This week’s blizzard tested the resiliency of Hartford HealthCare Behavioral Health Network employees, as hundreds of direct patient caregivers and support staff from Meriden to Norwich stayed over at their respective BHN affiliates and worked from remote locations to make certain that patient and client needs were met for the duration of the storm.

“We have an exceptional group of employees — hundreds of them — who exhibited discretionary effort throughout the storm to make certain patient needs were met despite the weather,” said Stephen W. Larcen, PhD., HHC Senior Vice President and BHN President. “Many staff from every organization came in early or slept at one of our locations, provided transportation to fellow employees to get to work, staffed our command centers on location around the clock, or worked a double shift, so that the quality care the BHN is known for would continue uninterrupted.”

“On behalf of the BHN leadership, I extend to each and every one of you our thanks and praise for your caring and dedication to our patients and clients throughout the year, and particularly this week, Larcen said. “You did not miss a beat; for that, we are grateful.”

IOL psych tech Sally Gugliemo, like many throughout the BHN, worked a 13-hour combined second and third shift from Monday night through Tuesday.

Above: IOL psych tech Jasmine Wright cleans snow off her car prior to starting second shift Tuesday. Left: Snow is cleared from the HOCC outpatient parking lot on Cedar Street in New Britain on Tuesday in anticipation of reopening Wednesday.
day morning, slept at the hospital, and was preparing for another long shift on Tuesday afternoon.

“Everybody’s been working hard as a team,” Gugliemo said. “A lot of [employees] slept here Monday night, so the hospital got us all cots and beds to sleep in and pillows. They gave us food, too.”

Jasmine Wright, also an IOL psych tech, worked a similar schedule, sleeping at Donnelly — one of the IOL inpatient buildings — so she could be available for her next scheduled shift. Both she and Gugliemo gave the same answer when asked why they gave so much of themselves under such trying circumstances.

“I love my job,” Wright said.

Leaving work, Gugliemo would be headed to eastern Connecticut, where the snow totals were higher, winds were howling and the roads much more slick. But despite more severe conditions, services and programming at BHN affiliates Natchaug Hospital, Backus and Windham were not impacted negatively because of the fine employee response.

“Despite the challenges posed by the weather, there was no interruption in care for our patients,” said East Region Behavioral Health Director James O’Dea, PhD, MBA. “Staff in the East Region demonstrated an abundance of discretionary effort — coming in early to sleep over to be available for the next day and working double-shifts to support our patients and staff.”

Eastern Connecticut received the largest snow accumulations during the blizzard, with most places receiving more than two feet of snow. At Natchaug Hospital, which houses two inpatient units and the Journey House residential treatment center, the continuous snowfall made transportation challenging as Gov. Malloy shut down the roads.

To help staff get to and from work safely, several employees volunteered to be drivers including Shift Supervisor Matt Haggerty, Unit Clerk Mayra Santana-Robles, mental health workers Mark Welintukonis and Ben Nazario, and Manager of Natchaug Facilities Scott Crawford. They went out before each shift to pick people up from the local Best Western or their homes, and after shifts ended, brought them back home.

“When nobody felt safe to drive, they went out and drove for them,” said Natchaug Vice President of Operations Justin Sleeper, MSN, RN. “Throughout the storm, we had perfect staffing for both inpatient and residential programs, and these employees were a huge factor in that.”

Ambulatory services at Rushford and HOCC were cancelled on Tuesday, but inpatient and residential services continued unabated.

When reached by phone on Wednesday afternoon, acting HOCC Inpatient ED Clinical Resource Leader Shanon Pittsley had been at the hospital since 6 p.m. Monday and had praise for her co-workers.

“The team has been great,” said Pittsley. “There are two other employees who have been here since Monday. They said ‘Let other people stay home.’ I have two techs who worked doubles (on Tuesday). I have had at least 10 people stay overnight on Monday night. I had people coming in early Monday evening so they would be here for Tuesday morning. We all bunkered together. Working as a team has been great.”

