It’s been a busy year since Hartford Hospital’s Institute of Living and the HHC BHN were chosen to form one of three ACCESS-Mental Health CT hubs to provide pediatric psychiatry consultation services to primary care providers (PCPs) in approximately one-third of the state.

Last spring, the Hartford HealthCare Behavioral Health Network, with the IOL in the lead, engaged in a competitive bidding process. It was awarded the funding to create the hub, and started providing services on June 16.

The ACCESS-MH CT program consists of expert pediatric psychiatry consultation teams located throughout the state of Connecticut to help PCPs meet the needs of children and adolescents with mental health problems. This program was established by the Connecticut legislature with Public Law Public Act 13-3. Funding is provided by the Connecticut Department of Children and Families, which contracts with Value Options to administer the program. ACCESS-MH CT services are free and available to all children and adolescents up to 18 years old in the state, regardless of insurance status. Other hubs in Connecticut are under the auspices of Wheeler Clinic and the Yale Child Study Center.

Each hub services approximately 272,000 children, and the HHC IOL ACCESS-MH CT hub includes the City of Hartford as well as all municipalities east of the Connecticut River. This provides a naturally strong partnership between the IOL and other HHC BHN affiliates, including Rushford and Natchaug Hospital. Services based at the HHC BHN hub serve pediatric health care providers in 78 Connecticut towns.

As part of statewide implementation, start-up goals of educating 80 percent of pediatric and family medicine practices
within the hub’s geographical area by Aug. 18, and enrolling 50 percent of those practices were set. Specifically, the HHC IOL ACCESS-MH CT hub’s enrollment goal was 84 practices out of a possible 187 by November 2014. Currently, 132 primary care practices are enrolled, including 100 percent of the eligible Hartford HealthCare Medical group practices in the area served by this hub, which is a sure measure of success, according to Kim Brownell, MD, hub Medical Director, Institute of Living/Hartford Hospital.

“We want to have reached out to every practice by the end of June 2015, which will be a year since we started the program,” Dr. Brownell said. Brownell and her staff have used grass roots marketing tactics to succeed in getting practices on-board for this service.

“We call the practices. We email them. We fax them materials and we set up a face-to-face appointment for one of the IOL hub child psychiatrists to meet with the members of the practice,” Brownell said. “Then we go out and meet with all the doctors, nurse practitioners, physician assistants and nurses on staff to tell them about the program, give them program information, contact telephone numbers, posters, magnets, and explain how we can help.”

Practices then have the option to enroll with ACCESS-MH CT to make use of this program. The hub team answers calls from 9 a.m. to 5 p.m., Monday through Friday, and a child psychiatrist is always available to answer questions about behavioral health issues involving primary care patients.

When a primary care practice needs to call with a question or request for care coordination, the call will be answered by a hub team member in the HHC IOL ACCESS-MH CT call center located in the Massachusetts Cottage in the middle of the IOL campus.

“When a call comes in, either the program coordinator or the program clinician will take the call from the pediatric health care provider. Most calls will be transferred to the hub child psychiatrist, who will answer the question,” Brownell said. “It can take five minutes or 15 minutes. It really depends on the needs of the primary care provider and the patient, as well as the depth and complexity of the question.”

Brownell, herself a pediatrician and a child psychiatrist, is joined on the medical team by Paul Weigle, MD, from Natchaug Hospital; Lisa Namerow, MD and Mirella Loftus, MD, from the Institute of Living and Rich Pugliese, MD, from Middlesex Hospital. Additional staff includes program manager Nancy Hubbard, LCSW; program clinician Jessica Ingrassia, LCSW; program coordinator Leticia Cruz-Rivera, and peer specialist Alexandra Kuras.

Looking forward, Brownell is planning to reach out to the remainder of the practices in the HHC IOL ACCESS-MH CT hub, continue to develop the relationships with practices and clinicians already enrolled in the program, and reconnect with those practices that have already enrolled, but have yet to use the service.

“The idea is to continue to reach out and build a bridge between child psychiatry and pediatric health care providers all over the state,” Brownell said.
AROUND THE BHN ON ST. PATRICK’S DAY

DSM-5 training classes

“An Overview of DSM-5” featuring Greg Neimeyer, Ph.D., a professor in the Department of Psychology at the University of Florida, will take place April 21 – 24 at sites throughout the BHN. All members of the BHN clinical staff are expected to be competent in the use of DSM-5 by Oct. 1. BHN clinical employees may sign up for any session listed below, with supervisory approval.

