



FORE A GOOD CAUSE

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FOR THE LOVE OF MOMS

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Hartford HealthCare
Behavioral Health Network

BHINews

Back for more 'Reasons Why'

Season 2 of the polarizing Netflix drama focuses on sexual assault and HOCC offers support

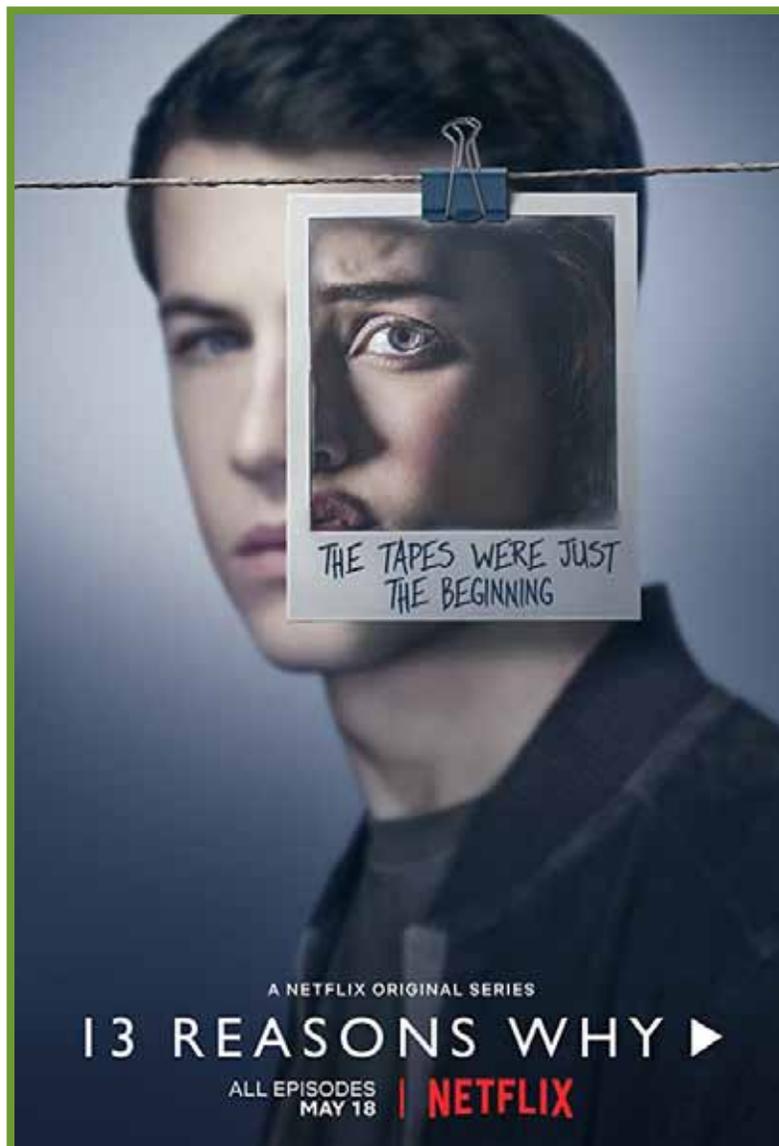
The Netflix series "13 Reasons Why" was the subject of conversation and controversy following its March 2017 release. The show captivated a young audience and was quickly criticized by parents, school systems and mental health professionals for its graphic content and subject matter, which included teen suicide, sexual assault, bullying and drug use.

When a second season of the show was announced — despite the fact that the young adult novel the series was based on had no sequel — speculation quickly arose over where the storyline would go and what steps the producers would take to mitigate the show's controversial take on teenage issues.

The second season of 13 Reasons Why, which drew in more than 6 million viewers in the three days following its release on Friday, May 18, has shifted its focus from teen suicide to the issue of sexual assault, a topic that The Hospital of Central Connecticut is taking head on with a program geared toward victims of sexual assault and other crimes.

The storyline of Season 2 follows the trial between the Evergreen County school system and the parents of Hannah Baker, the teen who took her own

..... Continued on page 2



HOCC's outpatient program offers 'a safe space where people can ... feel heard'

continued from page 1

life and left behind tapes chronicling the reasons why she did it. It also explores the impact of the first season's events on the show's protagonists, including Jessica Baker, who was sexually assaulted at a party, and the perpetrator of the assault, star athlete Bryce Walker.

