



LEARN MORE ABOUT OCD

Institute of Living forum will delve into the struggles and treatments for the disorder. • [PAGE 6](#)



CLASS IS IN SESSION

Natchaug's Green Valley School takes up new residency in Franklin. • [PAGE 8](#)



CENTER OF EXCELLENCE

Rushford addiction medicine program receives national accreditation. • [PAGE 11](#)

Hartford HealthCare 
Behavioral Health Network

BHN News

New chief in town

Physician assumes BHN leadership role

Every summer and Christmas vacation from high school through medical school found John Santopietro, MD, DFAPA, donning a rubber apron and working in his family's fish market, preparing, stocking and selling filets, squid, eel and snails.

The large Italian family that gathered often and talked incessantly was a good breeding ground for the future psychiatrist, who takes over as the first physician-in-chief of the Hartford HealthCare (HHC) Behavioral Health Network (BHN) on Oct. 1.

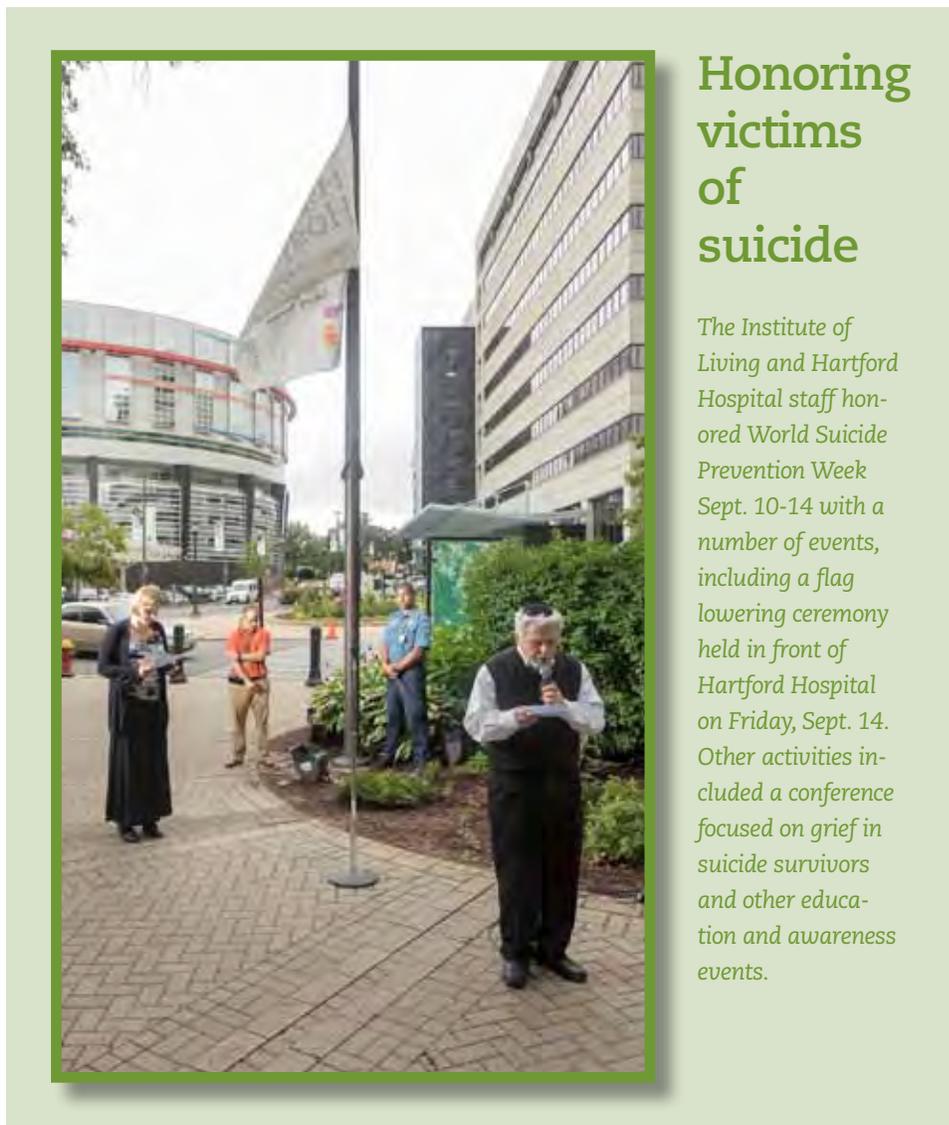
"I've always been fascinated by the mind and relationships. Then, I went for 12 years to a Quaker school where it was all about looking inward. It was inevitable that I would go into mental health," he said with a laugh.

