



CHANGING OF THE GUARD

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Communications team undergoes makeover.

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Hartford HealthCare  Behavioral Health Network

BHINews

Mental health leads list of concerns

Mental health and substance abuse are the top health concerns in Natchaug Hospital's service areas, according to community stakeholders and staff members who attended a health needs prioritization meeting at the main hospital on June 11.

The meeting, which included representatives from local hospitals, health care agencies, social service groups and community leaders, presented the results of a triennial community health needs assessment and asked attendees to rank the top health priorities for the community. The report and prioritization will be used as a roadmap to help Natchaug and its community partners improve population health over the next few years.

Similar meetings held by Windham and Backus hospitals also identified mental health as the top priority in the east region, along with heart disease and stroke, substance abuse, and diabetes.

"The fact that mental health was identified as the top priority by stakeholders at three separate meetings for three service areas speaks volumes about the community's needs and the changing attitudes towards mental illness," said Carrie Pichie, Ph.D.,



Bruce Lockwood, Director of Community Health for Professional Research Consultants, Inc., talks to a group of community leaders gathered at Eastern Connecticut State University Thursday, June 11, to discuss a community health needs assessment survey that was done for hospital communities in eastern Connecticut.

Natchaug Director of Ambulatory Services. "Across HHC and the country, we've made major strides towards reducing the stigma associated with mental illness, and the feedback from this meeting is a great example of that fact."

Data for the health needs assessment was collected by phone interviews with 2,087 adults in the Natchaug Hospital service area, including Wind-

ham and New London counties along with portions of Middlesex, Tolland and Hartford counties.

According to the needs assessment, 10.7 percent of those surveyed reported "fair" or "poor" mental health, and a disproportionate percentage of these respondents were black or Hispanic

..... Continued on page 2

Community needs assessment lists mental health as a top priority

Health needs for Natchaug service area

- Mental Health
- Substance Abuse
- Access to Healthcare Services
- Heart Disease & Stroke
- Nutrition, Physical Activity & Weight

continued from page 1

(37.9 percent) and had low or very low income (47.3 percent).

In the area of substance abuse, the number of drug-induced deaths in Natchaug Hospital's service area exceeded Connecticut and nationwide averages with 14.2 annual deaths per 100,000 people. The percentage of drinkers also topped Connecticut and national statistics with 63.9 percent, but the percentage of excessive drinkers fell just below national averages.

The presentation also included data

from an online key informant survey of 117 community stakeholders including health providers, social service agencies, physicians and others. More than 60 percent of these informants identified mental health as a "major problem" in the community, with access to care, lack of services, stigma and finding practitioners as the reasoning.

"The next step is to take a look at how Natchaug can collaborate with other providers, especially Windham and Backus Hospitals, to help impact mental health and substance abuse in the community," Pichie said.



Connecticut bill aims for equal mental health treatment from insurers

A Connecticut bill that would clarify the nature of mental health services covered by insurance policies is awaiting review by Gov. Dannel Malloy.

One provision that didn't make the final bill would have required insurers to cover emergency mental health-related hospitalizations for at least 14 days. Generally, mental health providers must go through a recertification process after two or three days, which can result in a shortened treatment.

"We understand that people should not be residing within institutions any longer than they need to be," said Hank Schwartz, MD, psychiatrist-in-chief at the Institute of Living.

Got something to share?

Are you interested in sharing your clinical experience or knowledge with co-workers throughout the HHC Behavioral Health Network? Consider submitting an article to the Clinical Corner. For more information, e-mail amanda.nappi@hhchealth.org or carol.vassar@hhchealth.org.

Hartford HealthCare cordially invites you to:

Open house, tours, and ribbon cutting ceremony celebrating the new Inpatient Psychiatry Unit at The Hospital of Central Connecticut

The Hartford HealthCare Behavioral Health Network, in collaboration with The Hospital of Central Connecticut and MidState Medical Center, is enhancing care for patients across Central Connecticut.