Baker, who returns to school after spending time away emotionally recovering, is faced with rumors and judgment from her Liberty High School classmates — a scenario that is not uncommon, according to Bethany Michaud, LCSW, psychiatric clinician at The Hospital of Central Connecticut outpatient clinic.

"There is a stigma faced by the survivors of sexual assault — that it was the person's fault because of how they dressed, their reputation, or because of what they did or didn't say in the scenario. This often results in feelings of shame for the survivor, and they may be blamed, harassed or attacked because they spoke up," said Michaud, who runs group therapy for HOCC's free Victims of Crime Acts (VOCA) outpatient program for survivors of sexual assault, molestation or domestic abuse.

Compounding Baker's struggles with her classmates are her encounters with Walker in the school hallways.

"If people experience routine triggers like having to come into contact with their abuser, they may experience high anxiety, hyper vigilance, hopelessness and difficulty creating new goals for their future because they feel very stuck in the past, almost as though what happened has the potential to reoccur or is happening all over again," Michaud said.

A turning point for Baker is her new friendship with Nina Jones, a classmate who was also the victim of a sexual assault, and her attendance at a survivors support group.

"Support groups can offer a safe space where people can tell their personal story and feel heard, but not blamed," Michaud said. "Survivors also have the opportunity to see other people with similar histories of abuse or assault taking positive steps forward in life and this creates a sense of empowerment."

HOCC's VOCA program, like the support group attended by Baker, offer survivors the opportunity to recover in a safe, group setting, in conjunction with medication management and individual and family therapy. The program is

grant-funded and offered at no cost — which allows survivors to avoid dealing with insurance claims.

"We don't encourage people to go into detail about their trauma; we meet them where ever they're at and work on reducing symptoms and moving forward," Michaud said. "We help each person develop grounding skills like meditation, mantras, positive self-talk or yoga; support systems they can turn to; and safety plans."

Michaud did warn that some of the rape scenes in 13 Reasons, including two from the first season and a graphic sodomy scene in episode 13 of Season 2 — can act as triggers for people who were victims of sexual assault.

"Witnessing a similar act can trigger or re-traumatize a patient because it can bring flashbacks up of their personal experience," Michaud said. "It's important for people to assess what their specific triggers are and create a self-care plan or even avoid viewing scenes if appropriate."

For more information on the VOCA program for victims of sexual assault, molestation or domestic abuse, call the HOCC Counseling Center at **860.224.5267**.

PGA Tour event in Hartford looking for volunteers

Hartford HealthCare is the official Volunteer sponsor at the Travelers Championship June 18-24 at TPC River Highlands in Cromwell. As in the past, HHC employees are invited to volunteer at the tournament.

Volunteers ages 16 and older have the opportunity to fill more than 30 different volunteer positions ranging from hospitality to event services. Volunteer shifts are available Monday through Sunday of the event. HHC employees who plan to volunteer during work time should speak with their manager and arrange for PTO.

To learn more, please go to <https://bit.ly/2rQTFuP>. If you plan to volunteer, select Hartford HealthCare Volunteer and enter the security code: healthcare2018.

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, June 12, at noon

FORE A GOOD CAUSE



Rushford Golf Classic raises more than \$18,000 for child and adolescent programs



Above: Over 90 golfers came out to support the 30th annual Rushford Golf Classic on May 22 at the Lyman Orchards Gold Course.

Left: Leslie Silverman attempts a shot as President of Advanced Behavioral Health Sam Moy, PhD, left, and her husband Rushford Medical Director of Addiction Services Sam Silverman, MD, right, looks on.

Keith Solomon, Rushford Foundation vice chair Mark Levin, Tom Cutone, John Houston



The Liberty Bank foursome of Manny Caccamo, Gary Mackiewicz, Chandler Howard, and Ben Abrams



Rushford Foundation chair David Director hits his first shot as Brett Director, Jim Meltzer and Todd Director watch.

