They came with boxes of twistable crayons, bottles of glue, magic markers and blank white canvases just waiting to hold inspiration.

The small but mighty group of students making up the Canton Rotary Interact Club had felt inspired themselves when they attended a panel discussion at Hartford HealthCare’s Medication Assisted Treatment Close to Home (MATCH) program at Rushford at Avon.

A service organization affiliated with the local Rotary Club and reactivated at Canton High School several years ago, the Interact Club helps generate awareness and raise funds and donations for national and international causes, but President Alex Lederman felt it was time for the students to focus on their immediate community. After some discussion, the students decided on a population that could use their help.

“The group wanted to help people struggling with drug and opioid addiction, and we felt the biggest thing we could do is donate to a local treatment center,” Lederman said.

Some of the club’s 25 members visited Rushford at Avon and, as Lederman noted, “fell in love with it.”

In the spring 2018, the Interact Club orchestrated a weightlifting fundraiser that generated a $400 donation to Rushford. At that time, Rushford Clinical Supervisor Michelle Voegtle, MEd, LPC, told the students about the art therapy classes held regularly at the site as part of care for people in recovery.

That conversation sparked a new flurry of activity at the high school, with Interact members putting out decorated...
Interprofessional seminar sets BHN goals, expectations

As part of our ongoing partnership with our schools of nursing, The Institute of Living sponsored a workshop for clinical faculty across the network on Friday, Jan 11, at the Bone and Joint Ambulatory Building.

Shawna Jaworowski and Sally Strange from the Office of Experience set the expectation that everyone affiliated with HHC must contribute to achieving #123, which is Hartford HealthCare’s vision of becoming No. 1 in customer experience in the Northeast by 2023, and provided faculty with interpersonal skills and strategies to incorporate into their clinical training of nursing students.

Drs. Davies, Hannan, Levy and Stevens from The IOL Anxiety Disorder Center introduced cognitive and behavioral approaches and healthy life-long skills to support the anxious student while demonstrating interventions using role play.

Almost 40 faculty members attended resulting in a rich discussion and sharing of ideas. Feedback from participants was overwhelmingly positive. Supporting our academic partners strengthened our collaborative relationship and common commitment to have the most competent and confident graduate nurses at the bed side while acculturating our future nurses to our organizational values and goals.

CREATIVITY, from page 1

boxes to solicit donations of new or gently used art supplies.

At the same time, Lederman said the club decided to organize an art competition, asking their fellow students to use any medium to create a piece that would inspire people to address their addiction and seek recovery. More than 20 pieces of artwork were submitted, and club members voted on the best three. They then framed the pieces and presented them, along with the boxes of art supplies, to Voegtle recently.

“Art therapy is a very important part of our program here. Lots of folks need another medium to express what’s inside of them, or there’s trauma and there needs to be a bridge to help them develop trust with us,” she explained of the art therapy sessions, which are held in a serene room featuring two walls of windows that face woods. “Art is also a soothing coping mechanism to help ground yourself. It’s something they can take with them when they’re done here.”

Skylar Reader, a sophomore member of Interact, said she was amazed at the creative way her classmates managed to capture the essence of recovery, which made it challenging to choose winners. In judging the entries, she said they wanted to highlight the possibility of leading a full life in recovery instead of the darkness and despair that can surround active drug use.

“We were looking for what gave a sense of hope and recovery, not images that stayed in the moment. We wanted to see where people could be in the future,” she noted.

The winning art submissions donated to Rushford Avon were:

- First place — the group of Emma Mastes, Clara Bullrich, Mackenzie Gaudet, Elise Campbell and Hally Jaeggi
- Second place — Sadie Barner
- Third place — Ian Cymbie

For more information on the MATCH program, go to www.hhcbehavioralhealth.org/MATCH.

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, Feb. 5, at noon
On good days, life seems to be exactly as you hoped — full of laughter, good conversation and shared goals; on bad days, you wonder if you’re in the same relationship at all.

Living with an alcoholic, someone with alcohol use disorder (AUD), can feel like a frenetic ride on an unpredictable and uncharted road, according to Pamela Mirante, a licensed clinical social worker at Rushford who works with clients with AUD and their family members.

“I try to bring everyone together. You can’t do this separately,” she said of the recovery process.

Anyone wondering if a loved one has a drinking problem, she said, can ask these questions:
- Are they missing work or school regularly?
- Are they disappearing for lengths of time, spending too much time in the basement or the garage?
- Are they hiding alcohol?
- Are they experiencing mood swings, maybe acting more argumentative than usual?
- Has their hygiene lapsed?
- Has there been a change in appetite and/or weight change?
- Have they been charged with driving while under the influence (DUI)?
- Are they lethargic?
- Do they drink at regular times and get irritable if they can’t?
- Are they avoiding activities they once enjoyed?

The first response to the alcoholic should always be one of love, not what’s known as “tough love,” Mirante said, adding that loved ones should broach the subject of drinking openly and honestly.