The 24-hour respite program at Rushford at Meriden provides emergency beds and services to those facing an imminent mental health or substance abuse crisis. Staff here used creative scheduling and four-wheel drive vehicles to make certain all shifts were appropriately covered.

“Some people couldn’t come in exactly on time, so we had to adjust the shifts based on who could be here and when they thought they could arrive,” said respite mental health counselor Dave Wall. “This group has always been good about jumping in and helping out. If someone lives close, we try to get here if someone who lives far, far away is having trouble getting here.”
The time is right for a bipartisan overhaul of the federal mental health system, said U.S. Sen. Chris Murphy (D-Conn.) during a roundtable discussion held at United Community and Family Services (UCFS) in Norwich on Friday, Jan. 23.

“We have been dancing around a comprehensive conversation in the U.S. Congress about mental health system for a number of years now,” Murphy said. “I am convinced that as we try to find a handful of issues that we can work together on, Republicans and Democrats, this may be on the short list.”

The roundtable discussion was the fifth stop on Murphy’s state-wide listening tour, designed to educate the senator and his staff on the issues facing behavioral health providers and patients. Murphy hopes to use the feedback from the roundtables to guide a Senate mental health reform bill that he will introduce in the spring.

“The House has a comprehensive mental health reform bill, introduced by Tim Murphy, a psychologist from Pennsylvania... but there has been no concurrent attempt to do this in the Senate.” Murphy said. “We’re going to do this the right way, and we’re going to start by having these conversations here in Connecticut.”

The conversation, which involved more than a dozen providers from across eastern Connecticut including Backus Hospital, Windham Hospital, UCFS, Reliance House, the Eastern Region Mental Health Board and Lawrence & Memorial Hospital, centered largely around the integration of mental health and primary care.

“From our perspective, clearly good mental health care is foundational to good health,” said James O’Dea, Ph.D., MBA, East Region director for the HHC Behavioral Health Network.

Despite the consensus in the room around the importance of care integration, many identified the obstacles that stand in the way, including HIPAA restrictions, payment structures, and lack of state and federal funding.

“You can’t have the health outcomes you want for your clients and community if you don’t address all the issues,” said Nancy Cowser, UCFS vice president of planning. “Coordination between care providers is just as important as the care provision... [but] it takes a lot of time to coordinate across multiple agencies.”

Other issues addressed during the roundtable were the shortage of mental health professionals, particularly child psychiatrists, the gap between commercial and public insurance and the issue of assisted outpatient treatment.

The move away from the current fee-for-service structure was also discussed, with providers expressing optimism over its potential impact on care integration.

“We’re moving towards a single payer system where we get paid to keep people well, and mental health is fundamental to that posture,” O’Dea said. “We know that when people are receiving really good mental health care, then you’re not going to have as many strokes or heart attacks, you’re not going to have as many people in the emergency room, because people are healthier.”

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CNN highlights mental health warriors

As part of its ongoing feature, “America’s Mental Health Crisis,” CNN highlighted nine people fighting for better mental health treatment and stopping the stigma on a daily basis.

The nine mental health warriors ranged from everyday people like Sarah Spitz, a student at Emory, and former Akron police sergeant Michael Woody, to celebrities like Demi Lovato and Virginia State Sen. Creigh Deeds.

To read more, visit http://cnn.it/1IS2N1X.

Bell’s ‘Let’s Talk Day’ in its fifth year

Bell, Canada’s largest telecommunications company, celebrated its fifth “Let’s Talk Day” on Wednesday, Jan. 28.

The social media campaign invites Canadians to join the conversation in an effort to stop the stigma surrounding mental illness and raise awareness. As part of the campaign, several Canadian celebrities have shared their own struggles including Olympian Clara Hughes and comedian Howie Mandel.

To help fund mental health research and treatment, Bell donated five cents for every text message sent, mobile and long distance call made, Facebook share and tweet using the #BellLetsTalk hashtag.