Refreshments will be provided



Wednesday, June 24, 2015
2 to 4 p.m.

Remarks and ribbon cutting at 2:30 p.m.

The Hospital of Central Connecticut
New Britain General campus
100 Grand St., New Britain
3rd floor East and West Pavilion

Validated parking is available.
Please call 203-694-8733 to RSVP.



Klein, O'Dea assume new roles within BHN leadership

The Behavioral Health Network leadership team is pleased to announce that David C. Klein, Ph.D., has accepted the position of Natchaug Vice President of Clinical Operations, a position recently vacated by Justin Sleeper, MSN. This change returns Klein to his previous leadership role at Natchaug, and was made at Klein's request, in an effort to simplify the scope of his responsibilities.



Klein

James F. O'Dea, Ph.D., MBA, will replace David as BHN Vice President of Operations.

A clinical psychologist, Klein has held a number of high level administrative and leadership positions with Natchaug and the BHN since 1978. His leadership in helping to create the BHN has improved access to care throughout the BHN, established a working Operations Council with all BHN members, and along with Steven Zuckerman helped transform Rushford. The improvements at Rushford are dramatic,

and it is on its way to becoming a growing and profitable partner in the BHN.

Prior to his BHN role, Klein served in nearly every leadership role at Natchaug, including Vice President and Chief Operating Officer when he assumed the role of interim President of



O'Dea

Windham Hospital. Klein constantly displays discretionary effort, and has earned the respect of staff at every level of the organizations he has touched. His continued leadership at Natchaug and within the East Region will certainly ensure the continued success of behavioral health services in our region.

O'Dea, also a clinical psychologist, most recently has served as HHC Regional Director of Cancer Services and East Region Director of Behavioral Health Services. In these roles, he has worked closely with multiple physician practices and departments on strategic and operational planning for the cancer service line, and the Hartford Health-

Care Cancer Institute's successful partnership with Memorial Sloan-Kettering, as well as the integration of Backus and Windham Hospital into the BHN. His recent leadership in developing a model behavioral health and primary care initiative, as part of the East Region's Preventive Medicine Initiative, is most impressive. This is a key initiative of the BHN, and bodes well for our future as Jim leads the entire BHN operation to further integration with acute care and primary care.

Employed at Backus Hospital and now HHC since 1989, O'Dea has held a number of different leadership positions involving program development and operations. He has also been actively involved in patient safety and quality initiatives, leading the Backus Patient Safety and Quality Department, serving as an administrator for the Backus Level III Trauma Program and formerly as Director of Psychiatric Services.

O'Dea and Klein will develop a transition plan in the next few weeks that will ensure that all of their current responsibilities are clearly addressed.

staff speaks out

If you could have lunch with any person alive or dead, who would it be, and why?



My husband because he's been so supportive of my career over the last 40 years and I look forward to spending more time with him on July 8 when I retire!

— **Ellen Buffington, BHN Director of Professional Education**



It would be my mom, because she has always been, in both life and death, my role model.

— **Raquel Maldonado, Rushford admissions**



Probably President Barack Obama because I think it would be really cool to have lunch with the president.

— **Caitlin Swartz, Rushford admissions**

1 BHNFirst

HOCC to open new inpatient psychiatric unit

Following 11 months of construction, The Hospital of Central Connecticut (HOCC)'s 32-bed inpatient psychiatric unit is set to open on June 25 — further enhancing the ability of the Behavioral Health Network to meet the needs of patients.

The brand new unit offers inpatient mental health and substance abuse treatment for patients 18 and older across central Connecticut and state-wide. Located on the HOCC New Britain campus, the expanded unit is on the third floor of the hospital's East and West Pavilion.

“Our new state-of-the-art unit will allow us to better serve the people in our communities, many of whom are quite ill and in desperate situations,” said Michael E. Balkunas, MD, Chief of Psychiatry and Behavioral Health for The Hospital of Central Connecticut.

