracy, scientific rigor and relevance to the issue of mental health stigma.

Meredith Kirkpatrick, an AP English teacher at Coventry High School, was also honored for her support of the BrainDance Awards and the work she has done to help stop the stigma of mental illness.

"The BrainDance Awards are designed to make students more aware — and get them more passionate and caring about — mental health issues while having fun and being creative," said Godfrey Pearlson, MD, director of the Olin Neuropsychiatry Research Center

2018 BrainDance award winners

ART

- **1st Place:** "The Story Through Music" by Hannah Wheelock from Bristol Eastern High School
- **2nd Place (tie):** "The Model" by Erin Collinge from East Lyme High School
- **2nd Place (tie):** "Breathe" by Jennifer Santos from Bristol Eastern High School
- **3rd Place (tie):** "The Walls" by Mairead Reilly from Woodland Regional High School
- **3rd Place (tie):** "Caged Emotion" by Alexa Gosselin from RHAM High School

ACADEMIC

- **1st Place:** "Education's Impact on Perceptions About Borderline Personality Disorder" by Ashley Varjenski, Noelis Guzman and Kaitlyn Stripling from Norwich Technical High School
- **2nd Place:** "Education Increases Empathy Towards Autism" by Kalli Campbell and Tayler Plante from Norwich Technical High School
- **3rd Place:** "High School Stigma" by Shane Caron from Bristol Eastern High School

MIXED MEDIA

- **1st Place:** "#WordsMatter" by Deniz Çamli-Saunders from University High School of Science and Engineering
- **2nd Place:** "Body Dysmorphia" by Jack Souder and Dylan Reilly from Salisbury School
- **3rd Place:** "Early Onset Bipolar Disorder" by Miranda Janick and Julia Dimattia from Bristol Eastern High School

at the Institute of Living. "We encourage students to research psychiatric diseases they might not be familiar with and, based on what they discover for themselves, to develop a more tolerant and accepting attitude toward people who have them."

Dr. Pearlson presented the awards along with Nancy Hubbard, LCSW, and Jimmy Choi, PsyD, of the Institute of Living.

Winners joined their teachers,

families and classmates for the award ceremony celebration and participated in complimentary educational opportunities, including a panel discussion with mental health professionals and a lecture about teen suicide and psychosis from Choi.

Attendees were also invited to tour the neuroimaging research center and visit the Myths, Minds & Medicine museum, which highlights the history of mental health care and the IOL.

About BHNews

BHNews is published every other Friday. Story ideas or submissions may be sent to amanda.nappi@hhchealth.org or steve.coates@hhchealth.org. Articles must be submitted as a Microsoft Word document. Every effort will be made to run the article in its entirety, but due to space constraints and style requirements, editing may be necessary.

The deadline for the next edition of BHNews is Tuesday, May 15, at noon

Required learning credits needed by July 1

While for many, school is almost over, it's back-to-school time at HHC. The annual required learning period opened April 23 and ends July 1. The good news is with new earlier deadlines, you can complete your classes before heading out for summer vacation.

This is the second year that Hartford HealthCare employees will complete annual required learning on a consistent schedule with the same expectations no matter where you work in our system.

But based on your feedback, we are offering different curricula for clinical and non-clinical employees this year. This will help ensure that completing the online classes is a more meaningful investment of your time. If you believe you have been assigned the incor-

rect material (e.g. you are a nurse and you received the non-clinical courses), please submit a ticket through the online ITS Help Desk portal (after you log in click "Report a Problem," then the HealthStream icon) and the assignment will be fixed.

The deadline to complete your assigned courses is July 1. The consequences of failure to complete the requirements are consistent with the flu vaccination policy and include suspension for up to two weeks until the courses are completed and termination if the courses are not completed two weeks after the deadline. Employees hired after April 22 will complete their assignments during orientation.

