I

n March, Patricia (Pat) A. Rehmer, RN, MSN, ACHE joined Hartford Health-Care as the senior vice president for behavioral health. She comes to HHC after 16 years with the Connecticut Department of Mental Health and Addiction Services (DMHAS), where she served as commissioner for the past six years.

Though she is recognized both locally and nationally for her leadership in the behavioral health field, Pat is an easily approachable person who is viewed by many as Connecticut’s number one advocate for people with mental health and substance abuse issues.

To mark May as Mental Health Month, BHNews sat down with Pat Rehmer to learn more about her views on advocacy, recovery, stigma, discrimination, early intervention as well as a glimpse into HHC’s future role in these areas.

In the field of behavioral health, what is meant by the term advocacy?

In this field, advocacy is about recovery. It’s talking about people’s experience in the (behavioral health care) system and trying to improve the system.

Connecticut has one of the strongest advocacy communities in the nation. Advocates are not only people in recovery. They are family, friends, and providers. I consider myself an advocate. There are advocates across the spectrum. This is one of the only states where the advocates are tied to a department of the state. In Connecticut, because the advocates in the recovery movement are closely tied to the state Department of Mental Health and Addiction Services (DMHAS), there is collaboration that works to benefit the clients as they work toward recovery. These collaborations will also serve HHC well as we continue to move the system forward.

Recovery is a word more often associated with the substance abuse field, but also used as a term in mental health. From your perspective, what is recovery?

Recovery did come from the substance abuse field, but it’s been used in mental health for years. I think the best definition of recovery, though it’s a bit nebulous, is you’re in recovery if

Continued on page 2
If you use the word “discrimination,” people listen very differently.

continued from page 1

you say you’re in recovery. So recovery is whatever it means to the individual. It’s about accepting people where they are at and making sure that we are working with them on their goals. There are many different paths to recovery. That’s true on the substance use side and the mental health side.

You mentioned how well DMHAS and the various advocacy groups in Connecticut work together. How can the BHN better work within that strong advocacy movement?

The BHN needs to tap into it more. We are doing some of it. I met a young woman who is working as a peer in one of the IOL programs, and that was great. We need more of that. We need to have stronger relationships with the advocacy agencies. These agencies are in the media and are very vocal.

Working with advocates means we have to start by listening to them. We may not always agree, but we won’t know if we aren’t talking with them and listening to them. HHC has to work to engage these agencies and people’s recoveries in a different way.

Someone referred to you as Connecticut’s number one advocate for people with mental health and addiction issues. Talk about your philosophy on how advocacy works.

It’s about person-centered planning, meeting people where they are at, and understanding that treatment is important, but it’s a part of the person’s life and part of the person’s recovery. It’s not the only part of recovery. You may be getting treatment, but if you don’t have a job and a place to live, that treatment may not be as effective. If you are employed and having your first episode of depression and don’t feel comfortable talking about it, given the level of discrimination (against those with mental health and substance use issues), you’re probably going to keep it to yourself, and that’s not helpful.

Engaging families is important too. Families need to be involved in the recovery process. It’s all about having the conversation.

Tell us why you think “discrimination” is a more powerful word than “stigma.”

My thought about this is that stigma is not a strong enough word. I certainly used it all the time, too, and talked about people being stigmatized. But when I started to really look at the advocacy movement and the recovery movement, what was striking to me was that it was very similar to the civil rights movements. The one difference is that we were talking about “stigma” rather than “discrimination.” And if you use the word “discrimination,” people listen very differently. If you are discriminating against a class of individuals, that’s a very powerful statement. For example, employers and agencies that provide housing do not want to be seen as discriminatory.

This is a civil rights issue. We should not be taking people’s civil rights away because they have a behavioral health disorder.

The theme of Mental Health Month is B4Stage4, which is about early intervention. What do we need to get to early intervention? How does it tie in with advocacy? Does it tie in with discrimination?

There’s a direct correlation between our lack of prevention and early intervention and discrimination. If your child has been to a physician and diagnosed with bipolar disorder, do you want the school to know that? Chances are you may not, because you know the child is going to get treated differently (in the school setting). So how often are parents going to be willing to talk about their children’s behavioral health disorders? We’ve seen these children as young adults and they often are still having trouble in the system.