A long-time supervisor at the fish market also helped Dr. Santopietro hone



Santopietro

••••• See [CHIEF](#) on page 2



Honoring victims of suicide

The Institute of Living and Hartford Hospital staff honored World Suicide Prevention Week Sept. 10-14 with a number of events, including a flag lowering ceremony held in front of Hartford Hospital on Friday, Sept. 14. Other activities included a conference focused on grief in suicide survivors and other education and awareness events.

his work ethic and “servant leadership” management style.

“Angelo would never ask you to do something he couldn’t or wouldn’t do himself,” he recalls. “I take pleasure in watching others succeed. If I’m good at anything, it’s putting together great teams that go on to do great things.”

“John has a career-long track record of leadership that promotes and embraces servant-leadership, feedback and quality improvement based on standard work,” said Patricia Rehmer, BHN president.

Dr. Santopietro, who assumes the vacancy left by Institute of Living (IOL) Psychiatrist-in-Chief Dr. Harold “Hank” Schwartz, said he is enthusiastic about returning to Hartford and looks forward to continuing a quest to “bring the best care to most people.” His arrival changes the position from a focus on the IOL to the entire HHC BHN.

“We have extraordinary resources here and this is a great opportunity to leverage those resources across a network to a wide population,” he said of HHC, in a nation that treats only about 40 percent of people with behavioral health issues. Of the many barriers to care, including stigma, he said, “The situation as it stands is not okay. What people don’t generally understand is that we have excellent treatment for mental illness and substance use disorders. If you get somebody into treatment at the right time, 60 to 80 percent will recover.”

Dr. Santopietro returned to Connecticut as president and medical director of Silver Hill Hospital after a stint as chief clinical officer for behavioral health and

chair of the Department of Psychiatry at Carolinas HealthCare System where he spearheaded the integration of behavioral health practitioners in 70 primary care practices. He wants to continue that work at HHC.

“The rates of depression and anxiety, the rates of hospitalization and emergency room visits, and patients’ diabetic numbers all went down,” he said. “Insurers are starting to see that if they pay for behavioral health, physical health improves and the total cost of care for these patients goes down. They can prevent so much downstream cost and suffering.

“Caring both for a person’s physical and behavioral health helps on both sides. The focus needs to be on integration of behavioral health into primary care but also specialties, emergency departments, inpatient and long-term care. Integration with a capital ‘I.’”

People with behavioral health concerns are accessing care today more than before and the stigma is easing slightly, but Dr. Santopietro would like the trend to continue, especially as other concerns heighten. The nation’s suicide rate, for example, is rising, as is the rate of post-traumatic stress syndrome and suicide among military veterans.

“What are we doing to diagnose those who need help? What kind of access do they have? How do we help them reach out?” he said of veterans.

Other aspects of modern life threaten our mental well-being, he continues.

“We’re still learning about the effects of living in the age of terrorism, 24-hour

sensational news cycles focused on things people have little control over and social media,” he said. “It will take time, but we’re starting to understand more about how this affects our brains, our relationships and our communities.”

At HHC, Dr. Santopietro said there is a strong network of facilities — the IOL, Rushford and Natchaug, as well as programs in acute-care hospitals - that gives him hope we will be able to bring excellent care to more and more of the community members in need.

“People at HHC have a deep sense of a heritage of treating people like human beings,” he said.

When he joins Rehmer to lead the BHN, Dr. Santopietro will add the perspective of a physician and someone with experience in a variety of systems of care — public and private, large and small, across several geographic and demographic areas. Still, his goal is to breach barriers and deliver care to those who need it.

“The number one need is access,” he said. “If we just got people into the care they deserve, our recovery rates are amazing.”

A graduate of Yale University, Dr. Santopietro earned his medical degree from Northwestern University Medical School, completed residency in psychiatry at Cambridge Hospital and a fellowship at the Austen Riggs Center, both in Massachusetts and part of the Harvard system. He has published and lectured extensively, especially on the use of technology to enhance the delivery of behavioral health services.