Required clinical courses are:

- Compliance and Privacy
 - Rapid Regs Common Elements Clinical
 - Rapid Regs Clinical Part I
 - Rapid Regs Clinical Part II
- Required non-clinical courses are:
- Compliance and Privacy
 - Rapid Regs Common Elements Non-Clinical Part I

- Rapid Regs Non-Clinical Part II

These courses are designed to be interactive, engaging and brief, so they can be completed quickly. With each of us completing annual required learning at the same time, on the same platform, we can ensure that we are all equipped to provide the safest, most coordinated care the patients, families and communities that depend on us.

A night for Nightingales



Three nurses from Hartford HealthCare's Behavioral Health Network were honored during the Nightingale Awards for Excellence in Nursing event Thursday, May 3, at the Mystic Marriott. From left are Janice Ash, RN, BSN, Natchaug Hospital; Klari Esmaili, RN, Natchaug; and Valerie Walton, RN, BSN, Rushford. A total of 33 nurses were recognized at the event.

Narcan forum



Rushford Medical Director of Addiction Services Samuel Silverman, MD, pictured and Clinical Director for Adult Services Melissa Monroe, LPC, hosted a free community education event on Tuesday, April 24, on identifying an overdose, administering Narcan and treatment options for those addicted to opioids. Dr. Silverman told the crowd it is important to engage victims soon after their overdose, like recovery coaches are currently doing in Hartford HealthCare emergency departments.

NAMI walk set for May 19 at Rentschler Field

Join the BHN for the NAMI Connecticut Walk on Saturday, May 19, at Rentschler Field in East Hartford. Proceeds from the event go to the Connecticut branch of the National Alliance for Mental Illness (NAMI), which offers support,

education and advocacy for Connecticut residents affected by mental illness.

To sign up or to make a donation, visit <https://secure.qgiv.com/event/team/814622>.



The Connecticut EAPA Chapter Presents:
PLUGGED IN:
“The Good, The Bad, & The Ugly of the Information Super Highway on the Workforce”

Thursday, June 21, 2018
7:30 am – 2:15 pm

Zandri’s Stillwood Inn, 1074 S. Colony Road, Rt. 5, Wallingford, CT 06492

Save

The Date!



7:30 – 8:15: Registration and Hot Breakfast (included)

8:15 – 8:25: Welcome, Dan Boissonneault, CEAP, SAP, LAP-C, CTEAPA President, Senior EAP Coordinator IAMAW District 26 Higganum, CT

8:25 – 8:30: Exit 1 off the Information Super Highway – brake for a mindful pause!

Bud Wassell, MS, CEAP, LPC, Coordinator, EAP and Mindfulness Instructor, Yale New Haven Health System

8:30 – 9:45: MORNING KEYNOTE Web Junkies: Understanding Internet Disorders Paul Weigle, MD, Child & Adolescent Psychiatrist, Chairman of the American Academy of Child & Adolescent Psychiatry’s Media Committee, Natchaug Hospital, Hartford Healthcare

9:45 – 10:45: Computer and Sex Addiction in the Workplace Libby Timmons, M.Ed., LISAC, CEAP, President-Elect of the national Employee Assistance Professionals Association (EAPA)

10:45 – 11:00: Break with Exhibitors

11:00 – 12:00: Technology, It’s Effects on Communication, Society and Our Future Workforce Susan Cardillo, Ph.D, Assistant Professor of Digital Media & Journalism, School of Communication, University of Hartford

12:00 – 12:40: Lunch (included)

12:40 – 12:45: Exit 2 off the Information Super Highway – brake for a mindful pause!

Bud Wassell, MS, CEAP, LPC, Coordinator, Employee & Family Resources (EFR) Program, Yale New Haven Health System

12:45 – 2:00: AFTERNOON KEYNOTE Virtual Addiction: An Introduction to Treatment Considerations in Internet Use Disorders Dr. David Greenfield, Assistant Clinical Professor of Psychiatry, University of Connecticut School of Medicine. Founder, the Center for Internet and Technology Addiction

2:00 – 2:15: Closing Remarks, Dan Boissonneault, CEAP, SAP, LAP-C, CTEAPA President, Senior EAP Coordinator IAMAW District 26 Higganum, CT

Contact Info:

Send check payable to CT EAPA to: Attn: David Francis 39 New London Turnpike, Suite 230 Glastonbury, CT 06033