HOCC counseling center opens in Southington

The Hospital of Central Connecticut Counseling Center has begun offering intensive outpatient (IOP) mental health and substance abuse programs at 98 Main Street in Southington.

The center, which opened its doors to patients on Monday, May 21, offers programs such as medication assisted treatment, group and individual treatment.

Staff includes a nurse practitioner and two licensed clinical social workers. The renovated space includes two group rooms and two individual session offices.

“When Southington did its community health needs assessment a few years ago, mental health and substance abuse were two of the primary areas that were identified,” said Jessica Collins, BSN-BC, LPC, Director of Behavioral Health Services for The Hospital of Central Connecticut and MidState Medical Center.

“We heard from the citizens of Southington that there was a need for services in their community. The center

will allow residents to receive comprehensive group and individual outpatient mental health services and substance abuse treatment close to home,” said Pat Rehmer, MSN, ACHE, President of the Hartford HealthCare Behavioral Health Network and Senior Vice President at Hartford HealthCare.

Startup and renovations costs for the center were paid in part through a grant by the Bradley Henry Barnes and Leila Upson Barnes Memorial Trust at Main Street Community Foundation. The building also houses a Hartford HealthCare Headache Center.

“Our goal is to modernize healthcare in Southington and improve access to state-of-the-art care for the community, and adding new behavioral health services is part of our ongoing efforts to do just that,” said Gary Havican, President of The Hospital of Central Connecticut and MidState Medical Center. “We are also proud to be an economic driver in town — in addition to our medical office building on Main Street we have recently expanded services in a



The Hospital of Central Connecticut Counseling Center opened to patients on Monday, May 21, offering intensive outpatient mental health and substance abuse programs at 98 Main St. in Southington.

new multi-million-dollar family health center and urgent care center on Queen Street. We are building the healthcare delivery system of the future — now.”

Hours of the new center are Monday through Friday 8 a.m. to 4:30 p.m. Collins says the hours could expand based on patient need. To connect with The Hospital of Central Connecticut Counseling Center, call **860.276.3970**.

HealthStream 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 incorrect 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.

Charlotte Hungerford, CYF celebrate motherhood

More than 50 mothers and female caregivers joined members of the Charlotte Hungerford Hospital Child First Program and staff from the Center for Youth & Families (CYF) in a celebration of the strength, love and hope they provide on Friday, May 11, in advance of Mother's Day.

The event, now in its fourth year, included massages donated by Marion Lemay, LMT, (<https://marionlemay-handsbodiesandsoles.amtamembers.com>) refreshments, lunch, a raffle, special swag gift bags with items donated by CHH staff and a pop-up boutique that offered participants clothing, jewelry and self-care items for no charge, thanks to the donations from local residents and supporters, an anonymous angel



Moms who attended the event included, from left, Carmen Hernandez, Elizabeth McLaughlin, Joan Neveski, Beth Birden, Cassandra Ganio, Lisa Newberry, Melissa Samok, Evelyn Rodriguez and Christine Talbot.

and staff from both CYF and CHH.

The Center for Youth & Families, the children's behavioral health department of Charlotte Hungerford Hospital, is an accredited child advocacy center and professional mental health agency that

assists children, adolescents and their families with emotional, behavioral, developmental, and family difficulties. CYF's approach is wide-ranging, beginning with a thorough and sensitive evaluation of the "whole" child in the context of the family, school and the community. To further this understanding, CYF Staff work closely with schools, guidance counselors, local area pediatricians and other community providers.

Child First is an intensive in-home program that serves families with children ages prenatal through age 5. It is an evidence-based model that aims to decrease the stress in the life of the family while also offering therapeutic services and developmental guidance to the family.