We hear from families of people who are now young adults who talk about what it’s been like for them to have a child in the system over the last 10 to 15 years. But when you are at the beginning of that journey, I don’t think you always know who to talk to because nobody wants to say, “My child is bipolar.” You’d think they’d want to say it. It’s that he has bipolar disorder, which is a medical diagnosis. So how do we get to prevention and early intervention when there is still discrimination?

What would you say to sum up your philosophy on the recovery and advocacy movements?

The one thing that resonates with so many people is that recovery is about hope, and if you don’t have hope, you’re not going to be able to recover. If somebody doesn’t have hope or has lost hope, we need to help them find it, and that’s what recovery is about. In one word, it’s hope. So we have to make sure we’re giving people and families hope that they can get better and function and live the life they want to live.

Pat Rehmer will take over the role of president of the Hartford HealthCare Behavioral Health Network in early 2016.
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: Danielle Siedsma (danielle.siedsma@hhchealth.org)

Thanks for your continued support of NAMI CT.

Next IntNSA meeting May 12 at Rushford at Middletown

All are welcome at the next IntNSA meeting, taking place at Rushford, 1250 Silver Street, Middletown on May 12 from 6 -8 p.m. The agenda will include an update on formal recognition for the Connecticut IntNSA chapter, which is currently being formed.

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.

For more information, please contact pam.waranowicz@hhchealth.org, or call 860-305-6892.

CCB to honor Pat Rehmer

HHC Senior Vice President Patricia Rehmer will be the first-ever recipient of the Dr. David Powell Award for lifetime achievement in the area of substance abuse treatment presented by the Connecticut Certification Board (CCB). She will receive this award at the inaugural CCB Annual Awards Dinner on Thursday, May 14, at the Crowne Plaza in Cromwell from 5-8 p.m.

Tickets for this event are $50 per person and include appetizers, dinner, dessert and coffee or tea. Three CEUs are also being offered, which are applicable towards initial certification or renewal of any CCB credential. There are discounted prices for the purchase of a table (eight seats). For more information, please contact Jeffrey Quamme, CCB Executive Director, at jquamme@ctcertboard.org, or visit www.ctcertboard.org.

If you could describe yourself using three words, what would they be?

Energetic, fast and helpful.  
— Jeanne Moore, Administrative Assistant, BHN CFO

Adventurous, caring, kind.  
— Nicole Habercoss, Natchaug Joshua Center Northeast

Fun, energetic, fantastic.  
— Jocelyn Nadeau, Natchaug Joshua Center Northeast

Creative, intelligent, friendly.  
— Frank Stasz, BHN Information Technology
The IOL Department of Psychiatric Vocational Services is committed to providing innovative and individualized skills to clients in on-campus work programs, while producing creative and customized products and services for customers. The goal is to provide a supportive, encouraging environment where clients can be empowered to achieve independence toward their vocational endeavors, and provide a transition to gainful employment within the community.

This department focuses on individualized goals, providing regular assessments and progress reports. Opportunities are provided to:

- Increase and practice work-related social/communication skills.
- Improve personal hygiene/grooming.
- Build physical endurance/work hardening.
- Develop confidence.
- Practice following directions.
- Enhance motivation towards task related behaviors.
- Learn through modeling.
- Acquire memory, attention, and organizational strategies.

On-campus worksites include the IOL cafeteria in the Donnelly Building, the gift shop in the Carolina Cottage, and the IOL greenhouse, which celebrates its grand reopening on May 21 from 9 a.m. to 2 p.m. These locations offer a variety of options for clients to learn different skill sets in a program that currently averages 25 clients. Clients are paid minimum wage and participate for approximately 3 to 6 months.

In addition, there is the On the Horizon clothing store, providing pre-vocational experiences for individuals unable to meet the requirements of the paid program. The On the Horizon clothing store distributes clothing for clients across the campus in need of appropriate work attire for the IOL and their future ventures.

Once clients have completed the work skills program, the staff of the Psychiatric Vocational Services program connects them with outside vocational sources for further support from organizations like the State of Connecticut Bureau of Rehabilitation Services and Easter Seals.

For more information or to refer an IOL client for entry into the Psychiatric Vocational Services program, please contact tammy.petrik@hhchealth.org, or patricia.wardwell@hhchealth.org.

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!

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

What you do matters.
What you think about your work life matters too.