OR

Online via Paypal www.cteapa.com

- Questions? Text Carolyn Singer: 203-530-8985
• 4.5 PDH’s, SW CEU’s, CCB’s, LAP-C, NAADAC applied for

Registration

Name _____
Company _____
Phone _____ Fax _____
Email _____

- EAPA Member, \$120 postmarked by 6/14 EAPA Member, \$140 after 6/14
 Non-member, \$130 postmarked by 6/14 Non-member \$150 after 6/14
 Student, \$50 postmarked by 6/14 Student, \$70 after 6/14

Send Registration and check payable to CT EAPA to: Attn: David Francis, 39 New London Turnpike, Suite 230, Glastonbury, CT 06033 OR pay online via Paypal - www.cteapa.com

TO DOWNLOAD ATTENDEE OR EXHIBITOR REGISTRATION FORM ONLINE: WWW.CTEAPA.COM

EXHIBITOR’S REGISTRATION QUESTIONS:

Contact Vivien Bergl at 860-972-5309

vbergl@solutions-eap.com

Fax: 860-545-2483

\$200 Non-profit (additional \$30/person)

\$300 For Profit (additional \$30/person)

Study: No restraint method is better than others

Members of the IOL took part in a research study on restraint methods and their role in de-escalation in the patient setting. Their findings, entitled, “Is It Safe? The Restraint Chair Compared to Traditional Methods of Restraint: A Three-Hospital Study,” were published in the Archives of Psychiatric Nursing in April.

Historically, seclusion and restraint via the use of a four-point mechanical chair may be employed when all other

forms of de-escalation have been utilized without success in psychiatric inpatient care. A restraint chair provides an additional tool, but there is a dearth of literature on its safety in the acute setting.

Using all three methods, the study found no significant differences in the average time spent in restraint between the three methods. Results indicated that the restraint chair is no more likely to cause patient or staff injury than four-point restraint or seclusion, and may

actually reduce the likelihood of staff injury when compared to episodes of four-point restraint. Additionally, those in the chair were more likely to accept medications by mouth than those restrained by four-point restraint.

Participants in the study included Ellen Blair, Jeanne McElhinney, Thomas Idiculla, Richard Johnson, Kristen Kichefski, Mary Leveillee, Luciana Pennant, Kathleen Phillips, Jamie Santaniello, Nicole Visaggio and Scott Cameron Young.

IOL Recognition Day scheduled for June 27

The Institute of Living Awards and Recognition Day is scheduled for Wednesday, June 27, from 2:30-4 p.m. in the Hartford Room of the Commons Building. The awards being presented include:

- Arne Welhaven Memorial Award
- Linda J. Stacey Service Excellence Award
- Ned Graffagnino, MD Honorary Award
- Psychiatrist-in-Chief Award
- Nightingale Award for Excellence in Nursing
- Professional Practice Nursing Award
- PCA/Psychiatric Technician Dedicated to Caring Award
- CAPSEF Golden Apple Award
- IOL Staff Inducted into Quarter Century Club 2018

Berry shortcake will be served. Contact your manager for additional information.

Blair, Durst present at state suicide conference

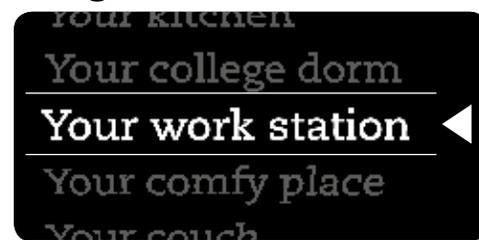
On May 1, Linda Durst, MD, and Dr. Ellen Blair, DNP, APRN, participated in a Panel Presentation, “Getting to Zero: Quality Improvement in Health and Behavioral Health Care to Improve Outcomes Related to Suicide,” at the Connecticut Suicide Prevention Conference in New Haven.

Their presentation was entitled, “The Zero Suicide Approach at the Institute of Living: Supporting the State of Connecticut Suicide Prevention Goals.”



Urgent Care. Anywhere.

Not feeling well? See a doctor from:



With **Hartford HealthCareNow** virtual urgent care, you and your family can consult a licensed physician from your computer or mobile app.

