When you work on the frontlines in healthcare, you're really always on duty.

For Amy Gallagher, lead clinician at Natchaug's Joshua Center Thames Valley in Norwich, that was never more apparent than last Thursday, April 12.

Gallagher was driving with her 16-year-old daughter on Interstate 91 in New Haven. Traveling on the historically congested section of highway, she was forced to slam on her breaks after the truck in front of her did the same to avoid an accident. A car immediately in front of the truck had spun out and came to an abrupt stop in front of the overpass.

“The truck drove off and we stopped. We were kind of shocked. My daughter thought it might be the person’s tires [that caused the crash]. I told her to call 911,” Gallagher said.

While her daughter called for help, Gallagher approached the driver’s side

Despite being eight months pregnant, Amy Gallagher’s instincts as a clinician at Natchaug immediately kicked in as she tried to prevent a suicide attempt in progress.

Every moment matters.

It was like a scene from a movie, to the point where I literally had her by her two wrists and she was dangling off the bridge.

Amy Gallagher | Lead clinician, Joshua Center Thames Valley

Continued on page 2
window to see if the driver, a young woman, was OK.

“She said she was OK. She was just a little dazed,” Gallagher said. “Then she got out and went in front of the car and put her head down on the overpass.”

The woman was trying to kill herself.

“She put her leg on top of the bridge and went to jump so I grabbed her and had her by the waist and she was just slipping,” Gallagher said. “It was like a scene from a movie, to the point where I literally had her by her two wrists and she was dangling off the bridge.”

Minutes later another car pulled over, two women got out, and along with Gallagher’s daughter helped to subdue the woman. Gallagher, who is eight months pregnant, had to back away because the woman was punching and flailing, and she was concerned about her baby.

“She continued to fight with us and was saying, ‘I just want to die. I just want to die,’” Gallagher said.

That’s when Gallagher’s social worker training kicked in.

“I just wanted to bring her back [mentally] to where we needed to be,” said Gallagher.

“First of all, I told her I’m eight months pregnant. I can’t have you punch me in the stomach, and I’m not going to let you kill yourself in front of my daughter,” Gallagher said.

That seemed to calm the woman a bit. She said she just wanted to die, but didn’t want to hurt anyone else, Gallagher said.

“I said, ‘I understand that. I hear you. But it’s not going to be today. There’s not anything that we can’t fix. We’re going to get you some help,’” Gallagher said.

After about 20 minutes of struggle and trying to calm the woman down, emergency workers arrived and took the woman to a local hospital. Gallagher was unharmed. Her daughter was a bit shaken.

“When we got home, she just started to cry,” Gallagher said. “She’s such a goal-oriented kid who wants to go into medicine as a career, so I know this will just reaffirm her desire to want to help people. I’m so proud of her.”

For Gallagher, there was never a second thought about what she had to do.

“It wasn’t really a decision for me. It was just ‘do it,’” said Gallagher. “I didn’t want commendation. It wasn’t about that. It’s really about me appreciating that God put me there at that very moment to help this young lady, and I would do it over and over again.”

continued from page 1

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For more behavioral health news updates, subscribe to the BHN’s e-newsletter on www.healthnewshub.org.
Gov. Malloy dubs April 23-29 as Addiction Treatment Week

Gov. Dannel Malloy signed a proclamation declaring April 23-29, 2018 Addiction Treatment Week throughout the state of Connecticut.

The proclamation noted that, while Connecticut has made significant progress in addressing addiction, only 10 percent of those diagnosed with an addiction find the treatment they need to successfully overcome their struggle. “It is important that we continue to provide education, care, and services required in order to combat drug addiction in our state and in our nation,” Malloy wrote in the proclamation.

Rushford Medical Director J. Craig Allen, MD, chair of the Hartford Healthcare’s Clinical Counsel on Addictions and President of the Connecticut Chapter of the American Society of Addiction Medicine, welcomed the Governor’s proclamation.