About BHNews

BHNews is published every other Friday. Story ideas or submissions may be sent to amanda.nappi@hhchealth.org or susan.mcdonald@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, Oct. 2, at noon

Tip No. 5 — Using gratitude to build a better workplace

Gratitude means showing an appreciation for the gifts in our lives, and recognizing the way other people have contributed positively to our lives. Grateful people are more resilient to stress and adversity, find more meaning in their work, and are happier!

How does gratitude improve patient experience?

- Gratitude blocks toxic emotions. A toxic environment is not good for anyone – employees or patients!
- Gratitude helps prevent and cure compassion fatigue.
- Gratitude is contagious. Showing and receiving gratitude creates a “pay-it-forward” effect — making us more compassionate towards colleagues and patients.

How can we create a culture of gratitude in the workspace?

- Be a gratitude leader — thank and acknowledge your teammates for their gifts, big and small.

Need an easier way to earn CMEs? Try tweeting

We’ve created a new way to earn Continuing Medical Education (CME) hours to keep abreast of the latest innovations in healthcare: Tweeting for CMEs.

This unique partnership between the Hartford HealthCare Office of Continuing Education and the Planning & Marketing Department allows you to take part in a Twitter chat led by Hartford HealthCare experts and apply for CMEs as a result. Rushford Medical Director Dr. J. Craig Allen led the most-recent event.

“Each one-hour chat discusses a de-identified patient case and/or peer-reviewed journal article,” said Hillary Landry, professional education manager with Hartford HealthCare’s Office of Experience, Engagement & Organizational Development. “Participants wishing to earn CMEs would review the case or article in advance, then attend and participate in the chat by providing their insights using a specific Twitter hashtag: #CMEHHC.”

The next chat takes place on Oct. 1 at noon on a cancer-based topic. Additional details about “Tweeting for CMEs” may be found at <https://healthnewshub.org/cancer-news/insider/drs-yu-lawrence-lead-tweeting-cmes-breast-cancer-oct-1>.

Creating a positive patient experience is everyone’s responsibility. The Office of Customer Experience will be sharing tips and tricks for improving patient experience in the next few issues of BHNews.

- Thank patients for their trust and for allowing us to care for them. Acknowledge their suffering and what a privilege it is to be able to help them heal.
- Use the tools at your disposal — Momentum, huddle board, rounding, meeting recognitions.

Benefits of Gratitude

- Physical — lower blood pressure, better sleep, stronger immune system.
- Emotional — more happiness and positive emotions, less depression/anxiety.
- Social — generosity, helpfulness, compassion, feeling less isolated.

Saturday October 13th, 2018
8am-1pm
Hartford Marriott Farmington
15 Farm Springs Rd. Farmington, CT



Strengthen Your Practice: Caring for Patients in the Midst of the Opioid Crisis

Sponsored by:
Hartford Healthcare Opioid Management Council



Richard Gannon PharmD:

Defining the Pain Syndrome

Dr. Ricardo Taboada:

CDC/PMP Guidelines & Interventional Options

Dr. Michael Grille:

Tapering Opioids

Dr. Jonathan Craig Allen:

Substance Use Disorder Identification & Treatment

Drs. Jonathan Kost & Gualberto Ruano:

Urine Drug Screen Interpretation &

A Personalized Approach to Pain

Dr. Daniel Jones:

Courageous Conversations: Managing Provider-Patient Interactions

Dr. Vittalramesh Setru:

Successful Analgesic Hand Offs – Inpatient to

Outpatient

Scott Bonczek, PharmD:

Maximizing the Benefits of EPIC

Sean Jeffery, PharmD:

Navigating Insurance Preferred Drug Lists



Registration required
Contact ContinuingEd@hhchealth.org
or call **860.972.5816** for questions

Youth mental health training has an impact

The following email was sent to Rushford Prevention Manager Krystle Blake by a community member who received Youth Mental Health First Aid Training through the Behavioral Health Network.

I wanted to share with you a proud moment about how my daughter handled a situation at school yesterday.

To my understanding, there was a letter written to a good friend of my daughter's

Every moment matters. from a boy. In it was how he was feeling about this girl and he also described some of his problems at home and stated that he has had thoughts about suicide because of those problems.

Many of this girl's friends laughed it off and my daughter stood up and spoke out about how it wasn't funny and it needs to be brought to an adult for further interpretation. I am so happy that she was one of only two people who decided to take action when the rest were sitting back, taking it as a joke.