My Future Online
One site.
Everything you need to understand your retirement benefits and plan for the future.
Coming to a screen near you on April 27, 2015 at hhcareers.hh.com.
Bringing H3W concepts to a younger generation

Last year, Rushford H3W Performance Improvement Facilitator Rhonda Papallo, and her friend, Tricia Perra, spent an afternoon with their sons, Aidan, Cole, Evan and Owen.

According to Papallo, “As moms, we’re always looking for new ways to teach life’s lessons. We discussed how cool it would be to have our boys learn the (H3W Leadership) Behaviors. So we sat the boys down, passed around the H3W Leadership Behavior cards, discussed the meaning of each of the 10 Leadership Behaviors, then the boys re-wrote them with words that made sense to them.” The list below is what the boys came up with.

But that wasn’t the last time Papallo and Perra used the H3W leadership principles as teaching tools.

“Fast forward to a few months later and the boys spent over an hour artistically creating Leadership Behavior Boards - a collage of words which held the most meaning to them. These hang in each of their rooms as a reminder of the actions for which they strive every day,” said Papallo. “Being young boys, they (and we) also know that it’s about Progress…not perfection.”

Have you used the H3W Leadership Behaviors outside of work? Let us know!

HHC H3W Leadership Behaviors

1. Be in the moment
2. Be authentic and humanistic
3. Volunteer discretionary effort constantly.
4. Model high performance — desired behaviors that drive desired results
5. Respect and leverage separate realities
6. Be curious versus judgmental
7. Look in the mirror first — be accountable
8. Have courageous conversations
9. Provide timely, clear and specific performance expectations and feedback
10. Teach, coach and mentor — spend at least half of your time developing others.

H3W Leadership Behaviors in Kid Language

1. Focus on what you are doing and don’t be distracted
2. Be real and caring
3. Do good things without being asked and when no one is looking
4. Be consistently good
5. Be aware that people are different and have different thoughts
6. Ask questions instead of judging
7. Take responsibility for your actions
8. Be brave when talking about uncomfortable things
9. Be specific with what you need
10. Be a good friend and help others

East Region, BHN clinicians speak on synthetic marijuana

The Hartford Health Care Behavioral Health Network and the HHC East Region made national headlines after five people were hospitalized from overdosing on a potentially tainted batch of synthetic marijuana — also known as K2 — in eastern Connecticut.

Rushford Medical Director J. Craig Allen, MD, and HHC East Region emergency department nursing director Karen Butterworth-Erban, RN, were interviewed by reporters from all four Connecticut TV stations and the local and national Associated Press about the dangers of K2 and the signs of an overdose. The story also appeared in several publications and TV and radio newscasts across the country.

Butterworth-Erban told the Associated Press that there has been an uptick in cases at both Windham and Backus hospitals since March.

“There has not only been an increase in cases but an increase in enhanced presentations,” she said. “The chemicals that are added to the plant material certainly cause some mind-altering effects. We are going to see agitation, confusion, hallucinations.”

Willimantic Police have arrested four people in connection with the case.

Synthetic marijuana is an herb sprayed with chemicals meant to mimic the high produced by marijuana. It has been illegal in Connecticut since 2012.
Clinical trial study participants needed

In addition to direct clinical services to patients, Hartford Hospital’s Institute of Living supports and augments its clinical excellence through research at the Olin Neuropsychiatry Research Center; the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy (CBT); The Braceland Center for Memory and Aging; and The Burlingame Center for Psychiatric Research and Education.

As part of the research taking place at IOL, volunteers are needed to help with numerous clinical trials including: Adolescent Schizophrenia, Pediatric and Adolescent Bipolar Disorder, Pediatric and Adolescent Depression, Adult Generalized Anxiety Disorder, Adult Major Depressive Disorder, Adult Bipolar Disorder and Schizophrenia, Schizophrenia and Autism Research, Alcoholism, Teen Depression and Alcoholism.

For more information and greater details about these clinical trials, go to http://bit.ly/1EkaZFc.

IOL Department of Psychiatric Vocational Services cordially invites you to the

IOL Greenhouse
GRAND REOPENING

Thursday, May 21
9 am – 2 pm

Specials deals on open house day only on herbs, vegetables and perennials as well as starter plants for gardeners from beginner to master.

All plants for sale in the greenhouse are cared for by IOL clients working in the program. Come and support their hard work!

For more information, contact laura.mathews@hhchealth.org or patricia.wardwell@hhchealth, or call 860-545-7297.