“The governor has focused on this issue and implemented a number of sound initiatives to address it. In addition to active support of the state’s efforts, Hartford Healthcare has been aggressive in our attack on the opioid overdose crisis,” Allen said.

Allen said Hartford HealthCare initiatives to address the crisis include: training medical providers on safe opioid use and non-opioid pain management; professional and community overdose education and naloxone (known commercially as Narcan) provision; enhanced access to medication-assisted treatment for opioid use disorder; promotion of the safe disposal of unused prescription medications; and implementation of a program to connect recovery coaches to individuals with drug- or alcohol-related problems in emergency rooms.

“We are also implementing processes involving Electronic Health Records (EHR) to track risky prescribing practices, identify high risk patients as well as promote a standardized evidenced based approach to intervene with these patients,” said Allen.

Connecticut is one of just 12 states earning recognition for its improving efforts to protect residents from opioid overdoses according to a report by The National Safety Council.

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For more information, please contact Michaela Fissel, MFissel@AdvocacyUnlimited.org.

Emma Seppälä, Ph.D.
Researcher, Speaker, and Author of The Happiness Track
emmaseppala.com

Chacku Mathai
Speaker, Activist & Director of Mental Health Association
mharochester.org/

Charles Eisenstein
Philosopher, Speaker, and Author of The More Beautiful World Our Hearts Know Is Possible
charleseisenstein.net

Sera Davidow
Speaker, Activist, Blogger & Director at Western Mass Recovery Learning Community
westernmassrlc.org

Michigan

Bernie Siegel, M.D.
Co-Academic Director of the Integrative Health Master’s Program at the Graduate Institute, Retired Pediatric Surgeon, and the Best Selling Author of Love, Medicine & Miracles
berniesiegelmd.com

8:00AM - 5:00PM
Sheraton Hotel
Rocky Hill, CT
As the opioid crisis continues to rage across the United States, U.S. Surgeon General Jerome Adams, MD, last week urged more Americans to carry the opioid overdose-reversing drug naloxone, known commercially as Narcan.

“Each day we lose 115 Americans to an opioid overdose — that’s one person every 12.5 minutes,” Adams said in a statement. “It is time to make sure more people have access to this lifesaving medication, because 77 percent of opioid overdose deaths occur outside of a medical setting and more than half occur at home.”

The surgeon general’s move validates what many addiction experts have been promoting for years, according to Samuel Silverman, MD, Medical Director of Addiction Services at Rushford.

“Patients in residential and outpatient programs at Rushford are educated on [the availability and administration of] Narcan when they come in for assessment. They’re given the opportunity for a prescription or a kit. And, when they are discharged we make sure they are educated,” said Silverman. “We’ve been hitting it pretty hard and heavy for a number of years on this issue.”

Narcan is also available without a prescription in many drug store chains throughout the United States.

Dr. Silverman said education and distribution of Narcan falls under what he calls the three “D’s” of fighting the opioid crisis.

“First there is distribution. We must get the pills off the street and continue to improve our prescription monitoring programs. Second, there is demand. We must reduce demand by treating patients who have opioid abuse disorders. Third, we need to prevent death from overdoses. That can be done, in part, with Narcan and education about Narcan,” Silverman said.

While he admits it can be challenging, Silverman encourages family members of loved ones of someone with opioid dependency to learn more about how to acquire and administer Narcan.

Dr. Silverman and Melissa Monroe, Clinical Supervisor of Rushford Adult Outpatient Services, will be hosting a free educational seminar on the signs of an overdose and how to administer Narcan on Tuesday, April 24, from 6:30-8 p.m. at Rushford’s Avon facility at 35 Tower Lane. Registration is not required. Visit rushford.org/events or call 1.855.HHC.HERE for more information.

Surgeon general urges more Americans to carry Narcan

Institute of Living presents:

15th Annual BrainDance Awards

THURSDAY, APRIL 26 • 8 A.M. TO 1:15 P.M.