To read more about the campaign, visit letstalk.bell.ca
Loan repayment application cycle open

The 2015 National Health Service Corps (NHSC) Loan Repayment Program application cycle is now open and will close on March 30.

The program provides loan repayment assistance to licensed primary care medical, dental, and mental and behavioral health providers who serve in communities with limited access to health care. There are both full-time and half-time service options.

Rushford employees at Positive Step, Glastonbury, and PHP/IOP Programs in Middletown, as well as Natchaug employees at Care Plus, JC Shoreline, JC Northeast, Quinebaug, Riviereast, JC Thames Valley, JC Mansfield and Sachem House are all eligible to apply.

If you are interested in applying for the loan repayment, NHSC program staff is available for technical support during the following dates:

- **NHSC Loan Repayment Application & Program Guidelines Webinar**
  Tuesday, Feb. 3 from 8 – 9:30 p.m.
  Dial-in Number: 1-888-391-6801
  Passcode: 8081979
  * To participate in the webinar, you will need to use both the access link and the dial-in number.

- **NHSC Loan Repayment Application Technical Assistance Conference Call #1**
  Wednesday, Feb. 18 from 8 – 10 p.m.
  Dial-in Number: 1-888-391-6801
  Passcode: 8081979

- **NHSC Loan Repayment Application Technical Assistance Conference Call #2**
  Wednesday, March 11 from 8 – 10 p.m.
  Dial-in Number: 1-888-391-6801
  Passcode: 8081979

BHN to offer DSM-5 training

The Behavioral Health Network will be offering DSM-5 training with guest trainer Greg Neimeyer, MD, a professor of psychology at the University of Florida and head of the Office of Continuing Education in Psychology at the American Psychological Association.

Each session lasts four hours. The following dates and locations have been confirmed:

- **Tuesday, April 21**: Morning — Windham; afternoon — Norwich
- **Wednesday, April 22**: Morning and afternoon — Hartford
- **Thursday, April 23**: Morning — Middletown; Afternoon — Meriden
- **Friday, April 24**: Morning — Hartford

Further details are pending and will be released in future editions of BHNews.

**Healthy Family FunFest**

Join us for an incredibly exciting and fun day filled with health information, speakers, screenings, demonstrations, and activities for everyone from children to seniors.

- **Sunday, February 22, 2015**
  10:30 a.m. - 3:30 p.m.
  The Aqua Turf Club
  556 Mulberry Street
  Plantsville, Connecticut

**FREE ADMISSION!**

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For information on sponsoring or exhibiting, call Nicole Spagnoletti at 860-378-1268 or spagnolettin@ctseniorcare.org
www.healthyfamilyfunfest.com
Internet Gaming Disorder: Is it a virtual addiction?

By Paul Weigle, MD
Associate Medical Director, Natchaug Hospital

Playing video games is an increasingly popular activity for people of all ages. Video games have steadily evolved to become more sophisticated, engaging, and accessible, and are increasingly played on portable smartphones and tablets. Research indicates that 34 million gamers in the United States play more than three hours per day, and gaming online is becoming the norm.

Video game play can become an issue when excessive amounts of time spent video gaming displace vital activities such as adequate sleep, physical fitness, academics, and social activities. Excessive use can also lead to new problems with social anxiety, depression and academic failure. Clinical studies consistently indicate that a significant minority of players develops a behavioral addiction to video games. These gamers are unable to control the amount of time they play despite problems their habit causes, and often strongly resist limits of game time set by family members.

Addiction to video games has been the subject of significant research as well as numerous television programs, news stories, and documentary films, but is not yet an official diagnosis in the United States as it is in China and South Korea, where it is considered a major public health issue. To address this discrepancy, “Internet Gaming Disorder” is included in the DSM-V as a condition requiring further study. The criteria are persistent and recurrent use of the Internet to engage in games, leading to clinically significant impairment or distress as indicated by five associated symptoms, such as preoccupation with video games, withdrawal, loss of control over play, loss of other hobbies, and related interpersonal conflict. These criteria are identical to those of a Substance Use Disorder except the latter requires only two associated symptoms.