TUESDAY, APRIL 21
■ 8 a.m. - noon: Windham Hospital, Desrosier Room, 112 Mansfield Ave., Willimantic
■ 1 - 5 p.m.: HHC East System Support Office, Room C, 11 Stott Ave., Norwich

WEDNESDAY, APRIL 22
■ 8 a.m. - noon: Hartford Hospital, Jefferson Room 118, 80 Seymour St., Hartford
■ 1 - 5 p.m.: Hartford Hospital, Jefferson Room 118, 80 Seymour St., Hartford

THURSDAY, APRIL 23
■ 8 a.m. - noon: MidState Medical Center Conference Room, 61 Pomeroy Ave., Meriden
■ 1 - 5 p.m.: Rushford at Meriden Cafeteria, 883 Paddock Ave., Meriden

FRIDAY, APRIL 24
■ 8 a.m. - noon: Institute of Living, Hartford Room, 200 Retreat Ave., Hartford
■ 1 - 5 p.m.: Institute of Living, Hartford Room, 200 Retreat Ave., Hartford

Kornegay’s journey leads Sunday paper

Backus Hospital psychiatric nurse and former Natchaug Hospital recreation therapist Wil Kornegay headlined the Day on Sunday, March 15, with his story of resiliency.

Kornegay, who lost both legs below the knee and burned over 90 percent of his body as a teenager in a North Carolina garage fire, recently joined New London CrossFit where he’s turned heads with his don’t-quit attitude.

To read the full story, visit http://bit.ly/1EnZTPK.
1 BHN First

Suboxone program offers therapy with medication

In 2014, opioid-related deaths in Connecticut hit an all-time high, with heroin or prescription pain killers connected to the deaths of 307 people in the state, according to the Office of the State Medical Examiner. Thousands more are opioid-addicted, affecting people across all socioeconomic strata and in cities, suburbs and rural areas, with seemingly no end in sight.

Yet one promising combination of therapy and medication could help stem the tide of this state and national epidemic: Medication Assisted Treatment (MAT) — also known as buprenorphine or Suboxone® treatment.

Rushford at Glastonbury’s Suboxone program started in December 2013, offering discreet treatment for an increasing number of Connecticut residents addicted to opioid-based prescription pain killers. The program provides assessment, therapy and medication for people with an opioid dependency and is designed to maximize privacy for those working towards recovery.

Growth has been steady, but there continues to be room in the program for additional clients, with a change to the program having taken place this week to help bring more people into recovery.

“The program changed to allow people who are assessed as needing Suboxone treatment to either go into intensive outpatient group therapy, or straight into our outpatient program,” said Steven Zuckerman, LCP, Rushford Vice President for Operations.

The outcomes for clients receiving Suboxone treatment are positive, according the Rushford Medical Director J. Craig Allen, MD.

“An extensive and growing body of evidence-based research shows that positive long-term patient outcomes can be achieved in outpatient settings such as the MAT program offered by Rushford at Glastonbury,” said Dr. Allen. “MAT reduces cravings, decreases illicit opioid use and ultimately saves lives.”

According to Dr. Allen, Connecticut is one of the states in which mortality from overdose is more prevalent than deaths from motor vehicle accidents, with the most common drugs involved in the deaths being opioids like OxyContin and heroin. He notes that the typical scenario involves a person who becomes dependent first on prescription pain medications, then, as their use and the cost of medication escalates, turn to the use of the illegal street drug heroin.

To create the sense of euphoria that addicts crave, opioids attach to the dopamine receptors of the brain, particularly the mid-brain where the reward system is centered. This causes physiological and psychological changes that create a “high.”

“Opioids bind in many places in the brain including those that have to do with pain and respiratory drive. That can be a problem if you get so much that you stop breathing and die,” said Dr. Allen.

Buprenorphine, or Suboxone, is a partial opioid agonist. As such, it engages the dopamine receptors in lieu of the opioids, preventing sickness from opioid withdrawal, blocking cravings and making one feel normal without feeling high, thereby stopping the cycle of intoxication, withdrawal and drug-seeking behaviors. Unlike methadone, buprenorphine is obtained in the privacy of a clinician’s office, and in Rushford’s program those in recovery benefit from group therapy.