Please join us for the 15th Annual BrainDance Awards for student projects on mental illness. Each year, the Institute of Living at Hartford Hospital sponsors this academic and art competition designed to decrease the stigma of mental illness.

The BrainDance Awards encourage 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 healthcare.

Hartford Room, 2nd Floor
Commons Building
Institute of Living
Dr. Karen Blank retires from Institute of Living

Karen Blank, MD, director of the Braceland Center on Aging and medical director of the Memory Disorders Center, retired from the Institute of Living earlier this month.

Dr. Blank began her career at Hartford Hospital in 1992 on the psychiatry consultation/liaison service, according to Harold Schwartz, MD, psychiatrist-in-chief of the Institute of Living. In 1996, she became senior scientist at the Braceland Center on Aging where she has served as co-principal investigator and site director for multiple funded research projects and has authored or coauthored more than 40 peer-reviewed articles.

“We regret to see Karen leave us,” said Dr. Schwartz, “but wish her well in her next chapter.”

In 2005, Dr. Blank established the Memory Disorders Center. Under her leadership, the Center has become the major hub in northern and central Connecticut for the evaluation of patients with Alzheimer’s and other dementing disorders.

“Karen Blank is an especially compassionate physician, whose leading concerns are not only to weigh evidence carefully and judiciously to reach the correct diagnosis and formulate the best treatment plan, but to accomplish these goals while dealing with the patient and their family members respectfully and humanely,” said Godfrey Pearlson, MD, director of the Olin Neuropsychiatry Research Center.

Dr. Blank received numerous awards and honors throughout her career, most recently the 2017 Physician Leader’s Award from the Alzheimer’s Association of Connecticut. She has served as a board member of the American Association of Geriatric Psychiatry for many years and as the site director for the UConn/IOL Geriatric Psychiatry Fellowship.

“The thing most often said about Karen is that she’s one of the few physicians that other physicians turn to first in referring an elderly relative,” Dr. Pearlson said. “She is a very effective mentor and team leader. It’s been a pleasure to work with her over the years.”

Further emphasizing her many talents, Dr. Blank was the cofounder of the Connecticut Doctors Orchestra and has served as its principal cellist since 2007.

Grant will fund study on chronic hyperventilation and anxiety disorders

David Tolin, PhD, director of the Anxiety Disorders Center at the Institute of Living, recently received a $412,000 two-year grant from the National Institute of Mental Health. The grant will fund a study entitled, Mechanisms of Hyperventilation in Anxiety Disorders.

Chronic hyperventilation is a common phenomenon across anxiety disorders and may serve to maintain anxiety symptoms and inhibit treatment response. The aims of this study are to examine the peripheral and central nervous system effects of chronic and acute hyperventilation in patients with anxiety disorders, and to determine whether anxious patients are particularly vulnerable to the central nervous system effects of hyperventilation.

Carolyn Davies, PhD, post-doctoral fellow at the Anxiety Disorders Center, is also an investigator on the study.

IOL Recognition Day slated for June 27

The Institute of Living Awards and Recognition Day is scheduled for Wednesday, June 27, from 2:30-4 p.m. in the Hartford Room of the Commons Building. The awards being presented include:

- Arne Welhaven Memorial Award
- Linda J. Stacey Service Excellence Award
- Ned Graffagnino, MD Honorary Award
- Psychiatrist-in-Chief Award
- Nightingale Award for Excellence in Nursing
- Professional Practice Nursing Award
- PCA/Psychiatric Technician Dedicated to Caring Award
- CAPSEF Golden Apple Award
- IOL Staff Inducted into Quarter Century Club 2018

Berry shortcake will be served. Contact your manager for additional information.
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.** April 20, 27, May 11, 18, 25, June 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).** April 23, 30, May 7, 14, 21, June 4, 11, 18, 25. (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and April 25, May 2, 9, 16, 23, 30, June 6, 13, 20, 27. (Every Wednesday), 7 – 8 p.m. in the Commons Building, 2nd Floor, Litchfield Room. Peer run support group for those who have been diagnosed with depression or bipolar disorder.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** April 25, May 9, 23, June 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 as being prominent in their lives. The goal is to discuss support strategies to manage life challenges.