Schwartz mass shooter seminar now on video

The presentation, “The Disconnected Among Us: Sandy Hook and the Mind of the Mass Shooter,” by IOL Psychiatrist-in-Chief Harold I. Schwartz, MD, is now available for viewing online at http://bit.ly/1JX0j3F. It was recorded at Real Art Ways on Thursday, April 29. Local TV coverage of this event, also featuring Dr. Schwartz, may be found at http://bit.ly/1Eb5eJQ.
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 additional 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:

- **Managing Schizophrenia.** May 19, 6:30 – 7:45 p.m. This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home.

- **Peer Parent Support Group For Those With Children On The Autism Spectrum.** May 20, June 17 (Third Wednesday of each month), 6– 7 p.m. Facilitated by Goviana Morales, Family Resource Center Peer Volunteer and parent of a child on the autism spectrum. This group is open to any parent who has a child on the spectrum.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** 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.** May 14, June 11 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.

- **The Truth About Electroconvulsive Therapy and Transcranial Magnetic Stimulation.** 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.

- **Sibling Support Group.** 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 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.

- **Dementia Support/Educational Group Meeting.** 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.** 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.

- **Anxiety Disorders: An Introduction.** June 16, 6:30 – 7:45 p.m. This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and specific suggestions to help them better cope with the illness.

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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, May 12, at noon.**
Fire safety reminders

As a reminder, all employees are responsible for knowing, adhering to and enforcing Natchaug Hospital’s fire safety policies. With your help, we can maintain client care and safety in the event of a false alarm or real emergency.

■ The fire alarm system will go off in the event of smoke or a sprinkler release. In the event of a smoke alarm, the system can read specifically which smoke detector went off and will specify the area on the enunciator panel. When this happens, the reader can just page whatever area is being displayed on the panel.

■ When the alarm is going off because a sprinkler went off in the absence of fire or smoke, the enunciator panel only reads that there is a loss of pressure in the system because the water is running, moving and dumping. It cannot detect where the release is, only that the system is activated. When this happens, the alarm will be going off but the panel will not indicate where the problem is. If you are in the area when a sprinkler releases, you must immediately page where the Code Red is happening and then remind the receptionist to repeat the page several times from the desk (or the Adult Unit during off-hours).

■ This is specified in the hospital fire response procedure: “If a sprinkler releases in any area of the building, immediately page from the area where the sprinkler is running (the enunciator panel does not specify the area of a sprinkler release, it will only indicate that the system has been activated) and notify the front desk to repeat the page several times.”

■ When the fire alarm goes off, everyone is required to immediately respond to the alarm in whatever manner you were trained given your staff roles and responsibilities. Even if it becomes known that the event was a false alarm, alarm pull or sprinkler release, staff may not return to normal operations until an “all clear” is called. Regardless of the reason for the alarm, only the fire department can give a clear as the building should not be occupied during any time that the fire system is active. Until the fire department resets the system and allows an all clear, no one should return to regular operations.

Weigle presents video game addiction lecture at Harvard

Natchaug Associate Medical Director Paul Weigle, MD, recently presented the grand rounds lecture on the topic of video game addiction at Harvard Medical School-affiliate Cambridge Hospital. Dr. Weigle, who has presented on the topic of video game and internet addiction at the American Academy of Child and Adolescent Psychiatry Media Committee Annual Meetings, will again present at the Harvard Medical School Combined Child and Adolescent Psychiatry Fellowship Lecture Series at McLean Hospital and at the Child Psychiatry Grand Rounds at Brown Medical School-affiliate Bradley Hospital.

Three JC Shoreline staffers get awards

Three Joshua Center Shoreline CDT School employees were presented with official citations from the Connecticut General Assembly for their exceptional work.

Educational assistant Elizabeth Boxley, assistant principal Carmela Smith and teacher Elizabeth Sankow were given the awards by State Rep. Ernie Hewett of the 39th District. Boxley was recognized for her exceptional service to the adolescent population while pursuing higher education in order to be a professional in the field of criminal justice; Smith was recognized for exceptional work with adolescents, professionalism and leadership skills as a supervisor to future social workers and allowing an environment that is caring, safe and approachable; and Sankow’s award was for exceptional service as a teacher. She was commended for her hard work, enthusiasm, commitment and dedication to her profession, and being an inspiration to her students.