I believe that the training I received from you and your team about youth mental health first aid has helped my daughter in this situation. I feel that my knowledge and understanding of youth mental health was passed on to her indirectly. The guidance I have given her, through my training, allowed for quick action without any hesitation or fear.

My wife and I are so very proud of her and we are very thankful for the opportunity to learn about what youth mental health first aid can do.

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.



Center for Mental Health Group Schedule*

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------|---|---|---|---------------------------|--|
| First week of each month | 11:30 am – Transition Group (general support) 3:30 pm – Anger Management | 10 am – Geriatric Group (every other Tuesday) 2 pm – Smoking cessation with Vickie | 11:30 am – Women's General Support 1 pm – Grief & Loss Support | 3 pm – Relapse Prevention | 2 pm – General Support/Medication Management |
| Second week of each month | 11:30 am – Transition Group 3:30 pm – Anger Management | 2 pm – Smoking cessation with Vickie | 11:30 am – Women's General Support 1 pm – Grief & Loss Support | 3 pm – Relapse Prevention | 2 pm – General Support/Medication Management |
| Third week of each month | 11:30 am – Transition Group 3:30 pm – Anger Management | 2 pm – Smoking cessation with Vickie | 11:30 am – Women's General Support 1 pm – Grief & Loss Support | 3 pm – Relapse Prevention | 2 pm – General Support/Medication Management |
| Fourth week of each month | 11:30 am – Transition Group 3:30 pm – Anger Management | 9:30 am – Clozaril Group with John 2 pm – Smoking cessation with Vickie | 11:30 am – Women's General Support 1 pm – Grief & Loss Support | 3 pm – Relapse Prevention | 2 pm – General Support/Medication Management |



Mental Health First Aid Train the Trainer

Just as CPR helps you assist an individual having a heart attack – even if you have no clinical training – **Mental Health First Aid allows you assist someone experiencing a mental health-related crisis.**

In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

You learn about:

- Depression and mood disorders
- Anxiety disorders
- Trauma
- Psychosis
- Substance use disorders

Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

Three-day Adult Mental Health First Aid “Train the Trainer” Course

Monday, Nov. 12-Wednesday, Nov. 14
8 am-5:30 pm

Institute of Living, Staunton Williams, Clarke Social Room

Cost: \$2,000 per person

For application, please contact Behavioral Health Network MHFA Coordinator Patty Graham at PatriciaC.Graham@hhchealth.org.

This course is being offered by Hartford Hospital's Institute of Living.

Emergency surge drill succeeds with team effort

Hartford HealthCare became one of the first health systems in the nation to conduct a system-wide emergency management drill on Wednesday, Sept. 12.

The Behavioral Health Network was an integral participant, opening incident command centers and thinking of ways that it could help in a patient surge situation.

"You are one of the first health systems to do this at a system-wide level," said Roger Glick of Russell Phillips Associates, a consulting company which organizes drills nationwide. "This level of participation was amazing." He added that most health systems still focus on individual entity drills.

The scenario was this: tornadoes caused major damage in the Springfield area of Massachusetts, including power

outages. More than 500 patients needed to be evacuated in less than 24 hours to HHC hospitals.

Through the HHC system-wide Emergency Operations Center, the Care Logistics Center, local Incident Command Centers and other entity involvement, HHC was able to make room for the 500 patients in the drill.

"To reach that number speaks volumes," said Thomas Vaccarelli, HHC vice president of facilities, construction and real estate.

The exercise, organized by Director of HHC Emergency Management Patrick Turek, also revealed some areas for improvement, including more specific ways to communicate between local incident command centers and the HHC Emergency Operations Center, more widespread use of technology systems

Keep up to date

■ HHC has a new emergency communications system that allows emails, texts and voice mails to be sent. Please make sure your contact information in HR Express on HHC Connect is correct so we can optimize this tool.

to communicate critical information and how to better integrate outpatient and non-acute locations into the process.

"That's why we hold exercises like this," Turek said. "We showed our capabilities, identified areas for improvement and, when we do face a real situation, we will be ready for it."