Visit the **Virtual Urgent Care** page on HHC Connect for the details you need to get started or **download Hartford HealthCareNow** from the **App Store** or **Google Play**.

Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. All programs are free of charge and, unless otherwise noted, are held in the Massachusetts Cottage, First Floor Group Room at the IOL Campus, 200 Retreat Ave., Hartford. The upcoming IOL FRC Support Group schedule is as follows:

- **Depression Bipolar Support Alliance Group (DBSA).** May 7, 14, 21, June 4, 11, 18, 25. (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and May 9, 16, 23, 30, June 6, 13, 20, 27. (Every Wednesday), 7 – 8 p.m. in the Commons Building, 2nd Floor, Litchfield Room. Peer run support group for those who have been diagnosed with depression or bipolar disorder.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** May 9, 23, June 13, 27. (Second and fourth Wednesday of each month), 5 – 6:15 p.m. in the Center Building, Young Adult Service Group Room. Support group for 16- to 23-year-olds who identify LGBTQ issues as being prominent in their lives. The goal is to discuss support strategies to manage life challenges.
- **Trauma Support Group.** May 9, 23, June 13, 27. (Second and fourth Wednesday of each month), 6-7 p.m. A peer-led group that offers a supportive environment for individuals with any type of trauma history. Attendees will discuss relevant topics and educational materials will be available. To attend, please RSVP to Laura at **860.545.7324**.
- **Hearing Voices Network (HVN).** May 10, 17, 24, 31, June 7, 14, 21, 28. (Every Thursday), 5 - 6:30 p.m. in the Todd Building, Bunker Room. Peer run support group based firmly on a belief of self-help, mutual respect and understanding where people can safely

share their experiences of voices, visions, unusual sensory perceptions. The groups offer an opportunity for people to accept and find meaning in their experiences that help them regain power over their lives.

- **Al-Anon Parent Group.** May 10, 17, 24, 31, June 7, 14, 21, 28. (Every Thursday), 7 - 8 p.m. One hour topic discussion.
- **Substance Use Educational And Support Group.** May 10, June 14. (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.
- **Support Group For Those Coping With A New Or Chronic Medical Condition.** May 11, 18, 25, June 8, 15, 22, 29. (Every Friday except the first of the month), 1 - 2 p.m. in the Center Building, First Floor Conference Room. For young adults ages 17-26 struggling with a new diagnosis, chronic medical conditions, physical symptoms or limitations. The group will help with difficult losses and limitation due to a medical condition, and build a positive, future-oriented focus with realistic goals. To RSVP, please email marissa.sicley-rogers@hhchealth.org.
- **Depression: An Introduction To The Disorder.** May 15, 6:30 – 7:45 p.m. This program is for family and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment, and ways family members might better cope with the illness. To attend, please RSVP to Laura at **860.545.7324**.
- **Autism Spectrum Support/Educational Group Meeting For Parents.** May 16, June 20. (Third Wednesday of the month), 6 - 7 p.m. Providing a place for parents of children on the autism spectrum, or another related disorder, to come together and get support and information. Monthly, peer-run support groups interspersed with special guests and speakers to offer additional guidance and perspective. Please RSVP to Goviana at **860.560.1711** or gmorales@spedconnecticut.org.
- **It's Hard To Be A Mom.** May 17, June 7, 21. (First and third Thursday of each month), 10 - 11:30 a.m. Peer-led group that acknowledges the inherent challenges with modern-day mothering and offers an opportunity for mothers to come together, share experiences, and support each other. This group welcomes expecting mothers and mothers with babies to discuss any and all challenges associated with motherhood. Babies welcome! Please RSVP to Laura at **860.545.7324**.
- **Support Group For Families Dealing With Major Mental Illness.** May 17, June 7, 21. (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room. For family and friends of individuals who have schizophrenia, bipolar or other related disorders. Learn to care for yourself while caring for others.
- **Bipolar: An Introduction To The Disorder.** May 29, 6:30 – 7:45 p.m. For family members and friends of individuals who have bipolar or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help cope with the illness. To attend, please RSVP to Laura at **860.545.7324**.

