Staff across the HHC Behavioral Health Network began training this week in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

The trainings, which were offered at sites throughout the BHN, featured Greg Neimeyer, Ph.D., a psychology professor at the University of Florida and director of the Office of Continuing Education at the American Psychological Association.

All clinical staff are expected to be competent in DSM-5 by Oct. 1, when U.S. health care providers officially switch to the 10th edition of the International Classification of Diseases (ICD-10). The conversion to ICD-10 includes new diagnosis codes that are integrated into DSM-5.

The DSM, which is published by the American Psychiatric Association, serves as the official authority on psychiatric diagnosis for clinicians, researchers, insurance companies, pharmaceutical companies and regulators and the government. The manual’s fifth edition was published in May 2013 and replaced DSM-IV, which was introduced in 1994.

Although DSM-5 is not a major departure from the previous edition, there are a number of notable changes including:

- The elimination of the multi-axial system, to remove artificial distinctions be-
Clinical staff is expected to be up to speed Oct. 1

continued from page 1

and hoarding disorder as official, independent diagnoses.

- Changes in the names and criteria for several disorders and conditions. The first edition of the DSM, published in 1952, featured descriptions of 106 “reactions,” as termed by influential 20th century psychiatrist Adolf Meyer. Since then, newer editions of the manual shifted to research-backed categorization and have steadily expanded the number of diagnostic categories to more than 300.

To purchase a copy of the DSM-5, visit http://www.appi.org/products/dsm-manual-of-mental-disorders.

IntNSA working to form CT chapter

On March 31, Rushford at Middletown hosted a state chapter development meeting for The International Nurses Society on Addictions (IntNSA). Officer elections were held, and the results are as follows:

- Pam Waranowicz, Rushford, President
- Karen Ragaisis, Hartford Hospital, President-elect
- Monique Allgood, Rushford, Treasurer
- Dede Dwyer, Rushford, Secretary
- Mary Harris, Rushford, Board Member
- Margaret (Peg) Tracy, Veterans Administration Hospital, Board Member

Officers and members from this group have submitted paperwork and a proposed charter to the national IntNSA organization for formal chapter recognition.

Founded in 1975, IntNSA’s mission is to advance excellence in nursing care for the prevention and treatment of addictions. IntNSA has something to offer every nurse, regardless of their area of nursing practice, and welcomes other clinicians and interested parties to join as well.

All are welcome at the next IntNSA meeting at Rushford, 1250 Silver St., Middletown on May 12 from 6-8 p.m. For more information, please contact pam.waranowicz@hhchealth.org or call 860-305-6892.
Who is your hero?

My mother — because she is a strong, independent woman who had to raise three children who have their own strong, independent personalities. She is, all-around, a very caring, wonderful person who has managed to do it all, which I admire.

— Mara DeMaio, PhD, IOL Adult Day Treatment Program

Bugs Bunny — because he’s smart, witty and can utilize sarcasm to get what he needs.

— David Heg, Principal at Joshua Center Northeast CDT School

Enrique.

— Tyler DiGiovanni, Natchaug mental health worker

My hero is my mom. She was a stay-at-home mom. She did all the little things that you’re supposed to do with your kids growing up. I talk to her all the time. When anything is going wrong or when I’m happy, I go to her. She’s my best friend.

— Victoria Lays, Bilingual Secretary, HOCC Outpatient Department

The NAMI Walks team needs you

The Connecticut Chapter of the National Alliance on Mental Illness (NAMI) holds its annual NAMI Connecticut Walk on May 16, at 10 a.m. at Bushnell Park in Hartford, and you can be part of the HHC BHN team that is currently forming.

NAMI CT provides education, advocacy and leadership for our clients, patients and their families, and is a long-time partner of the BHN. Our support of their effort is a natural extension of the work we do every day!