BHN experts weigh in on suicide prevention, bullying

■ Dr. Laura Saunders, a child psychologist with the Institute of Living, was interviewed on Sept. 13, for a piece on Medical Rounds on Channel 3 on teen suicide prevention. <https://www.youtube.com/watch?v=gLgktgYXEUc&feature=youtu.be>

■ On Sept. 10, Dr. Hank Schwartz, psychiatrist-in-chief of the Institute of Living, weighed in on a potential link between autism and violence for an article on an autistic Norwalk teen on WNPR. <http://www.wnpr.org/post/teen-autism-being-different-was-seen-being-dangerous>

■ In recognition of World Suicide Prevention Day on Sept. 10, Dr. J. Craig Allen was interviewed on the connection between chronic pain and suicide for a story on Channel 3. <https://www.youtube.com/watch?v=Gy5EwHEzX44&feature=youtu.be>

■ Dr. Saunders was interviewed on Channel 3 for a back-to-school story on bullying that aired on Sept. 17. <https://www.youtube.com/watch?v=TTKcdQhLHEc&feature=youtu.be>

■ A story on the effects of social media on body image, which appeared on Fox 61 on Sept. 17, also featured input from Dr. Saunders. https://www.youtube.com/watch?v=YXDSZdhp_I4&feature=youtu.be

For more behavioral health news updates, subscribe to the BHN's e-newsletter on www.healthnewshub.org.

Universal Flu Prevention



Exemption applications
due by
October 1, 2018

Flu shots
due by
November 6, 2018

Hartford
HealthCare
Connect to healthier.™

■ Find a flu shot clinic schedule and exemption forms at hhconnect.org/flu, and on the HHC (external) internet at <http://www.hartfordhealthcare.org/flu>.

Bonus cash on select vehicle purchases for HHC employees

That Hartford HealthCare employees are eligible to receive up to \$500 cash back when they purchase or lease certain vehicles?

Eligible manufacturers include Chrysler, Dodge, Jeep, Ram, Fiat and Hyundai.

For more information, visit www.bonusdrive.com, choose Hartford HealthCare as your organization, and complete the application.

Free talk on OCD behaviors Oct. 25

It's one of those abbreviations that gets tossed around freely in conversation, but OCD, or obsessive compulsive disorder, is a chronic, long-lasting disorder that plagues many people with uncontrollable, reoccurring thoughts and causes them to repeat behaviors over and over again just to get through the day.

To help people understand OCD, Hartford Hospital's Institute of Living is offering a free talk that will cover the reasons why some people struggle with OCD, the biology behind the disorder and the best treatment options. Entitled "Obsessive-Compulsive Disorder: Understanding It and Getting Help," the talk will feature David Tolin, PhD, director of the Anxiety Disorders Center at the Institute of Living, and is scheduled for Thursday, Oct. 25, from 6-7:45 p.m., at Blue Back Square, 65 Memorial Road, West Hartford.

"People oversimplify OCD, using it as a term to describe someone who is extremely

clean and organized," Dr. Tolin said. "That may be true, but it is more extreme than that, to the point where the obsessions or uncontrollable thoughts and compulsions become very debilitating."

People with OCD, he explains, are often compelled to do tasks such as washing their hands repeatedly, counting things and checking over and over to see if a door has been locked or a light turned off. The uncontrollable activities can take hours each day and can lead to severe anxiety, depression and an increased risk of suicide.

"We have several ways to help people with OCD, including cognitive behavioral therapy and medications. Often we recommend a combination of the two for the greatest effect," Dr. Tolin said.

Registration for the talk is requested. To register, call **1.855.HHC.HERE (1.855.442.4373)** or go to **hartfordhospital.org/events**.

Reception for Dr. Schwartz set for Sept. 25

Please join us for a reception to honor Harold I. Schwartz, MD, as he steps down from his

role as psychiatrist-in-chief at the



Schwartz

Institute of Living.

The event will be from 2 - 4 p.m. on Tuesday, Sept. 25, in the Hartford Room in the Commons Building.

Institute of Living
A Division of Hartford Hospital

ClinicalTrials

CLINICAL TRIALS UNIT NEWSLETTER AUGUST

ADULT & ADOLESCENT TRIALS

Actively Recruiting!