If you are a student that needs to observe a group for a class assignment, you must contact the Family Resource Center by emailing Laura Durst at laura.durst@hhchealth.org two weeks prior to the group you would like to attend.

PolicyTech software will debut in June

Natchaug Hospital will go live with PolicyTech Policy and Procedure Management Software on Tuesday, June 19.

PolicyTech Policy and Procedure Management Software will streamline the complex tasks of writing, sharing, updating and attesting to policies, while helping business units meet legal and regulatory requirements. The East and Central regions successfully implemented the system in 2017, and the Hartford Region is in the midst of its transition. Documents and information are currently being transitioned from the existing Sharepoint site.

All Natchaug employees are required to complete PolicyTech training by Tuesday, June 5. The online learning will be available on HealthStream starting on Tuesday, May 1.

Please contact the HHC Policy Management mailbox at HHCPolicyManagement@hhchealth.org if you have any questions.

Blood drive May 15 at Mansfield

Natchaug Hospital is hosting a blood drive on Tuesday, May 15, from 11 a.m. to 4 p.m. in the Community Room at the main hospital in Mansfield.

To sign up:

■ Visit <https://www.redcrossblood.org/give.html/find-drive> and enter the Mansfield zip code (06250).

■ Scroll until you find Natchaug Hospital and choose your preferred time

■ Register your account or sign in

For more information, contact Shawn Cyr at shawn.cyr@hhchealth.org.

Second Annual
Natchaug Hospital Charity Co-ed
**Softball
Tournament**
Saturday, June 2, 2018
Recreation Park
79 Main St., Willimantic

\$200 per team – 12 team maximum
Limit 15 players per team (minimum of 6 females). All players must be over 18 years old.
Tournament format will be double elimination.
Participating players will receive a t-shirt. First- and second-place teams will receive a trophy.
Families are invited to attend (this is an alcohol-free event).



All proceeds from the event will support the Natchaug Hospital child and adolescent inpatient unit.

For more information, contact Ashley Laprade at ashley.laprade@hhchealth.org or 860.696.9872.

Natchaug Hospital
Connect to healthier.™

Volunteers needed for softball tournament

The philanthropy and development department is seeking help and donations for the second annual Natchaug Hospital Charity Softball Tournament on Saturday, June 2:

■ Volunteers are needed to help plan, set up, and work on the day of the event

■ Donations of raffle baskets from programs and departments. The basket that receives the most raffle tickets will win a pizza party (must be received by Friday, May 25)

For more information, contact Ashley at ashley.laprade@hhchealth.org.

Anything to share?

Are you interested in sharing your clinical experience or knowledge with co-workers? Consider submitting an article to the Clinical Corner. To learn more, e-mail amanda.nappi@hhchealth.org.

Mental health author, speaker returns to Stonehaven



On Friday, April 13, author and speaker Chris Grosso visited Rushford at Stonehaven to speak with clients about healing and addiction.

Grosso, who completed his internship at Stonehaven, is currently a youth mental health and healing group facilitator at Newport Academy; author of *Dead Set on Living*, *Everything Mind*, and *Indie Spiritualist*; writes for *Origin Magazine*, *Huffington Post*, and *Mantra Yoga+Health Magazine*; and has spoken or performed at numerous festivals and conferences.

If you are interested in having Grosso speak at your program, contact him at cgrosso@theindiespiritualist.com.

Help available for those who need financial assistance

Do you know a patient who is in need of financial assistance? Hartford HealthCare can provide help to patients in need.

Learn more about the program at <https://intranet.hartfordhealthcare.org/inside-hhc/patient-support>.



What is Narcan™?

Narcan (naloxone) is an opiate antidote. Opioids include heroin and prescription pain pills such as oxycodone, codeine and morphine. Narcan is a prescription medicine that blocks the effects of opioids and reverses overdose.

Who can be prescribed Narcan™?

Trained individuals are allowed to possess and administer Narcan to a person having an overdose.

This event is funded in whole by grant # 1H791080253-01 from the United States Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA) through the CT Department of Mental Health and Addiction Services (DMHAS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of SAMHSA or HHS.