To ensure client privacy during their treatment and recovery, Rushford’s MAT program accommodates the schedules of working professionals with small psychosocial group therapy sessions in the early mornings and early evenings, and is separately housed to ensure discretion.

How to participate

Suboxone referrals can be made at the following locations:

- **Rushford at Glastonbury**: 110 National Drive, Glastonbury. Call 1-877-577-3233, or visit https://www.rushford.org/Content/Medication_Assisted_Treatment_MAT_.asp.
- **The Hospital of Central Connecticut**: 73 Cedar St. New Britain, 860-224-5804 (intake line) 860-224-5267 (main line) 860-224-5300 (Hispanic Counseling Center)
- **Natchaug Hospital**: Care Plus in Groton (860-449-9947); Quinebaug in Dayville (860-779-0321); RiverEast in Vernon (860-870-0119); Sachem House in Mansfield (860-456-1311).

BHN First is a regular feature of BHNews designed to help readers become more familiar with the unique service offerings across the network, and provide staff with the information to refer within the BHN FIRST!
Minorities may receive more inaccurate mental illness diagnoses

A new study in Social Psychology and Personality Science suggests that socially disadvantaged minority groups may be more likely to receive inaccurate mental health diagnoses, particularly from therapists of a different class or race.

The study examined 58 patients seen at four mental health clinics in Israel, and had two separate clinicians conduct regular intakes and structured interviews, then diagnose the patient. When the therapist and patient were both Ashkenazi, the majority group, there was a 24 percent incidence of mismatched diagnoses; however, when the therapist was Ashkenazi, but the patient was Mizrahi, a minority group, there was a 52 percent incidence of mismatch.

To read more, visit http://sciof.us/1GRnRFu.

Mental health: A new priority in corporate America

As more initiatives across the country bring attention to mental health, some corporations are beginning to prioritize the emotional health of their employees.

Booz Allen Hamilton, a management and technology consulting firm, adopted a program in 2014 that combines physical exercise with mental health education. Aetna, one of the nation’s largest insurers, has found success in its meditation and yoga program that started in 2012, with 13,000 employees participating and a reported 28 percent reduction in stress.

To read more, visit http://bit.ly/1MFqgVZ.

Who do you think will win the men’s NCAA basketball tournament this year?

I know less than nothing about sports, but I hope someone good wins.”
— Lauren Hallion, PhD, Post-doctoral fellow, IOL Anxiety Disorders program

Duke or Arizona, because my 15-year-old said so.
— Lamirra Simeon, Principal at Natchaug Windham CDT

I think that whatever team is best will win, but people in Connecticut don’t care because now UConn’s out.
— Laura Saunders, PsyD, Board Psychologist, IOL Young Adult Services

I’ll go with my family’s bracket and say Arizona and Kentucky in the final, with UK winning it all.
— Leah Russack-Baker, Program Director at Natchaug’s Quinebaug adult treatment center

Epic timeline

Testing of the ambulatory and acute build phases is underway this month at CareConnect. Ambulatory testing continues through May 2015 and acute testing goes through October 2015.

The CareConnect team is committed to conducting integrated testing of everything — applications, workflows, charges, PC, printers, and more — to ensure everything functions as intended before the first go-lives: Primary Care in August 2015 and Hartford Hospital in February 2016.

Testing ensures that the system and the workflows are ready to use. There is a run through and check of scripts and if something breaks down, it gets fixed and tested again.
IOL Psychiatrist-in-Chief Harold I. Schwartz, MD, was in attendance at a reception for artist Melissa Stern at Real Art Ways (RAW) in Hartford on Saturday, March 7.

Her show, “The Talking Cure,” which continues now through May 25 at RAW, 56 Arbor St. in Hartford, includes the use of QR codes to listen to an actor’s interpretation of each work.

For more information, visit www.realartways.org.
Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. All programs are free of charge and, unless otherwise noted, are held in the Massachusetts Cottage, First Floor Group Room at the IOL Campus, 200 Retreat Ave., Hartford. For addition information on these support groups, please contact the FRC at 860-545-7665 or 860-545-1888. The IOL FRC Support Group schedule through June is as follows:

- **Bipolar: An Introduction To The Disorder.** March 24, June 23, 6:30 – 7:45 p.m. This program is for family and friends of individuals who have bipolar or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness.