“Ask the person about it. Say, ‘Do you think you’re drinking too much?’ Whatever you’re thinking about, just ask it. You don’t want to be part of the problem in the long run,” she explained, although she quickly said the answers given may not be as truthful as the questions. “They will probably lie at first, but you need to get it out in the open.”

Because the alcoholic may lie, the sober partner is left feeling like they’ve imagined a problem.

“Usually, the sober partner feels crazy, wondering ‘Am I imagining this?’” Mirante said. “It’s hard to know what to do but if everything comes from a place of love and the desire to communicate, it generally works out.”

It can help the sober partner stay motivated to help if they can stop thinking of alcoholism as a shameful disease, she continued.

“I tell people to urge their loved one to get help and then just love them to death as if they have stage four cancer. Help them do the tough work of getting and staying sober,” she said. “Support what they need to do to be sober, whether it’s getting a sponsor, going to meetings or maintaining a sober home.

“Treat alcoholism like a peanut allergy. If your loved one is allergic to peanuts, you wouldn’t have anything with peanuts in your house. Alcohol in the home of an alcoholic is just dangerous.”

While putting these steps in motion, Mirante suggested that the sober
partner also seek help dealing with the disease. There are support groups for family members and parents of alcoholics seeking care through Rushford and free Al-Anon meetings elsewhere in the community.

“I see a lot of partner resentment when the alcoholic seeks help. They have new friends, get out for meetings, chat with their sponsor and the sober partner feels left out and alone. It’s especially difficult if they feel they’ve done all the work while the alcoholic was drinking — paying the bills, making excuses to family members and friends,” Mirante said. “They need an equal amount of support because it can become an unequal balance in the relationship again.”

Her goal is to “help rebuild the love and compassion in the home” and help the sober partner settle back into the role of partner or parent again. A registered certified yoga instructor, she also suggested yoga and meditation for both the sober partner and alcoholic and offers sessions at Rushford.

The Hartford HealthCare Behavioral Health Network offers a variety of programs for alcohol use disorder, including the Medication Assisted Treatment Close to Home (MATCH) program. For more information, go to www.matchrecovery.org/alcohol.

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**Bonus cash on select vehicle purchases**

Did you know 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.

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**Do you have a Gold Medal Manager?**

Nominate through Momentum or visit HHC Connect for details.

Selected managers will be honored quarterly.

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**Journey House Rocks!!**

Featuring *Music By The 3rd Degree*

Saturday, February 23, 2019

6:30 — Doors Open 7:00 — Concert

At the Capitol Theater

896 Main Street, Willimantic, CT

**Tickets:**

General Admission $25
Seniors/Students: $15 Staff and Clients $20/person

All funds go to support the Journey House Program at Natchaug Hospital

To purchase tickets visit www.journeyhouserocks.eventbrite.com

Questions: Katherine.McNulty@hhchealth.org or Sherry.Smardon@hhchealth.org
New video highlights the humanity in health care

Hartford HealthCare has launched its new “Human Touches” video — showcasing how we all make moments matter every day. The video debuted at the State of the System meeting on Friday, Jan. 18, where leaders from around the system kicked off HHC’s journey to #123, which is Hartford HealthCare’s vision of becoming No. 1 in customer experience in the Northeast by 2023. Watch it here at https://bit.ly/2TaiNsS

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.** Jan. 25, Feb. 8, 15, 22, March 8, 15, 22, 29. (Every Friday except the first of the month), 1 - 2 p.m. in the Center Building, first floor conference room. For young adults ages 17-26 struggling with a new diagnosis, chronic medical conditions, physical symptoms or limitations. The group will help with difficult losses and limitation due to a medical condition, and build a positive, future-oriented focus with realistic goals. To RSVP, please email marissa.sicley-rogers@hhchealth.org.

- **Depression Bipolar Support Alliance Group (DBSA).** Jan. 28, Feb. 4, 11, 18, 25, March 4, 11, 18, 25. (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room, Jan. 30, Feb. 6, 13, 20, 27, March 6, 13, 20, 27. (Every Wednesday), 7 – 8 p.m. in the Staunton Williams Building, Clark Social Room. Peer-run support group for those who have been diagnosed with depression or bipolar disorder.

- **Customer’s Choice Award for Creating an Exceptional Experience**

- **Excellence in Practice Award for Continuous Improvement**

- **Great Catch Award for Safety**

**Nominations due no later than Feb. 15, 2019**

Eight regional finalists and one winner from each category will be honored at an awards ceremony in April. Visit HHC Connect for nomination and eligibility details. Nominations submitted through Momentum.