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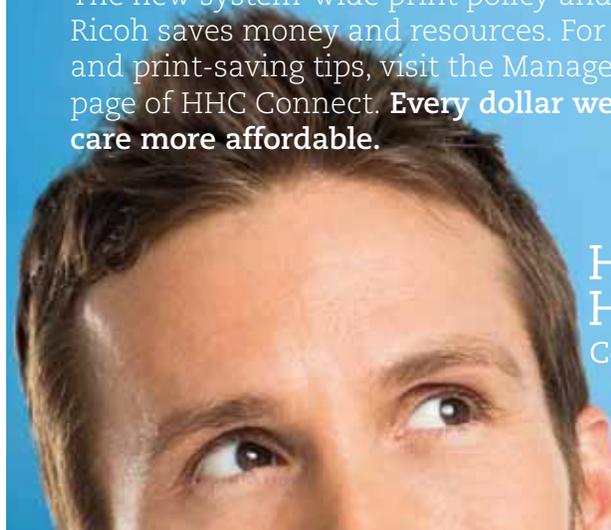
*Eligible discounts are for immediate family members

How can you help HHC save up to \$1 million a year?

It's easy. Think before you print!
Here's some ways to save:

- View agendas, emails and presentations on a screen instead of printing multiple copies.
- Print double-sided to use less paper.
- Print in black and white instead of color to cut down on the cost of ink.

The new system-wide print policy and partnership with Ricoh saves money and resources. For more information and print-saving tips, visit the Managed Print Services page of HHC Connect. **Every dollar we save helps make care more affordable.**



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Hartford HealthCare garners 33 Lamplighter awards

Hartford HealthCare received 33 Lamplighter awards at the New England Society for Healthcare Communications' (NESHCo) annual conference on Monday, May 21, including six for work done in the Behavioral Health Network alone.

The awards — which included 12 golds, 10 silvers and 11 awards of excellence — were given at the annual Lamplighter Awards Ceremony held at the Southbridge Hotel and Convention Center in Southbridge, Mass. Lamplighter awards recognize the best health care communications in New England. The BHN awards included:

- **Community Relations Event:** What's Wrong (And Right) with 13 Reasons Why, Hartford HealthCare Behavioral Health Network, Gold
- **Creative Design/Photography:** Every Moment Matters, Gold
- **Internal Communications:** Every Moment Matters, Silver
- **Public Relations Campaign:** Every Moment Matters, Silver
- **Excellence in Writing/Other:** Stories of Mental Health from the Hartford HealthCare Behavioral Health Network, Award of Excellence
- **Publications – Internal Periodicals:** Hartford HealthCare Behavioral Health Network employees newsletter, BHNNews,

Award of Excellence

Other awards included:

- **Advertising/Video:** Short Format Series, Advances in Health, Gold
- **Advertising/Service Line:** Cancer Patient Testimonials, Gold
- **Electronic Marketing:** Health News Hub/e-newsletters, Gold
- **Excellence in Writing/Other:** Cancer Patient Testimonials, Gold
- **Marketing – Service Line:** Bone and Joint Institute Launch Campaign, Gold
- **Potpourri:** Content Marketing, Gold
- **Publications – Special Purpose:** Patient Health Organizer, Gold
- **Provider/Employee Retention and Referral Generation:** Join Me at HHC, Gold
- **Social Media/Campaign:** Holiday Babies Series, Gold
- **Advertising/Image, Branding:** Top Docs, Silver
- **Advertising/Service Line:** Fem-Touch, Silver
- **Social Media/Campaign:** Honoring Nurses Facebook Campaign, Silver
- **Publications- Special Purpose:** Blue Edition of RxTra for Nurses Week, Silver
- **Excellence in Writing/Other:** Hartford HealthCares – Puerto Rico Hurricane

Relief Silver

- **Social/New Media:** Holiday Babies Series, Silver
- **Potpourri:** Website Classes and Events System, Silver
- **Crisis Communications:** Flu Vaccine Recall, Silver
- **Advertising/Image, Branding:** National Doctors Day, Award of Excellence
- **Cause/Social Marketing:** think-FAST, Award of Excellence
- **Crisis Communications:** Out of Network with Anthem, Award of Excellence
- **Design/Printed piece:** Annual Reports, Award of Excellence
- **Advertising/Single Video:** Martha Michaud video, Award of Excellence
- **Internal Communications:** Hospital of Central Connecticut CareConnect Go-Live Communications, Award of Excellence
- **Special events:** Black & Red, Award of Excellence.
- **Social Media/Campaign:** Podcast series, Award of Excellence
- **Social/New Media:** Podcast Series, Award of Excellence
- **Publications – External Periodicals:** Advantage News – A publication for MyHealthy Advantage Members, Award of Excellence

NAMI Walk



The Behavioral Health Network was represented at the annual NAMI Walk event at Rentschler Field in East Hartford on Saturday, May 19. From left are, Paul Secker, Lynn Dickus, Amy DiMauro, Laura Durst and her daughter Lola, Melissa Curtis, Benjamin Katz, and Rauf Abduzhalilov.