If you’d like to be on the BHN NAMI Connecticut Walk team, please contact:

Rushford: Carol Vassar (carol.vassar@hhchealth.org)
Natchaug: Amanda Nappi (amanda.nappi@hhchealth.org)
IOL: Patty Graham (paticiac.graham@hhchealth.org)
HOCC/Midstate: Alecia Edmund (alecia.edmund@hhchealth.org)

Thanks for your continued support of NAMI CT.

Mental health is main cause of hospitalizations in Connecticut

Mental disorders surpassed respiratory problems and other ailments as the leading cause of hospitalizations in Connecticut in 2012 for children, teenagers and young adults, according to a state health department report.

According to the data, five hospitals had 12 or more percent increases in the number of days that patients with behavioral health problems were hospitalized. Some hospitals, including Hartford Hospital and Mid-State Medical Center, saw overall declines in the number of patients admitted with mental health problems, but an increase in their length of stay. In an interview with the Connecticut Health I-Team, Harold I. Schwartz, MD, psychiatrist-in-chief for the Institute of Living, cited the expansion of Medicaid and other insurance options under the Affordable Care Act for the increase, as well as an increasingly stressed population and more serious suicide attempts.

To read more, visit http://cour.at/1K4RS73.
Fourteen students and a teacher from schools across Connecticut were honored at Hartford Hospital’s Institute of Living (IOL) 12th annual BrainDance Awards on Thursday, April 23.

The BrainDance Awards is a state-wide high school academic, artistic, and mixed media competition that encourage high school students to learn 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.

BrainDance attendees also participated in touring the IOL’s Myths, Minds and Medicine museum and neuro-imaging research center, and sat in on a lecture from Otto Wahl, Ph.D., Department of Psychology at the University of Hartford entitled: “Respect, Understanding and Support: Antidotes for Stigma.”

Those honored were:

- **Academic 1st Place ($500):** Marissa Fuller, Norwich Technical High School. Project name: “Depression”
- **Academic 2nd Place ($200):** Gina Wiese, Coventry High School. Project name: “Dying for Dignity”
- **Academic 3rd Place (tie, $100):** Kerrie Bellerose and Elayne Peltier, Norwich Technical High School. Project name: “Anxiety Stigma”
- **Academic 3rd Place (tie, $100):** Hannah Vignone, Coventry High School. Project name: “Rape Victim or Rape Survivor: The Unrecognized Prejudice”
- **Mixed Media 1st place ($500):** McKenzie Clark, Bristol Eastern High School. Project name: “Schizophrenia”
- **Mixed Media 2nd place ($200):** Michaela Sassu and Hannah Levesque, Bristol Eastern High School. Project name: “Addiction: The Newest Narcotic: Prescription Drugs”
- **Mixed Media 3rd place ($100):** Paige Janick, Bristol Eastern High School. Project name: “Obsessive Compulsive Disorder – OCD”
- **Art 1st Place ($500):** Jeremy De Valle, Bristol Eastern High School. Project name: “The Journey with Depression”
- **Art 2nd Place (tie, $200):** Jordan Harbaugh, Ellington High School. Project name: “Somewhere in the World”
- **Art 2nd Place (tie, $200):** LauraLee Costello, Rockville High School (Vernon). Project name: “Struggling with Anxiety”
- **Art 3rd Place (tie, $100):** Yasmine Forte, Coventry High School. Project name: “Depression Blue Storm”

More than 250 teachers and students submitted academic, art and mixed media projects for this year’s competition.
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 upcoming IOL FRC Support Group schedule is as follows:

- **Schizophrenia: An Introduction To The Disorder.** April 28, June 30, 6:30 – 7:45 p.m. This program is for family and friends of individuals who have schizophrenia or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness.

- **Dementia Support/Educational Group Meeting.** May 5, 6:30 – 7:45 p.m. This presentation will provide an overview of benefit programs available for individuals with mental health disabilities.

- **Survivors Of Suicide Group.** 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.** 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.