- **Trauma Support Group.** April 25, May 9, 23, June 13, 27. (Second and fourth Wednesday of each month), 6-7 p.m. A peer-led group that offers a supportive environment for individuals with any type of trauma history. Attendees will discuss relevant topics and educational materials will be available. To attend, please RSVP to Laura at 860.545.7324.

- **Hearing Voices Network (HVN).** April 26, May 3, 10, 17, 24, 31, June 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.** April 26, May 3, 10, 17, 24, 31, June 7, 14, 21, 28. (Every Thursday), 7 - 8 p.m. One hour topic discussion.

- **Dementia Support/Educational Group Meeting.** May 1, June 5. (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.

- **Introduction To Mental Health Benefits and Services.** May 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.

- **It’s Hard To Be A Mom.** May 3, 17, June 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.** May 3, 17, June 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 caring for others.

- **Substance Use Educational And Support Group.** May 10, June 14. (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.** May 15, 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.
JC Northeast leads charge in green thinking

David Heg, principal at Joshua Center Northeast clinical day treatment school, was recognized as an Outstanding Green Principal by Project Green Schools at their annual awards ceremony on Friday, April 13, at the Massachusetts State House in Boston.

Heg was recognized for leading the JC Northeast school in a variety of green initiatives, service projects and engagement in environmental and STEM education.

Journey House receives ECSU award

Journey House was selected by Eastern Connecticut State University to receive the Community Event Award, which recognizes a special event or community program that will have a lasting impact on the local community and strengthens the relationship between ECSU and the community. Journey House staff were recognized at the Service Expo Awards at the ECSU Fine Arts building on Thursday, April 19.

You’re Invited

Nightingale Reception

Monday, April 30, 2018
2:30-3:30 pm
Natchaug Community Room

Join us to honor the winners and nominees for the 2018 Nightingale Awards for Excellence in Nursing. Light refreshments will be served.

2018 Natchaug Hospital winners:
- Janice Ash
- Klari Esmaeli

2018 Natchaug Hospital nominees:
- Cheryl Armstrong
- Karen Carter
- Janette Cawley
- Audrey Curtis
- Gino D’Eliseo
- Jamie Gainor
- Michelle Gardner
- Charlene Harrington
- Alexandra Kosakowski
- Jennifer Laukaits
- Leslie Lucas
- Stacey Lancou
- Caroline Morris
- Kristen Nelson
- Judith Nodwell
- MariaPatulak
- Jennifer Pratt
- Sandra Quezada
- Kellie Thompson

Second Annual
Natchaug Hospital Charity Co-ed Softball Tournament

Saturday, June 2, 2018
Recreation Park
79 Main St., Willimantic

$200 per team – 12 team maximum
Limit 15 players per team (minimum of 6 females). All players must be over 18 years old.
Tournament format will be double elimination.
Participating players will receive a t-shirt. First- and second-place teams will receive a trophy.
Families are invited to attend (this is an alcohol-free event).

All proceeds from the event will support the Natchaug Hospital child and adolescent inpatient unit.

For more information, contact Ashley Laprade at ashley.laprade@hhchealth.org or 860.696.9872.

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For more information, contact Ashley Laprade at ashley.laprade@hhchealth.org or 860.696.9872.
Inaugural Race for Recovery will benefit Stonehaven site

Rushford will host its inaugural Race for Recovery on Saturday, May 12 to benefit programs at Rushford's Stonehaven facility in Portland. The 5K race and fun run will be held Agogliati Field at 25 Middlesex Avenue in Portland.

The idea for the race came after Rushford sponsored several Stonehaven clients in a local 5K race last year to help with their recovery. One of the sponsored clients won the race. “That’s really how the conversation for this race started. It’s a great way to engage our clients, whether they’re walking or running,” said Jilene A. Bertolini, LMFT, Director of Adult Residential Services and Adult Ambulatory Services at Middletown.