From left, Educational assistant Elizabeth Boxley, intern Eveliz Valentin, and teacher Elizabeth Sankow.
NEW BEGINNINGS

61st Annual
Natchaug Hospital Board Reception
Tuesday, June 9, 2015
Hartford HealthCare East System Support Office,
11 Stott Avenue, Norwich, CT (across from Dodd Stadium)

Join us as we recognize members of the Board of Directors who have served Natchaug over the years.
Invited remarks by:
• Elliott Joseph, President and CEO, Hartford HealthCare
• Stephen W. Larcen, Ph.D., President of the Hartford HealthCare Behavioral Health Network and Natchaug Hospital
• Pat Rehmer, Senior Vice President for Behavioral Health, Hartford HealthCare

5:30 PM Reception
6:30 PM Program
RSVP by June 3 to: Sherry Smardon 860.465.5910 or Sherry.Smardon@hhchealth.org

Kudos to IICAPS team
To the IICAPS Program Director,
We would like to express our thanks and appreciation for all the help and support that Lisa Donahue and your team have given us. Making the transition from a residential treatment center back into the home and community can be an unstable period in a young person’s life. But, having Lisa assist us through this time was immeasurable... Lisa’s professionalism, technical knowledge, compassion and support were critical to our family getting back on track and helping us to understand that this is a journey that will not change overnight, but rather will improve in time... Thank you for everything!
— A family served by the IICAPS program

Cupcake bouquet
Natchaug receptionist Antonella Bonesse is offering homemade cupcake arrangements and bouquets for Mother’s Day. For more information or to place an order, e-mail Antonella_Bonesse@hotmail.com.

New marketing campaign under way
The PR and Marketing team is excited to announce the launch of a Rushford Spring/Summer advertising campaign consisting of radio (Hartford and New Haven markets), print, search engine marketing, an overarching digital buy (including WebMD), and Pandora Internet Radio.

The campaign began on Monday, May 4, and continues through September. The buy focuses on Rushford at Stonegate and Rushford’s suboxone program, but is aimed also at raising Rushford’s overall public profile and recognition in the community. To listen to one of the two radio spots that are part of this campaign, visit http://bit.ly/1QqDV6T.
Allen becoming a popular source for media perspective

Rushford medical director J. Craig Allen has been back in the media spotlight in recent weeks as a subject matter expert in the areas of mental health and addiction. On Thursday, April 30, he appeared on Channel 8 talking about the hazards of the party drug flakka (http://bit.ly/1GVBS6o). On Friday, May 1, he was the guest of WTIC-AM morning show host Ray Dunaway to talk about Mental Health Month (http://bit.ly/1F2AIZu).

He also spoke with Pat Robb, Connecticut bureau chief for the Associated Press, on synthetic marijuana following the rash of cases in eastern Connecticut.

In addition, he’ll be a speaker at Hartford HealthCare’s pain management symposium, Broadening Our Perspective on Pain Relief: A Multidimensional Approach, on Thursday, May 14, at Hartford Hospital’s Heublein Hall. Dr. Allen’s presentation is entitled, “Pain Management in the Patient with Psychological Co-Morbidities.”

Broadening Our Perspective on Pain Relief: A Multidimensional Approach is a day-long series of presentations designed to help clinicians identify patients who have complex pain syndromes, and multimodal, multidisciplinary approaches to managing their acute and chronic pain, with the goal of improving the patient experience. For more information, visit the events section of BHNews.

Town Hall Meeting

Join your co-workers and Rushford leadership for a Town Hall Meeting in May.

- Ask questions about topics that are relevant to you
- Voice opinions directly to senior leadership

Tues., May 19
2:30 to 3:30 p.m.
Rushford at Durham Rec. Room

Wed., May 20
2:30 to 3:30 p.m.
Rushford at Meriden Cafeteria

Thurs., May 21
2:30 to 3:30 p.m.
Rushford at Middletown Cafeteria

Questions? Contact Laurie at laurie.clinton@hhchealth.org

Rounding dates

Below is the schedule for Leadership Rounding. On these days, managers from the BHN and Rushford will be visiting the assigned areas for candid conversations with staff regarding program issues, the employee engagement survey, H3W and other issues of importance to you!