- **Support Group For Families Dealing With Major Mental Illness.** 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.

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**The Disconnected Among Us:**

**Sandy Hook 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 addiction issues.

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**IOL reception for Pat Rehmer**

The Institute of Living is hosting a welcome reception for HHC Senior Vice President for Behavioral Health Pat Rehmer. This event is Wednesday, April 29, from 2:30-4 p.m. in the IOL Commons Building, Hartford Room. All are welcome. No RSVP required.
Sandi Voogd headed to HHC Medical Group

Best wishes to Natchaug H3W Facilitator Sandi Voogd, who recently accepted a position with the Hartford HealthCare Medical Group as a Lean Sensei.

Voogd arrived almost four years ago and helped to oversee the initial implementation of the H3W culture at Natchaug. Besides facilitating H3W workgroups at the main hospital and a number of the southern satellite locations, Sandi has also served as a trainer in the H3W Leadership Behaviors for the past two years.

Sandi’s last official day at Natchaug is Friday, April 24, but she will continue to work at the hospital one day a week to aid in transition.

61st Natchaug Annual Reception

Save the date for the 61st Natchaug Annual Reception on Tuesday, June 9, at the HHC East Region System Support Office, 11 Stott Ave. in Norwich.

A reception will begin at 5:30 p.m., followed by the main program at 6:30 p.m.

RSVP by June 3 to Sherry Smardon at ext. 65910 or sherry.smardon@hhchealth.org.

H3W update

At the Joshua Center Enfield location, there is a Partial Hospital Program as well as a Clinical Day School, with two separate staffs and two separate schedules. Recently, the Clinical Day School had an increase in census coinciding with staffing outages. The leaders of both programs were able to discuss the situation, and asked if staff wanted to volunteer to work extra hours.

As a result, each staff was able to work in the other program, resulting in many positives. The staff experienced different perspectives, approaches, and got to know each other in a different way. The H3W Leadership Behaviors were exhibited in several ways: the staff was in the moment, learning new skills and procedures; they were authentic in their interactions with different clients/students; they modeled high performance; and they leveraged separate realities and brought a richness to both programs.

Town Hall Meetings

Join your co-workers and Natchaug leadership for one of three upcoming Town Hall Meetings, where you can ask questions and voice opinions directly to senior leadership.

Three Town Hall Meetings:

Friday, April 24
1-2 p.m. & 3-4 p.m.
East Region System Support Office
Conference Room A, 11 Stott Ave., Norwich

Tuesday, April 28
3:30-4:30 p.m.
Natchaug Hospital
Community Room, 189 Storrs Rd., Mansfield

Webinar Info
1. Visit https://global.gotomeeting.com/join/514356637
2. Call in using your telephone:
   +1 (646) 749-3122
   Access Code: 514-356-637
   Audio PIN: Shown after joining the meeting

Questions? Contact Janet at Janet.Keown@hhchealth.org
Recent TV stories feature Drs. Allen, Murray

Two Rushford physicians were recently in the news as subject matter experts on the topic of addiction.


Rushford Medical Director J. Craig Allen, MD, was back in the news on Thursday, April 16, when he was called upon by Fox CT to speak about the heroin antidote Narcan (naloxone). View it at http://bit.ly/1JmHRkA.

Lincoln Middle School’s “Chain Reaction of Kindness” was on display on the school’s second level outside the media center.

Rushford team starts ‘Chain Reaction of Kindness’ at Meriden school

In March, Rushford prevention team members Sheryl Sprague and Krystle Blake, along with LMFT Rosalie Panito, presented a series of school-wide assemblies at Lincoln Middle School in Meriden. Grade-level appropriate presentations covered a variety of topics, including underage drinking, marijuana use, bullying and adolescent mental health.