Staff will shortly begin training in this new unit in order to become accustomed to the work area. Additionally, on June 10, staff and volunteers participated in a “Day in the Life” exercise to evaluate the flow and function of 20-plus patient scenarios.

“The new unit at HOCC adds four inpatient behavioral health beds to our region, thereby increasing patients’ access to inpatient psychiatric care across central Connecticut and beyond and also allowing for a wider range of treatment options and clinical interventions to be offered,” said Pat Rehmer, MSN, ACHE, HHC Senior Vice President for Behavioral Health.

During inpatient treatment, patients have access to one-on-one care with expertly trained psychiatric providers,



Above: Regional Clinical Resource Leader Jill Guilietti (center left) and BHN Central Region Director Christine Scully (center right) brief volunteers during the Hospital of Central Connecticut “Day in the Life” event June 10. Left; Kris Bresch, RN, left, Jerry Scotella, center, and Adrian Indorf, RN, simulate a verbal de-escalation intervention.

a range of group therapies, occupational therapy, medication management and stabilization, and assistance with discharge planning. Staff also keep patients’ families informed about their care through family meetings.

The new unit also features:

- A mix of handicap and geriatric accessible private and semi-private rooms designed specifically for patients’ comfort and safety.
- State-of-the-art mood enhancing lighting and a therapeutic sensory room to enrich patient’s treatment.
- Additional group therapy rooms to accommodate an increased number of new treatment modalities, such as music therapy, occupational therapy and social work.

■ Enhanced security features including upgraded video monitoring and a fully integrated nurse call system.

■ A pristine, soothing color scheme with breathtaking views of New Britain’s rolling landscape.

The opening of the new, larger unit was part of a plan introduced three years ago to expand access to inpatient psychiatry services in the HHC Central Region.

A formal ribbon cutting is scheduled for Wednesday, June 24, from 2-4 p.m.

■ BHN First is a regular feature of BHNNews designed to help readers become more familiar with the unique service offerings across the network, and provide staff with the information to refer within the BHN FIRST!



Seeking donations for the upcoming
back-to-school resource fair

IOL Backpack & School Supply Drive



The Institute of Living's Back-to-School Resource Fair is set for Wednesday, August 12, and we're seeking donations of **backpacks** and **school supplies** to give away to needy children from greater Hartford.

Donation ideas include:

- | | | |
|----------------|----------------|---|
| Backpacks | Markers | Spiral bound notebooks |
| Pens & pencils | Glue sticks | Paper-lined & unlined |
| Erasers | Index cards | Kid-friendly scissors (left & right handed) |
| Highlighters | Rulers | |
| Notebooks | Calculators | |
| Crayons | Pocket folders | |

Donated items may be dropped off in the IOL Assessment Center, located in the lower level of the Donnelly Building.

Donation deadline: Monday, August 10 by 4:30 PM

For more information, contact Anne Marie Gorman in the Assessment Center at AnneMarie.Gorman@hhchealth.org or call 860-545-7200.



Clinical trial study participants needed

In addition to direct clinical services to patients, Hartford Hospital's Institute of Living supports and augments its clinical excellence through research at the Olin Neuropsychiatry Research Center; the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy (CBT); the Braceland Center for Memory and Aging; and the Burlingame Center for Psychiatric Research and Education.

As part of the research taking place at IOL, volunteers are needed to help with numerous clinical trials including: Adolescent Schizophrenia, Pediatric and Adolescent Bipolar Disorder, Pediatric and Adolescent Depression, Adult Generalized Anxiety Disorder, Adult Major Depressive Disorder, Adult Bipolar Disorder and Schizophrenia, Schizophrenia and Autism Research, Alcoholism, Teen Depression and Alcoholism.

For more information and greater details about these clinical trials, go to <http://bit.ly/1EkaZFc>.

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. For additional information on these support groups, please contact the FRC at **860-545-7665** or **860-545-1888**. The upcoming IOL FRC Support Group schedule is as follows:

■ **Bipolar: An Introduction To The Disorder.** June 23, 6:30 – 7:45 p.m. This program is for family 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 family members and friends better cope with the illness.