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

- **Survivors Of Suicide Group.** 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.

Family Resource Center Support Groups

March is Red Cross Month, and the American Red Cross is encouraging people to discover their inner hero by giving blood.

If you are 17 or older, weigh 110 pounds or more, are in generally good health, and have not donated whole blood in the previous 56 days, please consider rolling up your sleeve to help restock Connecticut blood supply at the IOL blood drive on Tuesday, March 31 from 11 a.m.-3:45 p.m. in the Clark Social Room.

To schedule an appointment: call 1-800-RED CROSS (1-800-733-2767), visit www.redcrossblood.org or email peter.adelsberger@hhchealth.org.

Questions? Contact Kola at 860-972-4595

The Disconnected Among Us:
Adam Lanza and the Mind of the Mass Shooter

A Special Presentation at Real Art Ways

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

Wednesday, April 29, 2015
7 to 8:30 PM

Real Art Ways
56 Arbor Street
Hartford, CT 06106
www.realartways.org

Institute of Living
A Division of Hartford Hospital

This interactive event is part of the ongoing National Dialogue on Mental Health Series sponsored by the Hartford HealthCare Behavioral Health Network. The public is invited to attend, ask questions, and learn more about mental health and substance abuse.

IOL to hold blood drive in honor of Red Cross Month

March is Red Cross Month, and the American Red Cross is encouraging people to discover their inner hero by giving blood.

If you are 17 or older, weigh 110 pounds or more, are in generally good health, and have not donated whole blood in the previous 56 days, please consider rolling up your sleeve to help restock Connecticut blood supply at the IOL blood drive on Tuesday, March 31 from 11 a.m.-3:45 p.m. in the Clark Social Room.

To schedule an appointment: call 1-800-RED CROSS (1-800-733-2767), visit www.redcrossblood.org or email peter.adelsberger@hhchealth.org.

Questions? Contact Kola at 860-972-4595
Housewarming event set for April 7 at Parker North

The staff and clients of Rushford at Parker North invite you to their housewarming event on Tuesday, April 7, from 4:30 – 6:30 p.m. Take a tour, meet everyone and learn more about this new addition to the Rushford services. Light refreshments will be served.

Parker North, located at 101 Parker Ave. North in Meriden, is Rushford’s five-bed, all-female home, providing the opportunity for community living to people who are ready for discharge from Connecticut Valley Hospital (CVH) and other state hospitals after a long length of stay requiring a higher level of care.

Located in Meriden, this program provides a home-like atmosphere where people can receive skill-building programming and 24-hour staff support to assist with reintegration to the community. The house, originally a duplex style two-family structure, accommodates two apartments with separate sleeping and bathroom areas on the second floors, and common living, kitchen, and laundry areas on the first floor. The program will be fully integrated with the continuum of clinical and community support services that Rushford provides at our outpatient center in Meriden.

Funding for Parker North has been provided, in part, by the Connecticut Department of Mental Health and Addiction Services.

To RSVP for the housewarming, please contact at monica.pagnam@hhchealth.org or 203-630-5241.
Free Educational Seminar

Substance Abuse Across the Lifespan: A Community Dialogue on Behavioral Health

Wednesday, April 15
6:30 p.m. - 8 p.m.

Southington Municipal Center
200 North Main Street
Southington

This interactive event is part of the ongoing National Dialogue on Mental Health Series sponsored by the Hartford HealthCare Behavioral Health Network. The public is invited to attend, ask questions, share their stories, and learn more about mental health and substance abuse.

Panelists:
Tim Harmon, young adult in recovery
J. Craig Allen, MD, Medical Director, Rushford
Linda McEwen, LCSW, The Hospital of Central Connecticut
Susan Saucier, Director of Southington Youth Services
Margaret Walsh, Director of Pupil Services, Southington Public Schools

For more information or to register for this event, please call 1.800.321.6244

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.

Deadline for the next edition of BHNews is Tuesday, March 24, at noon.
events

• Now through May 25: 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.

• Tuesday, March 24, from 9 a.m. to 5 p.m.: On Campus: Helping College Students with the Mental Health, IOL, Hartford Room, Commons Building, 200 Retreat Ave., Hartford. Designed for administrators and health care providers working with college students, this day-long session will emphasize suicide prevention. Cost: $50. For further information or to register, please call Patricia Graham at 860-545-7716, or email patriciac.graham@hhchealth.org.