The assembly concluded on a positive note with students creating messages to promote healing, hope, empowerment and support, all of which were linked together to create a “Chain Reaction of Kindness.” The chain was displayed in a common area of the school for all to see.
Do you know of a Rushford team member who exhibits one of the H3W Leadership Behaviors? The time has come to nominate them for a Rushford H3W Leadership Behavior Award! The 10 nomination categories mirror our H3W leadership behaviors:

- Be in the Moment
- Be Authentic and Humanistic
- Volunteer Discretionary Effort

- Model High Performance — Desired Behaviors that Drive Desired Results
- Respect and Leverage Separate Realities
- Be Curious vs. Judgmental
- Look in the Mirror First — Be Accountable
- Have Courageous Conversations
- Provide Timely, Clear and Specific Performance Expectations & Feedback
- Teach, Coach and Mentor — Spend at Least Half of Your Time Developing Others.

All nominations will be considered by the Rushford Recognition Committee. Winners will be announced at the May 2015 H3W celebrations. Please complete the form and send to shanna.lowery@hhchealth.org by May 20. Type-written nominations only please! Nomination forms are available on The Loop at http://bit.ly/1NOgqle.

Volunteers needed for Rushford Golf Classic

The 27th annual Rushford Golf Classic is just six weeks away. The tournament will be held on Friday, June 5, at Lyman Orchards Golf Club in Middlefield.

If you would like to volunteer for this important event, please contact Katie Carges (katherine.carges@hhchealth.org) or Gina McEwen (gina.mcewen@hhchealth.org) and indicate your availability. Volunteers are needed from approximately 11 a.m. – 6 p.m., but not all duties will require you to attend the full day. Thank you in advance for helping to make this tournament a success!
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 24 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.

Wednesday, April 29 from 7 – 8:30 p.m.: “The Disconnected Among Us: Sandy Hook 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 at Sandy Hook Elementary School in Newtown in December 2012, Dr. Schwartz present his insights into the mind of the mass shooter. Sponsored by Real Art Ways, Hartford Hospital’s Institute of Living and the HHC Behavioral Health Network. For more information or to register, visit http://bit.ly/1ypim69

Thursday, May 7 from 5 – 7 p.m.: “Uncovering Our Kids: Towards A Better Understanding of Teen Mental Health,” is an opportunity for parents, teachers, clinicians and others to come together and talk openly about teen depression and other disorders. Panelists include Harold I. Schwartz, MD, IOL Psychiatrist-in-Chief. The Lyceum Conference Center, 227 Lawrence St., Hartford. Tickets are $10. All proceeds go to the American Foundation for Suicide Prevention, Southern CT Chapter, and continuing coverage of adolescent mental health by the Connecticut Health I-Team (www.c-hit.org). Hosted by the Connecticut Health I-Team, in collaboration with ConnectiCare and Hartford Hospital’s Institute of Living. For more information or to register, visit http://bit.ly/1ypim69

Monday, May 11 at 6 p.m.: Older Adults Mental Health Forum, Wallingford Public Library, 200 North Main St., Wallingford. An interactive session focusing on the challenges facing older adults living with mental illness and/or addiction, along with the special obstacles faced by their caregivers, families and friends. Sponsored by Connecticut’s Older Adult Behavioral Health Workgroup. For more information, please contact Kate Kellett at 860-679-4281.

Monday, May 18 at 3 p.m.: Older Adults Mental Health Forum, Stamford Senior Center, 888 Washington Blvd., Stamford. An interactive session focusing on the challenges facing older adults living with mental illness and/or addiction, along with the special obstacles faced by their caregivers, families and friends. Sponsored by Connecticut’s Older Adult Behavioral Health Workgroup. For more information, please contact Kate Kellett at 860-679-4281.