■ **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** June 24, (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.

■ **Schizophrenia: An Introduction To The Disorder.** June 30, 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 specific suggestions to help family members and friends better cope with the illness.

Mental Health First Aid classes set through September

Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) classes will be offered by the BHN through the month of September.



Classes are open to the general public at a cost of \$50 per person and to HHC employees at a discounted rate of \$20 per person.

MHFA and YMHFA are interactive training courses designed to give members of the public the key skills required to help an individual who may be experiencing signs of crisis that are related to a mental

Class schedule

Thursday, July 23	Youth MHFA	8 a.m. - 5:30 p.m.
Thursday, Aug. 6	MHFA	8 a.m. - 5:30 p.m.
Saturday, Aug. 22,	MHFA	8 a.m. - 5:30 p.m.
Saturday, Aug. 29	Youth MHFA	8 a.m. - 5:30 p.m.
Tuesday, Sept. 8	Youth MHFA	8 a.m. - 5:30 p.m.
Friday, Sept. 11	MHFA	8 a.m. - 5:30 p.m.
Saturday, Sept. 19	MHFA	8 a.m. - 5:30 p.m.
Saturday, Sept. 26	Youth MHFA	8 a.m. - 5:30 p.m.

health disorder such as depression, panic-anxiety disorder or post-traumatic stress disorder.

All classes will be held at the Institute of Living, Hartford Room, Second

Floor Commons Building, 200 Retreat Avenue, Hartford, and are scheduled as shown above. For more information or to register, please contact patriciac.graham@hhchealth.org.

N natchaugnews

Natchaug at Particle Accelerator concert

Primary Therapist Fannie McGowan, MSW, and Mental Health Worker Lacy Milano from Joshua Center Northeast represented Natchaug Hospital at the Annual Particle Accelerator Benefit concert, on Saturday, June 13, in Putnam.

Particle Accelerator is an annual benefit concert that raises money to support programs at United Services of Dayville, such as the 24-Hour emergency hotline and Mental Health First Aid training. The concert also provides information and support for depression and suicide prevention, while promoting music and civic engagement as a healthy alternative to drug and alcohol abuse.

Particle Accelerator first began in 2007 in response to the suicide of local musician Jack Young, Jr., who took his own life on his 27th birthday.



New fence for pediatric playground



Plant Operations maintenance staff are on track to complete a new wooden fence around the playground at the main hospital. The fence, which replaces a stone wall as the barrier around the playground, will help create a safer place for pediatric clients to play.

Wellness committee seeks volunteers

Are you passionate about wellness? Do you want to help make Natchaug Hospital a healthier place?

Employees are needed for Natchaug Hospital's new Wellness Committee. The committee, which will meet several times a year, is responsible for implementing health and wellness initiatives at the grassroots level with support and resources from the newly formed HHC Wellness Council. Each HHC affiliate will have its own committee that will bring lunch-and-learns, on-site yoga, and other healthy ideas to life.

If you are interested in joining the committee, e-mail amanda.nappi@hhchealth.org.



Cooking up some valuable lessons



Carol Kilburn, COTA, hosts a weekly cooking class with ITRACK patients where she teaches the therapeutic benefits of cooking along with valuable life skills.

Mansfield staff at Adventure Park



Staff from Joshua Center Mansfield CDT School and the Inpatient School enjoyed a day at the Adventure Park in Storrs led by Principal Shawn Cyr. The outing at the Adventure Park, a series of five ropes courses of varying difficulty set on five acres of wooded land, promoted team-building and bonding amongst the educational staff.



Graduation day at Joshua Center Thames Valley



Daun Nagan, left, a teacher at Joshua Center Thames Valley, hugs a senior at the school's graduation ceremony Thursday, June 17 at the HHC East Region System Support Office in Norwich. Officer Julie St. Jean, above, of the Norwich Police Department, was the keynote speaker.