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)

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).** June 4, 11, 18, 25. (Every Monday), noon – 1 p.m. in the Todd Build-

ing, Bunker Room and 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.

■ **Dementia Support/Educational Group Meeting.** June 5. (First Tuesday of each month), 11:30 a.m. to 12:30 p.m. in the Donnelly Conference Room, First Floor. Please join us as we bring together

experts and those who want guidance, direction, and support. Space is limited — reservations are required by calling **860.545.7665**.

■ **Anxiety Disorders: An Introduction.** June 5, 6:30 – 7:45 p.m. This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and suggestions to help them better cope with the illness. To attend, please RSVP to Laura at **860.545.7324**.

■ **It's Hard To Be A Mom.** 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**.

■ **Hearing Voices Network (HVN).** 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.

■ **Support Group For Families Dealing With Major Mental Illness.** June 7, 21. (First and third Thursday of each month),

..... Continued on next page



Roadmap to Retirement

People of all ages should be thinking ahead and planning for retirement. But where do you start?

Join the IOL's Family Resource Center for a Financial Wellness Series open to all employees and their families. This series will be presented and sponsored by Financial Advisors with Coburn & Meredith, Inc.

Two offerings of the 60-minute introductory session will be offered to teach you about the main challenges of retirement: saving enough while trying to meet your life goals, and ensuring you never outlive your money.

Tuesday, June 12
Hartford Room, Commons Building
4 to 5 p.m.

Wednesday, June 20
Hartford Room, Commons Building
Noon to 1 p.m.

- 15 minute one-on-one meetings with the advisors will be available.

Lunch and Learn Workshops

Bring your lunch to Clark Social, Staunton Williams Building, to dive deeper into the following topics:

- **Medicare and Social Security Planning: July 9 and August 9**
Maximize Social Security and understand your Medicare options
- **Train Your Brain: August 16 and August 23**
Understand the brain and improve focus while decreasing your risk of dementia
- **Budgeting and Cash Flow Analysis: July 12 and July 19**
Learn how to build a financial action plan

To RSVP, contact Laura Durst
Laura.Durst@hhchealth.org
860.545.7324



Family Resource Center Support Groups (continued)

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.

■ **Al-Anon Parent Group.** June 7, 14, 21, 28. (Every Thursday), 7 - 8 p.m. One hour topic discussion.

■ **Support Group For Those Coping With A New Or Chronic Medical Condition.** 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.

■ **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** 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.** 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**.

■ **Substance Use Educational And Support Group.** June 14. (Second Thursday of each month), 4 - 5 p.m. For family members impacted by loved ones with substance abuse.

■ **Schizophrenia: An Introduction To The Disorder.** June 19, 6:30 - 7:45 p.m. This program is for family and friends of individuals who have schizophrenia or a related disorder. It will present a basic understanding of the

disorder, its treatment, along with suggestions to help family members and friends cope with the illness. To attend, please RSVP to Laura at **860.545.7324**.

■ **Autism Spectrum Support/Educational Group Meeting For Parents.** 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.

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.

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 patricia.graham@hhchealth.org.

Garden grows



Natchaug staff gathered for a Remembrance and Rededication event at the Founder's Garden outside the main hospital to remember those they care for and their colleagues and rededicate the silent/written wish of their heart. The activities, led by Windham Hospital director of pastoral services Mary Horan, pictured right, included prayers and the tying of ribbons on plants in the garden.



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 is available on HealthStream now.

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

Find us on Facebook at www.facebook.com/natchaughospital

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.