FREE Narcan Training*

Date: May 14, 2018
Time: 6:00 - 8:00 pm
Place: Department of Health and Human Services (Teen Conference Room, 2nd Floor) 165 Miller Street, Meriden, CT

Training will include:

- Overdose Prevention Strategies
- Signs and Symptoms of Overdose
- How to Administer Naloxone
- Good Samaritan Law
- Support Information and Resources

*Registration is required.

Please bring your insurance/prescription card for mobile pharmacist: Meriden Community Pharmacy.

Register today!
 Contact: Erica Skoutas: Erica.Skoutas@hhchealth.org or (203) 630-5261



5K Race & Fun Walk

Saturday, May 12, 2018

Agogliati Field
 25 Middlesex Avenue
 Portland

8:30AM registration; 9:30AM race start
 \$20 pre-registration; \$25 day of event

All proceeds benefit substance use clients in recovery at Rushford's Stonehaven facility in Portland.

Rushford
 Connect to healthier.™

To register, visit lightboxreg.com/RushfordRaceforRecovery.
 Questions? contact Ashley Laprade at Ashley.Laprade@hhchealth.org

Volunteers needed

■ We are looking for staff who are willing to help with Rushford's Race for Recovery 5K on Saturday, May 12, in Portland. All proceeds will benefit clients at Rushford's Stonehaven facility.

Please contact Ashley Laprade at ashley.laprade@hhchealth.org if you are interested in planning and/or volunteering for this fun event!

SMART groups offer help for young adults on a weekly basis

Are you a teen or young adult struggling with an addiction? In the weekly Rushford Self-Management And Recovery Training (SMART) group, teens and young adults work to gain independence from addictive behavior, including:

- Alcoholism
- Drug abuse or addiction
- Eating disorders
- Gambling addiction
- Self-harm or injurious behavior

■ **Addiction to other activities**
Through open discussion and education, participants will build and maintain motivation, learn coping skills to handle urges, work on managing thoughts and behaviors, and live more balanced and satisfying lives.

Group meetings are held at the following times and places:

- **Rushford at Glastonbury, 110 National Drive:** Tuesdays, 6-7 p.m. — family and friends group; Fridays, 2:30-4

p.m. — 16- to 18-year-olds; Fridays, 4:30-6 p.m.: 19- to 24-year-olds.

- **Rushford at Meriden, 883 Paddock Avenue:** Thursdays, 2:30-4 p.m. — 16- to 18-year-olds; Thursdays, 4:30-6 p.m. — 19- to 24-year-olds; Thursdays, 4:30-6 p.m. — family and friends group (separate group)

No registration or cost to participate. For more information, contact Krystle Blake at **203.238.6800** or krystle.blake@hhchealth.org

Mental Health First Aid classes now found on HealthStream

In an effort to standardize BHN registration for trainings, Mental Health First Aid (MHFA) training schedules and registration are now found on HealthStream.

MHFA training is offered at the Institute of Living on the third Friday of each month from now through September

2018. A minimum of 10 participants must be registered in order for the course to be run.

If you are interested in scheduling a training outside of the Hartford region, contact MHFA coordinator Patricia Graham at patriciaac.graham@hhchealth.org.



Do you have a family member that is or has been treated at Rushford?



Our clients have support but do you? Are you feeling stressed or like no one understands?

Join us for a weekly family support group to:

- Connect with others whose family or friends are battling addiction
- Create a support network to promote your own healing
- Learn ways to support your loved ones in recovery

Tuesdays, 7-8 pm
Rushford at Middletown Cafeteria
1250 Silver Street

For more information, contact Lauren Galarmeau, CAC, CADC, at 860.852.1089 or lauren.galarmeau@hhchealth.org.



Save the Date!

30th Annual RUSHFORD GOLF CLASSIC



Tuesday, May 22, 2018

Lyman Orchards Golf Club,
Middlefield, CT

For more information, please call **860.696.9872**.

Rushford
883 Paddock Avenue
Meriden, CT 06450

Recovery never stops. Neither do we.