Registration for the inaugural Rushford Race for Recovery begins at 8:30 a.m. with the race starting at 9:30 a.m. Fee is $20 for early registration and $25 on the day of the event. To register, visit lightboxreg.com/RushfordRaceforRecovery. For questions about the race, contact Ashley Laprade at ashley.laprade@hhchealth.org. The race is open to all participants.

Volunteers needed

Calling all volunteers! We are looking for staff who are willing to help with Rushford’s Race for Recovery 5K on Saturday, May 12, in Portland. All proceeds will benefit clients at Rushford’s Stonehaven facility.

Please contact Ashley Laprade at ashley.laprade@hhchealth.org if you are interested in planning and/or volunteering for this fun event!

Help for those who need financial assistance

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.hartford-healthcare.org/inside-hhc/patient-support.

Avon leader gives addiction talk

On April 17, Rushford at Avon Clinical Supervisor Michelle Voegtl spoke to about 20 women from the Avon Chamber of Commerce at the 35 Tower Lane facility. Voegtle presented a talk called “Addiction 101” to the chamber’s subcommittee known as ‘the entrepreneurial women exchange network.’ Voegtle’s talk focused on addiction, stages of change, levels of care, integrative wellness and programs and services offered at Rushford.
SMART groups offer help for young adults on a weekly basis

Are you a teen or young adult struggling with an addiction? In the weekly Rushford Self-Management And Recovery Training (SMART) group, teens and young adults work to gain independence from addictive behavior, including:

- Alcoholism
- Drug abuse or addiction
- Eating disorders
- Gambling addiction
- Self-harm or injurious behavior
- Addiction to other activities

Through open discussion and education, participants will build and maintain motivation, learn coping skills to handle urges, work on managing thoughts and behaviors, and live more balanced and satisfying lives.

Group meetings are held at the following times and places:

- **Rushford at Glastonbury, 110 National Drive**: Tuesdays, 6-7 p.m. — family and friends group; Fridays, 2:30-4 p.m. — 16- to 18-year-olds; Fridays, 4:30-6 p.m.: 19- to 24-year-olds.
- **Rushford at Meriden, 883 Paddock Avenue**: Thursdays, 2:30-4 p.m. — 16- to 18-year-olds; Thursdays, 4:30-6 p.m. — 19- to 24-year-olds; Thursdays, 4:30-6 p.m. — family and friends group (separate group)

No registration or cost to participate.
For more information, contact Krystle Blake at 203.238.6800 or krystle.blake@hhchealth.org.

Annual NAMI walk set for May 19 at Rentschler Field

Join the BHN for the NAMI Connecticut Walk on Saturday, May 19, at Rentschler Field in East Hartford. Proceeds from the event go to the Connecticut branch of the National Alliance for Mental Illness (NAMI), which offers support, education and advocacy for Connecticut residents affected by mental illness.

To sign up or to make a donation, visit [https://secure.qgiv.com/event/team/814622](https://secure.qgiv.com/event/team/814622).
Identifying an Opioid Overdose and Administering Narcan

In this FREE educational seminar, learn more about:

• Signs of an opioid overdose
• What is Narcan, who should carry it and how to get it?
• How to administer Narcan to an overdose victim

📅 Tuesday, April 24 | 6:30–8 pm

Rushford
35 Tower Lane, Avon

Speakers:
Samuel Silverman
Board-certified psychiatry and neurology
Rushford Medical Director of Addiction Services

Melissa Monroe
Director, Rushford MATCH program

The event is presented in collaboration with the Canton Youth Services Bureau using funds from the CASAC mini-grant for the Change the Script opioid public awareness campaign. Snacks and light refreshments provided by Café Louise.

Registration is recomended. Call 860.284.0048 to sign up.

About BHNews

BHNews is published every other Friday. Story ideas or submissions may be sent to amanda.nappi@hhchealth.org or steve.coates@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, May 1, at noon