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Fine dining with a message

Michelle Voegtle, M.Ed, LPC, Clinical Supervisor, Rushford Avon, shows off recovery themed place settings designed by clients to help benefit the Avon Historical Society during the group's Tablescape 2018 event held on March 23-24 at the North



House in Avon. Each place setting from Rushford clients included a message highlighting concepts of recovery. The fundraiser gave local businesses a chance to showcase the goods and services they provide to the community through creative place settings.

Out of the Darkness Walk set for June 16

The Rushford Zero Suicide Champions Committee and American Foundation for Suicide Prevention have teamed up to host an Out of the Darkness Walk on Saturday, June 16, at 9 a.m. at Woodrow Wilson Middle School in Middletown.

Every year suicide claims more lives than war, murder, and natural disasters combined. Together we can change the conversation about mental health and put a stop to this tragic loss of life.

The walk is open to everyone, and donations are accepted, but are not required for participation. Any registered walker who raises over \$100 will receive a t-shirt.

To register or donate, visit www.afsp.org/middletown.

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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 Galarneau, CAC, CADC, at 860.852.1089 or lauren.galarneau@hhchealth.org.



Sunday, Aug. 12 | 5:05 pm

Bowie Baysox vs. Hartford Yard Goats.
A portion of each ticket sold supports Rushford, a Hartford HealthCare Behavioral Health Network partner.
Ticket Order Deadline: Monday, Aug. 6, 2018.

Order Tickets Online:
<https://groupmatics.events/event/Hartfordhealthcare>



Rushford
Connect to healthier.

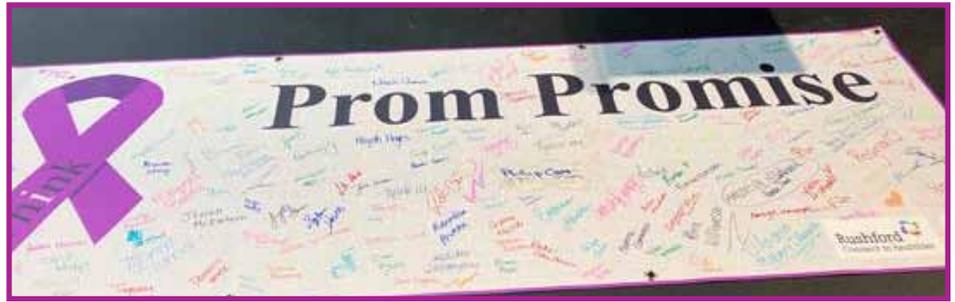
Students spread word of caring for Prevention Week

Each year, Rushford and the schools it partners with celebrate National Prevention Week. This week, held from May 13-19, emphasizes that the prevention of substance abuse and promotion of mental health starts with the choices each of us makes in our own life. Through our choices, we can set an example of health and well-being for others.

National Prevention Week is held each year during the third week of May — near the start of summer, an important time for school, communities, and prevention professionals to re-focus on prevention! Adolescents and full-time college students most often use substances for the first time during June or July, according to SAMHSA National Survey on Drug Use and Health (NS-DUH) data.

There were several activities that took place in Middletown schools in partnership with Felicia Goodwine-Vaughters, the prevention professional assigned there.

Students from Rams In Action created posters and to hang in the cafe with information and made morning



Above: Students sign the Prom Promise poster, vowing to stay drug, alcohol, and tobacco free before, during, and after prom. Below: Students from Rams In Action, left, created posters and to hang in the cafe with Prevention Week information. Ms. Brooks' Spanish classes at Woodrow Wilson Middle School got involved as well.



announcements. They also had daily themes of what to wear in support of National Prevention Week. Students also had tables in the café where they offered giveaways, created posters and invited their friends to sign pledges to make healthy choices, prevent substance abuse and promote mental health.

Ms. Brooks' Spanish classes at Woodrow Wilson Middle School got involved with National Prevention Week and incorporated the week into their learning! Students researched daily topics and



presented their findings in Spanish and created posters in Spanish as well. The entire Woodrow Wilson Middle School community will have the opportunity to vote on the posters to determine the grand prize winner. Posters will then be shared at Rushford's Meriden location.

At Middletown High School, students in Students Against Destructive Decisions (SADD) led Prom Promise activities. The Prom Promise is a pledge that students make to be drug, alcohol, and tobacco free before, during, and after prom.

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**.