Research findings indicate that the best treatments may be individual, group and family therapies similar to those found effective for Substance Use Disorders. Parental limits on game time are vital, but sudden conflictual restrictions sometimes lead to a psychiatric crisis.

Ultimately more research and consensus is needed to determine how Internet Gaming Disorder is best characterized and treated. Mental health providers should be aware of this increasingly prevalent problem, screen for electronic media habits in their patients, and help parents learn to limit the amount of screen time their children engage in to a total of one or two hours per day.

Do you have an article, study, or case study you’d like to share with the Behavioral Health Network? Send your submissions to amanda.nappi@hhchealth.org or carol.vassar@hhchealth.org for consideration.
The Talking Cure exhibit stops at Real Art Ways in Hartford

From Feb. 12 through May 25, Hartford Hospital’s Institute of Living and the Hartford HealthCare Behavioral Health Network welcome The Talking Cure — a traveling exhibit by New York artist Melissa Stern, to Real Art Ways, 56 Arbor St. in Hartford.

Taking its name from Sigmund Freud’s description of psychoanalysis, Stern’s show consists of 12 sculptures, each with its own narrative created by writers and brought to life as monologues by actors. Attendees may access the monologues through QR codes on their smart phones or on a provided MP3 player.

An artist’s reception for the show will be held on Saturday, March 7 from 4-6 p.m. For more information, please visit www.realartways.org/event/the-talking-cure/2015-02-12/.

The Sandy Hook Murders: Adam Lanza and the Mind of the Mass Shooter

A special Institute of Living Grand Rounds presentation

Date: Thursday, February 12, 2015
Time: 12 noon – 1:15 p.m.
Location: Hartford Room, Commons Building
Hartford Hospital’s Institute of Living
200 Retreat Avenue
Hartford, Connecticut

Presented by Harold I. Schwartz, MD
Psychiatrist-in-Chief, Institute of Living and Regional Vice President, Hartford HealthCare’s Behavioral Health Network.

The role of mental health and developmental issues in mass school shootings is a complicated one. The psychological common denominator amongst mass shooters like Adam Lanza is likely impairment of Theory of Mind and capacity to mentalize which, in turn, impairs social connectedness and empathetic capacity.

Dr. Schwartz lays out his assessment of this case study in this visually dramatic presentation.

Institute of Living
A Division of Hartford Hospital
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 IOL FRC Support Group schedule for January through June is as follows:

- **Dementia Support/Educational Group Meeting.** Feb. 3, March 3, April 7, May 5, June 2 (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 through this journey. Let's work together, help each other and exchange ideas. Space is limited — reservations are required by calling 860-545-7665.

- **Survivors Of Suicide Group.** Feb. 4, March 4, April 1, May 6, June 3 (First Wednesday of the month), 7 – 8:15 p.m. at the Hartford HealthCare’s Avon Satellite Location, 100 Simsbury Road, Second Floor Suite. For those who have lost someone close to them by suicide. Please call the RSVP numbers with questions or concerns. 860-545-7716 or 860-545-7665.

- **Sibling Support Group.** Feb. 5, Feb. 19, March 5, March 19, April 2, April 16, May 7, May 21 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room. This group will provide support for siblings of those struggling with mental illness, create a safe place to discuss and process feelings, and connect with others who have similar circumstances.

- **Support Group For Families Dealing With Major Mental Illness.** Feb. 5, Feb. 19, March 5, March 19, April 2, April 16, May 7, May 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. Share your success and struggles. Learn to care for yourself while you are caring for others.