*Adult Major Depressive Disorder

- Must 18-65 years of age
- Meet diagnostic criteria for MDD
- Cognitive and memory testing
- No study drug
- Study PI: Andrew Winokur, MD, PhD

*Adult Obsessive Compulsive Disorder

- Must be 18-65 years of age
- Meet diagnostic criteria for OCD
- Double-Blind trial with optional Open-Label Extension phase
- Study drug: BHV-4157, a novel glutamate modulator
- Study PI: Andrew Winokur, MD, PhD

*Adolescent Schizophrenia

- Must be 13-17 years of age
- Meet diagnostic criteria for Schizophrenia
- Double-Blind trial with optional Open-Label trial
- Study drug: Brexpiprazole
- Study PI: Mirela Loftus, MD, PhD

*Inpatient Trials

- We have two inpatient trials looking at MDD and suicide ideation/attempt
 - Adult (18-65 years old)
 - Adolescent (12-17 years old)

Please contact study staff for more information about trials or to refer a patient!



Listed here are clinical trials currently enrolling study subjects for both adult and adolescent populations.

Have a question or a potential patient?

Please contact the Clinical Trials Unit Staff

Phone:
860.545.7323 (Sherika)
860.545.7265 (Allie)

Email:
clinical.trials@hhchealth.org

Location:
Butler Building, 2nd Floor
Institute of Living Campus

Thank you for your continued help and support!



SAVE THE DATE



LGBTQ Conference for Clinical Providers

Sponsored by The Institute of Living's Family Resource Center in collaboration with The Right Track/LGBTQ Specialty Track

Treating the Whole Person: LGBTQ Identity Development from a Clinical Perspective

October 26
8 a.m. – 5 p.m.

Institute of Living, Commons Building, 2nd Floor

Topics of this conference will include:

- Family functioning
- Medical/Endocrinology
- Standards for transgender-affirmative care
- Resiliency and environmental support for trans youth
- Gender dysphoria and borderline personality disorder
- LGBT adolescents of color
- Substance use and LGBT identity

Institute of Living
A Division of Hartford Hospital

- ✓ CEUs available!
- ✓ Networking opportunities for professionals!
- ✓ Breakfast and lunch will be provided!

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:

- **Support Group For Those Coping With A New Or Chronic Medical Condition.** Sept. 21, 28, Oct. 12, 19, 26. (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 Bipolar Support Alliance Group (DBSA).** Sept. 24, Oct. 1, 8, 16, 22, 29. (Every Monday), noon - 1 p.m. in the Todd Building, Bunker Room, Aug. 29, Sept. 5, 12, 19, 26, Oct. 3, 10, 17, 24, 31. (Every Wednesday), 7 - 8 p.m. in the Commons Building, second floor, Litchfield Room. Peer-run support group for those who have been diagnosed with depression or bipolar disorder.
- **Introduction To Mental Health Benefits and Services.** Sept. 25. 1, 6:30 - 7:45 p.m. This presentation will provide an overview of benefit programs available for individuals with mental health disabilities. To attend, please RSVP to Laura at **860.545.7324**.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Sept. 26, Oct. 10, 24, Nov. 14, 28, Dec. 12, 26. (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 in their lives. The goal is to discuss support strategies to manage life challenges.
- **Hearing Voices Network (HVN).** Sept. 27, Oct. 4, 11, 18, 25. (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.** Sept. 27. Oct. 4, 11, 18, 25. (Every Thursday), 7 - 8 p.m. One-hour topic discussion.
- **Dementia Support/Educational Group Meeting.** Oct. 2, Nov. 6, Dec. 4. (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**.
- **Schizophrenia: An Introduction To The Disorder.** Oct. 2, Dec. 4. 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**.
- **Support Group For Families Dealing With Major Mental Illness.** Oct. 4, 18, Nov. 1, 15, Dec. 6, 20. (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.
- **Substance Use Educational And Support Group.** Oct. 11, Nov. 8, Dec. 13. (Second Thursday of each month), 4 - 5 p.m. For family members impacted by loved ones with substance abuse.
- **It's Hard To Be A Mom.** Oct. 14, 28, Nov. 1, 15, Dec. 6, 20. (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**.
- **Depression: An Introduction To The Disorder.** Oct. 16, 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**.

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. Please note, not all of our groups are open for observers and it is up to the facilitator and group members themselves.

New Natchaug school opens doors in Franklin

When Norwich no longer had room for Natchaug's in-district clinical day program this school year, there was momentary panic but the ensuing move to Franklin Elementary School has proved to be a blessing in disguise.