• Thursday, March 26 from noon – 1:15 p.m.: IOL Grand Rounds: “The Thyrotropin-Releasing Hormone (TRH) Hypothesis of Homeostatic Regulation: A Translational Approach to Therapeutic Application.” Dr. Andrew Winokur, Professor of Psychiatry, University of Connecticut Health Center.

• Tuesday, March 31 at 8 a.m.: Intervention, Rushford at Glastonbury, 110 National Drive, Glastonbury. This seminar will help answer questions you may have on the topic of intervention. Presented by Rushford’s Melissa Monroe and Michell Voegtle 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

• Tuesday, April 14 at 8 a.m.: Depression, Rushford at Glastonbury, 110 National Drive, Glastonbury. Bringing understanding and awareness about clinical depression. 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

• Tuesday, April 29 from 7 – 8:30 p.m.: “The Disconnected Among Us: Adam Lanza and the Mind of the Mass Shooter.” Real Art Ways Theater, 56 Arbor St., Hartford. Presented by Harold I. Schwartz, MD, Psychiatrist-in-Chief, Hartford Hospital’s Institute of Living. As a member of both the Governor’s Sandy Hook Advisory Commission and the Child Advocate’s Office investigating the deaths of 26 people at the Sandy Hook Elementary School in Newtown in December 2012, Dr. Schwartz has a unique position from which to present his professional insights into the mind of the mass shooter. Free and open to the public. Sponsored by Real Art Ways, Hartford Hospital’s Institute of Living and the Hartford HealthCare Behavioral Health Network. For more information, contact carol.vassar@hhchealth.org.

• Thursday, May 7 from noon – 1:15 p.m.: IOL Grand Rounds: “The Annie Goodrich Nursing Award Lecture,” Linda Schwartz, RN, Assistant Secretary of Veterans Affairs for Policy and Planning, U.S. Department of Veterans Affairs

• Thursday, May 21 from noon – 1:15 p.m.: IOL Grand Rounds: “Brain Function Informed Intervention for Affect Dysregulation in Early Onset Bipolar Disorder.” Dr. Mani Pavuluri, Berger-Colbeth Chair in Child Psychiatry at the University of Illinois at Chicago
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.

FREE
SONY TRINITRON TELEVISION — 36-inch, flat screen, early style with thick glass, deep back, picture in picture, headphones. Call 860-455-9888.

WANTED
ARTISTS — FACES at FAHS (Fine Art and Craft Exhibit and Sale at the American Historical Society) is seeking artists and crafters for a Saturday, Oct. 3 event at the Finnish Hall, 76 North Canterbury Rd., Canterbury. Indoor/outdoor spaces, $30 (postmarked on or before Friday, July 31), free admission, handicapped accessible. Call 860-974-2760 or email FACESatFAHS@gmail.com.

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

LENTEN FISH AND CHIPS — Fridays through April 3 from 4:30-7 p.m. at Saint Joseph Church, 120 Cliff St., Norwich. $9, full meal, $7, one piece meal and chowder is $4.

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

CLAM CHOWDER & FRITTER DINNER — Friday, March 20, 4-7 p.m. at Voluntown Baptist Church, 52 Main St., Voluntown. New England clam chowder or Rhode Island clear chowder, six clam fritters, cole slaw, dine-in or take-out available, adults $10, children, $5. Call for tickets 860-376-9485 or 860-639-3083.

OLD FASHION CHICKEN PIE SUPPER — Saturday, March 21, 5 - 7 p.m. at Grace Episcopal Church, 4 Chapel Hill Road, Yantic. Homemade chicken pie, mashed potatoes, gravy, vegetables, cranberry sauce, dinner roll, pie, cake, coffee, tea, soft drink, juice, adults $10, seniors, $8, children ages five to 12 $5, free valet parking, take-out available. Call 860-587-2082.

SUNDAYS IN THE PARlor AT Park — Sunday, March 22, 2 p.m. at Park Congregational Church, 283 Broadway, Norwich. Pianist, Lauren Hibbard and Clarinetist, Kelli O’Connor will perform, light refreshments will follow.