- **The Truth About Electroconvulsive Therapy and Transcranial Magnetic Stimulation.** Feb. 10, May 12, 6 – 7 p.m. in the Commons Building, 2nd Floor, Hartford Room. Electroconvulsive Therapy (ECT) isn’t like it’s portrayed in the movies. It’s a safe and commonly used procedure that effectively treats depression, mania, catatonia and some types of psychosis. Transcranial Magnetic Stimulation (TMS) is a non-invasive treatment for patients who have not benefited from the use of anti-depressant medications. This information session will answer your questions and concerns about these often misunderstood treatments.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Feb. 11, Feb. 25, March 11, March 25, April 8, April 22, May 13, May 27, June 10, 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.

- **Substance Use Educational And Support Group.** Feb. 12, March 12, April 9, May 14, June 11 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.

- **Depression: An Introduction To The Disorder.** Feb. 17, April 21, 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.

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**insideiol**

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**Family Resource Center Support Groups**

This Sunday, Feb. 1, is the submission deadline for the 12th annual BrainDance Awards, sponsored by IOL. This mixed media and arts competition encourages high school students to gain knowledge about psychiatric diseases and develop a more tolerant and realistic perspective toward people with severe psychiatric problems. The competition also aims to promote students’ interest in careers in mental health care.

To apply for the awards: please log on to: [www.nrc-iol.org](http://www.nrc-iol.org) and follow the link to BrainDance for application forms, information and procedures.

For more information: contact Nancy Hubbard at 860-545-7665 or nancy.hubbard@hhchealth.org

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**Last call for BrainDance entries**

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12th Annual BrainDance Awards

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**Family Resource Center Support Groups**

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Now that winter has unleashed itself, it’s important to watch your step around campus. While our maintenance staff does a great job clearing the snow and ice, there can still be some slick spots. Here are some things to consider:

**Outdoors**
- Stay indoors during severe winter weather. If you do go out, dress in layers and in moisture-wicking thermal garb when participating in extended outdoor activities. Always tell someone where you are going and when you’ll be back.
- Make sure the path to your door, garage and mailbox are shoveled and free of debris. If possible, have someone shovel for you.
- Use salt to melt icy sidewalks and steps, or cover the ice with something gritty or non-slippery (sand, cat litter, etc.). Ideally, you should sprinkle salt before or immediately after a storm.
- Allow yourself plenty of time to get where you need to go in winter weather. Taking your time will reduce your risk of falling, especially if you use an assistive walking device.

**ECSU luncheon**
**March 19**

Save the date for the eighth annual Benefit Luncheon for Natchaug education programs sponsored by the ECSU Foundation on Thursday, March 19, from noon – 1:30 p.m. in the Betty Tipton Room at the Student Center at Eastern Connecticut State University. The cost is $100 per person.

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**Check out the Treasure Trove**

The average newspaper classified ad can cost tens to hundreds of dollars, but BHNews is offering employees a way to reach almost 2,000 of their co-workers for free.

The Treasure Trove is a free classified section in each issue of BHNews.

Advertise items for sale or community events that are open to the public by Tuesdays at noon via e-mail to amanda.nappi@hhchealth.org or carol.vassar@hhchealth.org.
Stonegate holds open house

On Thursday, Jan. 15, Rushford at Durham held an open house attended by staff, other service providers (Wheeler Clinic and Family & Children’s Aid, DCF, probation and other court-supported services), former clients and extended partners, including Al-Anon, Pet Partners animal therapy and Infinity Music Therapy Services. Yoga coach Christina Cassavina held a demonstration yoga session with the boys and Recreational Therapist Bryan McFarland along with Carey LeDuc did a ropes course demonstration in the gym. Tours were provided by Michael Cole, Stonegate RTA, and Greg Sims, Rushford Academy Case Manager.

Food was provided by Karen Thayer and the staff from Rushford at Meriden.

“I think the real prize was seeing some of our alumni and their families coming back for a visit,” Office Administrator Christine Bowers said. “Just to share memories, to catch up and to hear all about how their lives have changed and where they are now ignites that fire within us that sometimes dies down after some time. When you see them, the memories come flooding back of where they were, and now standing before you is a transformed person. Some of them came in as just little boys that were scared and troubled and now they are young men leading successful lives.”