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Wednesday, May 20 from 2:30 – 3:30 p.m.: Rushford at Meriden Town Hall Meeting, Cafeteria, 883 Paddock Avenue, Meriden

Thursday, May 21 from 2:30 – 3:30 p.m.: Rushford at Middletown Town Hall Meeting, Cafeteria, 1250 Silver Street, Middletown

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

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, April 28, at noon.
FOR SALE

2005 25-FOOT SALEM 5TH WHEEL — Excellent condition, sleeps six with queen bed in master, queen pullout and table bed. Fully equipped kitchen with stove, microwave and refrigerator — barely used. Plenty of cabinet/storage space. Bathroom on lower level, shower, toilet and sink with vanity. All upholstery throughout is in excellent condition. Includes three batteries and two gas tanks. Offering many other extras if interested including dishes, linens, etc. Asking $12,500 or best offer (serious inquiries only please). Please contact Rosann at 860-212-3994.

2006 DODGE RAM 2500 — Laramie package. 8-foot bed with running boards and rear slide window. Towing package, multi disc changer. 79,000 miles. Excellent condition. Asking $21,000 or best offer. Please contact Rosann at 860-212-3994.

1995 JEEP CHEROKEE SPORT 4X4 — Automatic, V6, 4.0L, four door, one owner. All new tires, starter, ignition switch, water pump, driver’s seat, battery, muffler tail pipe and leaf springs. Recent oil change, runs good, great to get through the snow. Black, gray interior, 202,000 miles, $1,200. Call 860-848-1106 and please leave a message.

TOTAL GYM ULTRA — “Chuck Norris” exercise system, like new condition, original owner, all attachments and manuals included. Asking $125. Call 860-376-1344 or 860-333-3820.

COMPLETE DINING ROOM SET — Light wood dining room table, two arm and four side chairs, dining buffet hutch with glass doors with light, storage room, slight wear and tear damage, $700 or best offer. Call 215-279-4907.

CHILDREN’S BICYCLES — Two Trek brand bicycles, boys bike is black, girls bike is light blue, excellent condition, $50 each. Call 860-639-9026.

MOVING SALE — Ongoing moving sale starting Friday, April 24, at 26 Pinecrest Lane, Baltic. Large Thermos cooler, $30. Toro lawnmower, self propelled, rear bagger, $100. Lawn spreader, $10. Pentex camera with flash, $125. Salt water fishing pole, $20. Two weed whackers, $10 each. All in good condition. Call 860-822-1280 for more information.

MISC. ITEMS — Oakworks portable massage table, wood frame, five years old, like new, face rest, bolster, carrying case, $350 or best offer. 12 pieces of “This End Up” furniture. Call for more information 860-642-4286 or 860-336-1314.

EVENTS

ZUMBA TO BENEFIT AUTISM — Friday, April 24, 5:15-8 p.m. hosted by the Holiday Inn, Norwich. $10 pre-registration, fee $15, dancing, raffles, prizes. 100% of proceeds benefit Autism. Call 860-978-6431.

MITCHELL FARM EQUINE RETIREMENT — Saturday, April 25, 10 a.m. to 2 p.m. Come help a local horse sanctuary celebrate this national event sponsored by ASPCA. Volunteers are needed to help with spring cleaning at the farm. Call Mary Ann at 860-887-9053 for more information and to sign up or visit www.mitchellfarm.org.

DAFFODILS AND POETRY FESTIVAL — Saturday, April 25, 2-4 p.m. at Maples Farm Park. Professional poets from all over Connecticut will read from their own work and the work of poets that have inspired them. The reading will be followed by an open mike to read your poems, light refreshments, family friendly event, free admission, free parking. For more information email maryelizabethlang@alum.barnard.edu.

CHAMBER MUSIC AT CHRIST CHURCH — Sunday, April 26, 3 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. 17th century music with Jesse N. Glaude at the harpsichord and Gavin Black at the organ. For more information email alum.barnard.edu. Take the Employee Engagement Survey May 4-May 15

- Anonymous and confidential
- Online
- Check email for your secret password
- 15 minutes to complete
- Your feedback helps us improve

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We’re listening… Tell us what you think

Hartford HealthCare