Changes ahead for BHN marketing team

The BHN marketing team is about to change, as Carol Vassar relocates to the Hartford HealthCare System Support Office in Newington to head up the system's social media efforts.

In her new role, Vassar will work collaboratively with employees from across the system to create a cohesive new strategy for HHC's social media, includ-

ing Facebook, Twitter, Pinterest, LinkedIn and Instagram.

Vassar joined HHC in December 2012 as the public relations and marketing manager for Rushford. She became part of the three-person BHN marketing in 2014, working on a variety of print, online and social media projects at Rushford, IOL and HOCC, as well as

BHN-wide projects and events, including the National Dialogue on Mental Health, which recently won a Best of New England Lamplighter award from the New England Society for Health Care communications, BHNews, the Stop the Stigma campaign and the CCAR and NAMI Walks. She previously worked in marketing and communications capacities at CT Department of Public Health, American Red Cross and Capital Community College.

"Behavioral health is both a personal and professional passion for me," Vassar said. "While I will no longer be working directly on BHN-centered marketing projects, I truly look forward to continuing to work with my BHN friends and colleagues in my new role."

Vassar's successor on the BHN marketing team is Matt Burgard. He has been working in the planning and marketing department at Hartford HealthCare since October 2013, concentrating on the Hartford HealthCare Cancer Institute and The Hospital of Central Connecticut. Prior to that, he was employed in the marketing and communications department at Waterbury Hospital and also spent more than 15 years as a newspaper reporter. Burgard joins the team alongside Communications Specialist Amanda Nappi and Marketing Director Shawn Mawhiney. He'll be based at Rushford at Meriden.

Vassar and Burgard start in their new roles on July 1.

"Carol's energy, enthusiasm and multi-dimensional communications talent have played a pivotal role in enhancing the BHN's presence, and we wish her well in her new role," Mawhiney said. "At the same time, we welcome Matt to our team — he is a proven storyteller and there are many great stories to tell throughout the BHN."

You are invited!



Rushford Family Outing

Saturday, August 15, 2015

Where: Lake Compounce, 186 Enterprise Drive, Bristol

Time: 11 am-10 pm (park hours)

Includes: Unlimited rides, shows & attractions
Crocodile Cove Water Park
Free parking
Lunch for Rushford party from 12 noon – 2:30 pm

Tickets*: Adults \$15
Children 12 years and under \$10
Free for children age 3 & under

To purchase tickets, please contact: Anivette.cruz@hhchealth.org
or Sheila.gosselin@hhchealth.org.

**Deadline for registration & payments is July 1.
Cash only, please.**

**Limit 5 tickets per staff. Tickets are non-refundable and cannot be combined with Season Passes.*

events

■ **Tuesday, June 23 from 7:30 - 8:30 a.m., 3 - 4 p.m., and 5 - 6 p.m.:**
Tours for all staff and volunteers interested in seeing the new HOCC inpatient unit (3rd Floor, East-West Pavilion), 100 Grand St., New Britain. For more information, please contact danielle.siedsma@hhchealth.org.

■ **Wednesday, June 24, from 2 - 4 p.m.**
Open house and ribbon cutting for the HOCC inpatient unit (3rd Floor, East-West Pavilion), The Hospital

of Central Connecticut, 100 Grand Street, New Britain. For more information, please contact danielle.siedsma@hhchealth.org.

■ **Saturday, Aug. 15 from 11 a.m. - 10 p.m.:** Rushford Family Outing, Lake Compounce, 186 Enterprise Drive, Bristol. Includes: Unlimited rides, shows and attractions, Crocodile Cove Water Park, free parking and lunch for the Rushford party from noon - 2:30 p.m. Tickets are \$15 for

adults, \$10 for children 12 and under, free for children age 3 and under. Free for children age 3 and under. Deadline for registration and payments is July 1. Cash only, please. Limit five tickets per staff. Tickets are non-refundable and cannot be combined with season passes. To purchase tickets, please contact anivette.cruz@hhchealth.org or sheila.gosselin@hhchealth.org.