Rushford at Glastonbury partners with local chamber for wellness initiative

Starting the week of Feb. 23, the Glastonbury Adult Program is collaborating with Glastonbury Chamber of Commerce Health and Wellness program to present the upcoming Do a 180 Think! Wellness Initiative. The purpose of this program is to offer educational seminars focused on mental wellness. Topics include depression, anxiety, substance abuse, acupuncture, intervention, and financial well-being. An eight-hour Mental Health First Aid certification class is also being offered.

Glastonbury staff will present on the topic of “Mental Health and Substance Abuse,” where attendees will learn from Rushford’s Pamela Mulready about self-help resources, how to support loved ones struggling with mental health and/or addiction, and the importance of abstaining from the use of drugs and alcohol as a part of a whole lifestyle change. There will also be a presentation on the “Benefits of Acupuncture” by Glastonbury’s board-certified acupuncturist, and a team presentation on interventions.

Go to www.glastonburychamber.com for more information or to register. The cost is $10 per seminar for non-chamber members.

Recent grants total over $55,000

The Rushford and Natchaug philanthropy team has successfully garnered three grants to help provide prevention and wellness programming at both Rushford and Natchaug Hospital, including:

- A $49,220 grant from The Norma & Natale Sestero Fund of the Hartford Foundation for Public Giving, which will support integrative medicine services at Rushford at Glastonbury. Last year, the Sestero Fund supported the introduction of acupuncture for Rushford clients and the public at large. This year’s grant continues the support of acupuncture and adds yoga and art therapy as offerings to both clients and the greater Glastonbury community.

- Funding in the amount of $3,500 from the Community Foundation of Middlesex County to continue Girl Talk, a 4-week Rushford prevention program middle school girls in the City of Middletown. The structured program focuses on teaching adolescent girls respect for self and others, the skills needed to being healthy, and serving as positive role models.

- A one-year grant in the amount of $2,500 has been awarded to Natchaug Hospital from the Elizabeth Carse Foundation to support Mental Health First Aid training for educators.
Friday, Feb. 6 from 8 – 11 p.m.: Meriden TEEN Night Valentine’s Dance for the Boys and Girls Club of Meriden. Sponsored by the Meriden Healthy Youth Coalition. For more information, contact Krystle.blake@hhchealth.org.

Tuesday, Feb. 10 from 6 – 7:30 p.m.: Teen Dating Violence Educational Empowerment Forum, Lincoln Middle School, 164 Centennial Ave., Meriden. Sponsored by the Meriden Healthy Youth Coalition. Speakers: Pam Kudla, Meriden Police Department and Meriden Youth Services Crisis Intervention Specialist, and Carissa Conway, Women and Family Center. For more information, contact krystle.blake@hhchealth.org.

Wednesday, Feb. 11 from 8 a.m. – Thursday, Feb. 12 from noon – 1:15 p.m.: Mental Health First Aid (for HHC employees), IOL Commons Building, Litchfield Field Room, 200 Retreat Ave., Hartford. For further information or to register, please call Patricia Graham at 860-545-7716, or email patriciac.graham@hhchealth.org.


Feb. 12 - May 25 with an opening reception on March 7 from 4 - 6 p.m.: The Talking Cure Project: An Interactive Exhibit by artist Melissa Stern, Real Art Ways, 56 Arbor St., Hartford. With a background in anthropology, artist Melissa Stern has collaborated with twenty-four writers, poets, novelists, screenwriters, playwrights and actors to create art that inspires audiences to upload their own narratives on-site. Sponsored by Hartford Hospital’s Institute of Living and Hartford HealthCare’s Behavioral Health Network. For more information, visit www.realartways.org.