38TH CHARLES W. MORGAN VOYAGE/MOBY DICK — Tuesday, March 24, 6:30 p.m. at Lee Memorial Church, 294 Washington St., Norwich. This presentation is sponsored by the Norwich Power Squadron, presented by Dr. Mary Edwards, Professor at University of Connecticut Avery Point and participant on the 38th Charles W. Morgan voyage. Free admission.

FUNDRAISER AT THE GARDE ARTS THEATRE — Friday, March 27, 6:30-8:30 p.m. Free admission, all ages, food, Dj, prizes, basket raffle, more. Proceeds to support the New London STEM Magnet and New London High School Drug and Alcohol Free After Graduation party for the Class of 2015.

FAMILY HEALTHY FOOD FAIR — Saturday, March 28, 11 a.m. to 2 p.m. at Sprague Community Center, 22 West Main St., Baltic. Backus Healthy Community Initiative in partnership with Sprague Community Center, presents chefs from local “Just Ask” restaurants. Food samples, cooking demonstrations, healthy snacks, door prizes, balloon animals, free admission. Call 860-882-6595 for more information.

SPAGHETTI DINNER & BASKET RAFFLE — Saturday, March 28, 4-8 p.m. at Central Village Fire House. All proceeds benefit Sandra Bryant Foular’s medical expenses in the fight with Pancreatic Cancer. Raffles, spaghetti, salad, bread, drinks, dine in or take out, adults $10, children $5. For tickets call Kerri at 860-823-7160.

NFA WINE TASTING — Saturday, March 28, 6-8 p.m. in the atrium at NFA, Norwich Free Academy. Advance tickets, $20, at the door, $25, light refreshments, free gift to the first 100 paid tickets. Call Lori at 860-886-1463 or email Lploof@american.com.

LAKE OF ISLES FAIRWAY 5K AND KIDS 1 MILE DASH — Sunday, March 29, 9:30 a.m. All proceeds benefit Preston Parks and Recreation. A post-race awards ceremony will follow with a cash prize to top finisher. For information call 860-889-2482, ext. 113. Register at www.runsignup.com/Race/CT/North Stonington/LakeofislesFerryway5K.

ADVENTURES IN LIFELONG LEARNING — Monday, March 30 at Three Rivers Community College, Norwich. Please register for the Spring semester of enrichment classes for those over 50 years of age. The Spring reception and registration is Friday, March 27, 1:30 p.m. at Three Rivers Community College in room F-117, free refreshments. For more information visit http://www.threerivers.edu/Div_WorkforceEducation/senior.shtml or email gideonlus@yahoo.com.

POWER OF PURPLE LUNCHEON — Wednesday, April 1, noon to 2 p.m. at Langley’s Restaurant, Waterford. The Power of Purple is an ongoing campaign against domestic violence created by a partnership of The Rose Conrad Memorial Fund of Safe Futures and Hadassah of Eastern CT. For more information contact Sheila Horvitz at 860-884-8945.

DREAM CHASERS — Friday, April 3, 6-9 p.m. at The Art Space Gallery, 35 Chestnut St., Norwich. Grand opening, Saturday, April 11, 10 a.m. to 5 p.m. Art show sponsored by Bully Busters and Norwich Youth Action Council, food, guest speakers, open mic. Call 860-373-8630.

SPRING BOOK SALE — Friday, April 17 and Saturday, April 18, 10 a.m. to 3 p.m., Sunday, April 19, noon to 3 p.m. at the Otis Library, 261 Main St., Norwich. Thousands of gently used fiction and non-fiction books, CDW/ DVDs/records. Sponsored by the Friends of Otis Library.

WHITE MASS FOR HEALTHCARE WORKERS & CAREGIVERS — Sunday, April 19 at 9 a.m. at the Cathedral of Saint Patrick, 213 Broadway, Norwich. Following the Mass there will be a brunch in the Cathedral auditorium. Dr. Seth Flagg, USMC, Wounded Warrior Regiment surgeon in Quantico, Va., will be the speaker.

ARTHRITESES EXERCISE PROGRAM — Session II is Monday, April 27 through Wednesday, June 10 at the Norwich Recreation Center, 75 Mohegan Road, Norwich. Both sessions are from 10-11 a.m. Norwich residents fee is $48, non-residents is $58. Call 860-823-3791.

Calling for Clinical Corner submissions

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