Housed in Norwich since 1999, the former Hickory School provides services for students with social, emotional and behavioral issues who are not succeeding in a traditional classroom environment. As the 2018-2019 school year began, the program had moved to Franklin Elementary School where students, teachers and administrators have an entire wing for learning. The new Green Valley School joins five other state-approved day school programs at Natchaug for students in all grades.

"This is really better for us in many ways," said Jill Bourbeau, chief administrator of Natchaug and Rushford school programs.

The Green Valley School accepts students from all area school districts in the elementary grades. The capacity is 30 students.

"Regular schools can't provide the level of intervention these kids need," said Principal Scott Trepanier, adding that Green Valley has four self-contained classrooms and a teacher to student ratio of up to seven.

In addition to regular academic lessons, the school day at Green Valley includes working on behavioral goals that will allow the students to return to a public school classroom eventually.

"They have 45 minutes a day of group therapy where they work on social and emotional health. We're trying to build those skills back up for them. The goal is to get them into the least



Green Valley School teacher Emily Kezer teaches third-grade students about seeds in a science class at the school. The school, which was formerly the Hickory Street School in Norwich, is located at Franklin Elementary School in Franklin and is part of Natchaug's school system for students with emotional and behavioral health issues.

restrictive environment. This is a very restrictive environment," Trepanier said.

"We want them back in a traditional school, going to prom and doing all the things you do in a regular school, but for some students, our school programs are the least restrictive environment for the amount of time they need," Bourbeau said.

The track record for the program is good, with many of the 28 students in Hickory last year transitioning back to regular schools. Establishing Green Valley inside a regular public school helps make that move when the time is right.

"We're able to have these kids with non-disabled kids, which is an ideal situation," Bourbeau said. "It's normal-

izing for these kids — there's a regular playground, a library, a gymnasium."

That similarity isn't lost on parents investigating programs for their children. Many, she said, prefer a program such as Green Valley because it's in a regular school building.

"But, it's still a small, private setting, especially for kids who are traumatized and might worry that word would get out that they go to group therapy every day," she said.

For more information about Green Valley and other school programs available to children and teens, contact Bourbeau at jill.bourbeau@hhhealth.org or 860.465.5908.



Nominations needed for Natchaug awards

Nominations are now being accepted for Natchaug Hospital's first-ever Annual Staff Awards. Send in your nominations for exemplary Natchaug staff (or support staff who works at or supports Natchaug) for the following three awards by Monday, Sept. 24.

■ **The Little's Dedication to Caring Medical Staff Award** — For medical staff who have demonstrated superior understanding and compassion for the unique needs of patients and their families, and strive for improving the quality of Natchaug Hospital's interactions with its patients and their families. Recognition for outstanding contributions to psychiatry at Natchaug Hospital and supports the HHC Values of Integrity, Safety, Excellence and Caring.

■ **Every Moment Matters Award** — Recognition of staff member who goes above and beyond in the job they do, making a difference either for the patients they serve, earning customer loyalty or for their colleagues, ultimately connecting to employee engagement.

■ **Staff Volunteer Award** — Recognition of staff member who goes above and beyond in volunteering their time for Natchaug's clients and/or events.

All submissions will be reviewed by the Employee Engagement Committee, and winners will be recognized at the Annual Board Reception on Tuesday, Oct. 23, at the East Region System Support Office at 11 Stott Ave. in Norwich. Staff will also be recognized for the Nightingale Awards, CAPSEF Golden Apple Award, Quarter Century Club (25+ years of service), Community Benefit Award and Gold Medal Manager nominees.

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

Recovering client gets new wheels

An adult man on the Natchaug inpatient unit was stabilized, but one of the major barriers to continuing his recovery was lack of transportation to treatment and to find a job. Bruce Bessette, unit clerk, led efforts to connect with a local organization that refurbishes bikes for those in need at minimal cost. The unit purchased the bike for the client and he was able to move on in his recovery successfully. Natchaug now has a relationship with this organization to help continue to meet client needs.



Inaugural Charity Ride for Recovery Motorcycle Poker Chip Ride



Saturday, October 13

Starts at Sagem House, 151 Storrs Road, Mansfield Center, CT

Check-in 9AM, last bike out 11AM • \$20 per rider, \$10 passenger
All proceeds support Natchaug adult outpatient treatment for mental health and addiction.