Help for those in financial need

Do you know a patient who is in need of financial assistance? Hartford HealthCare can provide help to patients in need. Learn more about the program at https://intranet.hartfordhealthcare.org/inside-hhc/patient-support.
Family Resource Center Support Groups (continued)

- **Hearing Voices Network (HVN).** Jan. 31, Feb. 7, 14, 21, 28, March 7, 14, 21, 28. (Every Thursday), 5 - 6:30 p.m. in the Todd Building, Bunker Room. Peer-run support group based firmly on a belief of self-help, mutual respect and understanding where people can safely share their experiences of voices, visions, unusual sensory perceptions. The groups offer an opportunity for people to accept and find meaning in their experiences that help them regain power over their lives.

- **Al-Anon Parent Group.** Jan. 31, Feb. 7, 14, 21, 28, March 7, 14, 21, 28. (Every Thursday), 7 - 8 p.m. One-hour topic discussion.

- **Bipolar: An Introduction To The Disorder.** Feb. 5, April 30, 6:30 – 7:45 p.m. For family members and friends of individuals who have bipolar or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help cope with the illness. To attend, please RSVP to Laura at 860.545.7324.

- **It's Hard To Be A Mom.** Feb. 7, 21, Match 7, 21 (First and third Thursday of each month), 10 - 11:30 a.m. Peer-led group that acknowledges the inherent challenges with modern-day mothering and offers an opportunity for mothers to come together, share experiences, and support each other. This group welcomes expecting mothers and mothers with babies to discuss any and all challenges associated with motherhood. Babies welcome! Please RSVP to Laura at 860.545.7324.

- **Support Group For Families Dealing With Major Mental Illness.** Feb. 7, 21. March 7, 21. (First and third Thursday of each month), 5:15 - 6:30 p.m., in the Center Building, first floor conference room. For family and friends of individuals who have schizophrenia, bipolar or other related disorders. Learn to care for yourself while you are caring for others.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Feb. 13, 27, March 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 in their lives. The goal is to discuss support strategies to manage life challenges.

- **Anxiety Disorders: An Introduction.** March 5, June 4, 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.

- **Dementia Lecture: An Introduction.** March 19, May 21, 6:30 – 7:45 p.m. This program is for family members and friends of individuals who have dementia 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. 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@hhhealth.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.
From the patient’s point of view

A patient at Natchaug shared this poem with a staff member. It's a great perspective.

Patients come in with a variety of issues-
From homicidal ideology to dependent feeling of being used
All come to see if their lives can be restored at Natchaug Hospital
From the moment of entry to the day of discharge
All are welcome with arms open widely
Whatever the issue that needs to be resolved
You need not worry about the things of this world
Safe and secured within the hallowed walls at Natchaug Hospital
“I feel like I am cradled in the hands of The Lord”
One patient as heard saying of the staff
“It’s been quite some time since I laughed so hard,” another remarked
And before your discharge is planned they will ensure that you are ready for the challenges of the world at large
So if you’ve tried and tried and just can’t have fun on the emotional rollercoaster of life an ill advised attempt to conclude early find a phone and call 911
When asked what is the problem tell the operator you don’t know exactly what’s wrong
All you know is you need to be admitted to Natchaug Hospital

Client thanks staff for support

Dear Staff (all the amazing people that work here),
I’ve grown to love and appreciate each one of you guys and I don’t mean therapeutically. All of you made a major contribution to my healing process and I couldn’t be more thankful. It truly saddens me to have to leave a place that feels more like home than my own, but like all mother birds, you’ve got to push the chick out of the nest eventually. I guess I’m that chick. I’ve made some serious progress and I’ve grown to appreciate all that you guys have done to second or back my progress, and I couldn’t thank you guys enough for teaching me that my trauma does not define me.
Furthermore, from the bottom of my heart, thank you Natchaug staff for your dedication to not only my healing and mental health but to all of your kids’ mental health. You gave me hope when I did not have hope in myself. Thank you so much for helping me become a better me.

An outlet through art

Veronica Graham-Roireau, a mental health worker on the Natchaug Hospital adolescent unit, created the work with a female client. The client created the design and they worked on it together.

Human Trafficking Awareness Day is a cause that Journey House is very passionate about. Journey House is home to many survivors of human trafficking and girls who are considered high-risk to become victims. To raise awareness, the girls made profile pictures and collages of words and images they use to express themselves and how they wanted their voices to be heard during art class over the last two weeks. This also inspired the sign, “Let Their Voices Be Heard.”

Every moment matters.

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Mobile van stops for mammograms

The Mobile Mammography van will visit Rushford at Meriden on Wednesday, March 13, from 9 a.m. to 1:45 p.m. The event is for clients, but if there are not enough patient sign-ups, then appointments will be available to staff as well. All insurance will be accepted and if a woman has no health insurance, donated funds are available to cover the cost of her screening.

The following women are eligible for a mammogram:

- Women over the age of 40
- Women whose last mammogram was more than 12 months ago
- Women who have no breast problems such as suspicious lumps, abnormal swelling, bleeding from nipples, or unusual tenderness
- Women who are not pregnant
- Women who have not had any type of breast biopsy or breast surgery since their last mammogram
- Women who have not had a history of breast cancer in the past three years.