Sunday, Feb. 22 from 10:30 a.m. to 3:30 p.m.: Healthy Family Fun Fest, The Aqua Turf Club, 556 Mulberry Street, Plantsville. Join us for an incredibly exciting and fun day filled with health information, speakers, screenings, demonstrations and activities for everyone from children to seniors. Sponsored by HHC partners The Hospital of Central Connecticut at Bradley Memorial, Central Connecticut Senior Health Services along with the Southington/Cheshire YMCA. Admission is free!

Tuesday, Feb. 24 from 7 – 8 p.m.: Students Give Parents the 4-1-1 on Weed, The Pavilion, Bridge Street, Old Saybrook. A forum for parents presented by Middlesex county students to educate adults and hold them more accountable. For more information, contact sheryl.sprague@hhchealth.org.

Wednesday, Feb. 25 at 5 p.m.: Mental Health and Substance Abuse, Rushford at Glastonbury, 110 National Drive, Glastonbury. Presenter Pamela Mulready from Rushford will teach attendees about how therapists diagnose a client with an addictive disorder and what types of treatments are available. Part of the Think 180 Wellness Initiative, sponsored by the Glastonbury Chamber of Commerce. Cost is $5 per class for Chamber members, $10 per class for non-Chamber Members or local residents. To register online, visit www.glastonburychamber.com

Thursday, Feb. 26 from noon – 1:15 p.m.: IOL Grand Rounds: “Medical Marijuana: Legal Considerations for Providers.” Maya Prabhu, M.Sc., MD, LL.B. Assistant Professor of Psychiatry, Yale School of Medicine.

Thursday, Feb. 26 from 5:30 – 7 p.m.: Eating Disorders: An Overview, Commons Building, 2nd Floor, Hartford Room, Institute of Living, 200 Retreat Ave., Hartford. The Institute of Living’s Family Resource Center and Eating Disorders Program is hosting an informative lecture on Eating Disorders in honor of National Eating Disorders Awareness Week (Feb. 23-27), featuring Paula Holmes, APRN, IOL Eating Disorders Program Clinical Director. No RSVP required. For more information, contact patriciac.graham@hhchealth.org, or call 860-545-7716.

Wednesday, March 4 at 5 p.m.: Anxiety, Rushford at Glastonbury, 110 National Drive, Glastonbury. We will explore how to manage anxiety, stress, and recognize your tendencies and practical preparation/managing circumstances. Presented by Dr. Laney Ducharme, Licensed Psychologist. Part of the Think 180 Wellness Initiative, sponsored by the Glastonbury Chamber of Commerce. Cost is $5 per class for Chamber members, $10 per class for non-Chamber Members or local residents. To register online, visit www.glastonburychamber.com

Thursday, March 5 from noon – 1:15 p.m.: IOL Grand Rounds: “Imaging Drug-Effects in Human Physiology.” Dr. Nora Volkow, Director, National Institute on Drug Abuse.

Thursday, March 12 from noon – 1:15 p.m.: IOL Grand Rounds: “Grief After Suicide: Finding Hope and Healing.” Jack Jordan, Ph.D., Clinical Psychologist
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

**MISC. ITEMS** — Light oak computer desk with shelf and drawer, good condition, $25. Oriental rug, 12 feet by 10 feet, red, brown and gold, good condition, $50. Call 860-383-2396.

### EVENTS

**ARE YOU LOOKING FOR OPTIMAL HEALTH?** — Take Shape For Life (Fueled by Medifast) can help you through proper nutrition and weightloss, physical activity, sleep and stress reduction. Your health coach is provided to you to help you on your journey to optimal health. Come start your journey with me. Kathy Mikna 860-608-9122 or kathy1956v@aol.com

**NORWICH LIONS WINTER PANCAKE BREAKFAST** — Sunday, Feb. 1, 8 a.m. to noon at Rose City Senior Center, 8 Mahan Drive, Norwich. Tickets are $5 in advance and $6 at the door, children 5 years of age and younger are free, pancakes, sausage, scrambled eggs, hash browns, coffee, juice. Literature will also be available on low vision aids and blindness prevention. Tickets may be purchased in advance from any member of the Norwich Lions Club, Rose City Senior Center or Norwichtown Shell, West Town Street, Norwich. View [www.norwichlionsclubinc.com](http://www.norwichlionsclubinc.com) or call 860-237-4330.