About BHNews

BHNews is published every Friday, except for the weeks of Thanksgiving, Christmas and New Year's. Articles for submission are due by noon on the Tuesday of the publication week.

Story ideas or submissions may be sent to carol.vassar@hhchealth.org or amanda.nappi@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. Thank you.

Deadline for the next edition of BHNews is Tuesday, June 23, at noon.

Integrated 
Care Partners
Connect to healthier.™



2nd Annual Conference

**LIVING with Serious Illness:
Integrating Palliative Care Into
The Outpatient Setting**

SAVE THE DATE:

Wednesday, September 2, 2015
4 to 8 p.m.

Aqua Turf Club, Southington • CEUs/CMEs available

The Treasure Trove is a free classified ad section for the benefit of Behavioral Health Network employees, retirees, medical staff and volunteers.

We welcome your submissions, which you can submit by emailing carol.vassar@hhchealth.org or amanda.nappi@hhchealth.org.

The deadline for submissions to be included in each Friday's BHNews is Tuesday at noon. BHNews will include community events for not-for-profit organizations that are open to the public and free of charge. We do not accept ads for real estate, firearms or personal ads. Please do not list hospital phone numbers or hospital e-mail addresses for responses.

You must submit your item weekly if you want it to appear more than one week.

FOR SALE



BRAND NEW SECTIONAL SOFA — Microfiber, brown color. Comes with pillows and one ottoman. From non-smoking house. \$300. Call **860-309-3010**.

1995 JEEP CHEROKEE SPORT — 4x4, four wheel drive, like new tires, new water pump, new starter, new leaf springs, new muffler tailpipe, front left brakeline leak otherwise runs good, great in snow. \$750 or best offer. Call **860-848-1108** and please leave a message.

NUTRIBULLET PRO 900 SERIES BLENDER — New in box, regular price is \$179.99, selling for \$100. Call **860-336-6509**.

FREE

LEATHER RECLINERS — Two recliners, one in excellent condition, the other is in fair condition. Call 860-887-8463.

EVENTS

NEIGHBORHOOD FLEA MARKET — Saturday, June 27, 8 a.m. to 2 p.m. at Bethel Community United Methodist Church, 1 Rixtown Road, Route 165, Griswold. Indoor/outdoor, vendors wanted, each space is \$20. Proceeds benefit the Church, hotdogs, baked goods. Call **860-367-4639**.

QUILTS OF VALOR BREAKFAST — Saturday, June 27, 8-10 a.m. at the VFW Post 594, 30 Connecticut Ave., Norwich. \$5 suggested donation, all proceeds benefit the Stitch Chicks Quilts of Valor Group. Eggs, bacon, sausage, english muffins, homefries, French toast, coffee, tea, juice. For more information visit www.qovf.org.

ST. JAMES FREE SPAGHETTI DINNER — Friday, July 10 from 3:30-7 p.m. at St. James Church, routes 2A and 117, Preston. The church is hosting this dinner to raise awareness of the Church Mission Trip to Ecuador. A free will offering will be accepted to help defray costs for the Mission Trip.

WILLIMANTIC ELKS LODGE VACATION RAFFLE — Tickets available in the Backus Hospital Gift Shop. \$10 per ticket, drawing is Thursday, July 23, proceeds benefit Backus Hospital, Jolly John's Keep You Trucking Fund. First prize, trip for two to Orlando,



Doing something healthy?
Take a selfie.

Share your Picture of Healthier and you could win an Apple Watch!

We want to see how you connect to healthier! Submit photos of yourself enjoying your favorite healthy activities — from working out to eating well — and you could win an Apple Watch, or be featured on our Facebook page and upcoming ads and promotions.

Submit your photos at connect@hhchealth.org


Hartford HealthCare
Connect to healthier.™