Lunch/snacks provided
Prizes for first, second and third place
T-shirt for all participants

For more information, contact Kate McNulty
katherine.mculty@hhchealth.org
860.465.5909

Natchaug
Hospital
Connect to healthier.™

Natchaug Stop the Stigma 5K



Natchaug Hospital hosted its first-ever Stop the Stigma charity 5K walk and run on Saturday, Sept. 15. The event, which attracted more than 30 runners, raised money for the adult inpatient unit.



Board reception planned for Oct. 23

Save the date for the 64th Natchaug Hospital Annual Board Reception on Tuesday, Oct. 23, at the Hartford HealthCare East Region System Support Office at 11 Stott Ave. in Norwich. The reception will begin at 5:30 p.m. with the program at 6:30 p.m.

**SAVE
THE
DATE**



Making A Difference Together Team Award Nominations Open Now.

The **Making A Difference Together Team Award** recognizes Hartford HealthCare employees, working together as a cross-organizational team, who maximize value and system alignment or coordinate care through clinical integration.

Learn more on **HHC Connect**.
Nominate on **Momentum**.

Deadline: September 28, 2018

Addiction Medicine program earns national accreditation

Samuel Silverman, MD, FAPA, DFAPA, director of medical education and the Rushford Addiction Medicine Fellowship, announced the program recently earned Accreditation Council for Graduate Medical Education (ACGME) accreditation. It is the final step in bringing national recognition to local efforts to elevate addiction medicine as a subspecialty in American medicine.

Once a field has American Board of Medical Specialties approval, fellowships need to be established to train physicians who have completed residencies in other fields. Rushford has had an Addiction Medicine Fellowship since 2013. This past month, it was one of the first Addiction Medicine Fellowships approved nationally by ACGME. Locally, it becomes the third ACGME-approved fellowship as part of the Hartford HealthCare/ Institute of Living's Psychiatric Residency Training Program.

"This is a huge honor for our program and a jewel in the cap of Hartford HealthCare and the Behavioral Health Network," Dr. Silverman said, noting that the Rushford's Addiction Medicine Fellowship is one of only two in the state. Rushford shares combined resources with the other program at Yale.



Silverman

According to Dr. Silverman, the advancement of Addiction Medicine is due to the medical establishment's acceptance of addiction as a disease and recognizing the need to properly train physicians to help those with addictive disorders.

"Typically, most medical schools spend five hours on average teaching addiction medicine," he said. "We are using our fellowship as a 'Center of Excellence,' teaching fellows as well as residents and medical students how to recognize and treat addictive disorders with evidence-based medicine."

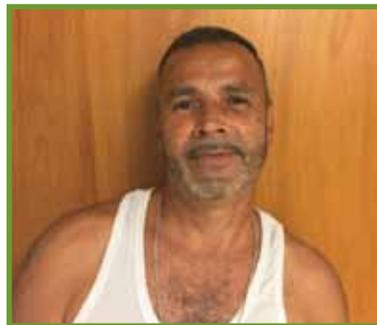
The program is located on Rushford's Middletown campus. Fellows also have multiple opportunities within Hartford HealthCare to enrich their education. The year-long opportunity provides advanced training in the evaluation and treatment of patients with substance use disorders. Rushford has inpatient detoxification and residential treatment beds as well as outpatient programs and MATCH clinics (Medication Assisted Treatment Close to Home) in urban and suburban settings for adults and adolescents.

"It's a common disease, but not a common fellowship," Dr. Silverman said.

To learn more about the HHC Addiction Medicine Program, go to <https://rushford.org/health-professionals/education-research/abam-fellowship-training-program>.

Behavioral Health Home client aims to finish what he started

Raul Maldonado is currently celebrating 17 months of sobriety. Raul spent more than half of his lifetime using heroin. He was admitted to intensive outpatient treatment at Rushford on many occasions within the last four



SUCCESS STORY

years, but was unable to finish the program. Raul lost relationships with family and friends due to his addiction.

Raul finally committed himself to sobriety a year and a half ago and became clean with the help of Rushford services. He is currently back at work, has reconnected with his family and friends, and is enjoying time at the gym. If you see Raul at Rushford, please congratulate him on his life achievement.

We care about you!

Health & Wellness Fair

Featuring more than a dozen health and wellness agencies from across Connecticut

Tuesday, Oct. 16 | 10 am - 2 pm

Rushford Cafeteria
883 Paddock Ave. Meriden
Door Prizes and Raffle • Refreshments will be served

Rushford
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