**GRISWOLD EXERCISE PROGRAM** — The exercise program will be held every Tuesday and Thursday, 6-7 p.m. at Griswold Elementary School Cafeteria. The classes feature low impact aerobic, weights, Pilates. Bring your own mats and weights.

**VALENTINE’S DAY FLOWERS/SCORE WITH ROSES** — Score with Roses is the honor component of Jordyn Guerra’s senior project. Jordyn is selling flowers for Valentine’s Day as a fundraiser to raise money to support the maintenance and improvements to the Lyman Memorial High School Soccer Complex. For more information and to place your order visit scorewithroses.com or email scorewithroses@yahoo.com.

**VFV VALENTINE DINNER DANCE** — Saturday, Feb. 14, 7 p.m. at VFV Post 10004, Taylor Hill Road, Jewett City. Sponsored by the Ladies Auxiliary. Roast beef, mashed potato, gravy, vegetable, salad, bread, dessert, dancing to the Pom; $20 per person, advance tickets only. Call 860-303-9726.

**OPEN HEARTH COOKING CLASS** — Saturday, Feb. 14 from 5:30-10:30 p.m. and Saturday, Feb. 21 from 1:30-6:30 p.m. at the John Bishop House Museum, Lisbon. Sponsored and led by the Lisbon Historical Society. Students will prepare dinner using period cooking utensils and methods then enjoy dinner by candlelight. Cost is $55 per person. The Museum is a non-profit organization and a portion of the proceeds will benefit museum restoration. For more information call 860-887-8052.

**ANNUAL LENTEN FISH AND CHIPS DINNER** — Friday, Feb. 20 through Friday, March 27 from 3:30-7 p.m. at St. James Church, Preston. Fresh cod fish, baked or fried, coleslaw, French fries, D’Elia fresh bread, homemade desserts. Call ahead for take-out at 860-889-0150.

**LEE MEMORIAL CHURCH FUNDRAISER** — One pound pecans from Georgia, $12. Streak-Less polishing reusable clothes, use with water no chemicals, $3. Proceeds benefit the Church. Call 860-822-6595 or 860-908-9797.

**QUALITY, STRENGTH BASED PRE-SCHOOL PROGRAMS** — TVCCA Head Start is currently accepting ongoing enrollment of children born in 2010/2011 for full-day/half-day programs. Innovative curriculums, meals included, additional family support, home based program is also available to expectant parents on up to three years old. Call 860-425-6515.

**PRESCHOOL/CHILD CARE** — First Leaps Together, Ledyard, a small family-oriented center providing outstanding early education in Ledyard Center. Now enrolling for immediate space in our full day care, preschool program options, after school programs, summer programs, and specialized services. Visit firstleapstogether.com or call 860-381-5537.

**VEHICLE PARKING** — Daily parking available at the Lee Memorial Church lower parking lot, $90 for six months, 100% of proceeds benefit the Church. Call 860-887-5886 or email leememorialumc@sbglobal.net.

**SENIOR RESOURCES** — Do you need help paying for or need information on Medicare Premiums, Prescription Drugs, Food, Housing, Energy Bills, Property Tax Assistance, Veterans Benefits and other services? Let us do a Benefits Checkup! A Benefits Checkup is a free and confidential questionnaire for individuals 60 years old and up that will screen you for eligibility for federal, state and local financial programs. Visit [www.SeniorResourcesEC.org](http://www.SeniorResourcesEC.org) click on the Benefits Checkup logo. Are you unable to access the internet or do you have any questions? Call Senior Resources at 800-690-6998 and have the questionnaire mailed to you. Or, a Senior Resources staff member can complete the screening over the telephone.

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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, Feb. 3, at noon.