- **Wednesday, May 13:**
  Rushford at Meriden: Zone 1 (Admissions/CSR/Reception) and Zone 2 (Dietary/Facilities/HIM)

- **Tuesday, May 19:**
  Rushford at Meriden: Zone 4 (HR/Reg/Clinical UM), Zone 5 (Adult OP 2nd floor) and Zone 6 (CSP/RP/Crisis/Respite/Jail Diversion)

- **Friday, May 22:**
  Rushford at Middletown: Zone 3 (Detox/Residential) and Zone 4 (outpatient)
Save the Date!

The 27th Annual

RUSHFORD GOLF CLASSIC

Friday, June 5, 2015
Lyman Orchards Golf Club
Middlefield, CT

For more information, please call 203.630.5229 or contact RushfordGolfTournament@hhchealth.org

Rushford Foundation, Inc.
883 Paddock Avenue, Meriden, CT 06450

Proceeds raised from the 2015 Rushford Golf Classic will be used to support Rushford’s child and adolescent prevention and treatment programs.

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 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.

• 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.

• Thursday, May 14 from 7:30 a.m. to 4 p.m.: Broadening Our Perspective on Pain Relief: A Multidimensional Approach, Hartford Hospital Education & Resource Center Heublein Hall, 560 Hudson St., Hartford. Please register online thru Health Referral Services at www.harthosp.org/PainSymposium or call the Health Referral Service line at 860-545-1888 or 800-545-7664. Registration fee Non-Hartford HealthCare professionals $100, Hartford HealthCare professionals $50, students $35

• 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.

• Tuesday, May 19 from 2:30 – 3:30 p.m.: Rushford at Durham Town Hall Meeting, Recreation Room, 459 Wallingford Road, Durham

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

2004 CADILLAC ESCALADE — Black/beige six-passenger vehicle, 22-inch chrome wheels, custom grill, DVD, navigation, beautiful condition. 98,000 miles. $12,500. Call 860-434-5635.

2001 HARLEY DAVIDSON SPORTSTER 883 — Forward controls, custom paint. 14,000 miles. $4,200 or best offer. Call 860-334-1581.

1999 BLUE FORD F150 — V8, 122,000 miles, asking $2,500 or best offer. Call 860-315-0795.


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.

MOVING SALE — Large Thermos cooler, lawn equipment, metal wheelbarrow, Pentex camera with flash, salt water and fresh water fishing poles, all in good condition. Call 860-822-1280.

ESTATE SALE — King bedroom set, by top maker “Hooker.” Modern cherry, four-poster bed, dresser with mirror, nightstand, wardrobe, $1,500. Microfiber sectional sofa, brown, no rips or stains, easy to clean, $300. All in great condition. Can text pictures. Call 860-608-4582.

EVENTS

YARD/PLANT SALE — Saturday, May 9, 9 a.m.-1 p.m. at Norwichtown Green. Sponsored by the Yantic Fire Company Women’s Auxiliary. Yard sale vendors welcome. Call 860-859-1150.

TAG SALE — Saturday, May 9, Route 169, Lisbon, two family tag sale.

SPRING CONCERT/ART SHOW — Saturday, May 9, 4 p.m. at the St. Michael Center, School Hill Road, Baltic. Presented by The Academy of the Holy Family, the program will feature the Academy Concert Choir, the Alumnae Chorus and artwork from the Art Department. Call 860-822-8241 or email sistermarypatrick@gmail.com.

2015 VOLUNTEER REGISTRATION

Hartford HealthCare

How to Register:

- Go to www.TravelersChampionship.com/Volunteers
- Select REGISTER NOW (red button below photo)
- Select REGISTER HERE (green button at top left of page)
- Click “Select” button next to Hartford HealthCare Volunteer
  - A box will appear to enter a promotional code
  - Enter the code healthcare2015
  - Click the “Validate” button next to the code you just entered
  - Then click the green “Continue” button at the bottom of the page
- On the next screen you will create a username and password
  - IMPORTANT NOTE: If you have volunteered in past years, you will need to re-establish a username and password. You can use the same username and password you have used in the past, but you need to re-establish it. Account information is not held over from year to year.
  - Click “CHECK USERNAME” to check availability
- Once your username has been verified, proceed through the registration questions on the first two pages
  - When you select your volunteer (committee) preferences, please note that Hartford HealthCare employees are required to sign up for at least one shift in the Volunteer Villa
  - On the third page, under “Current Items,” you will see (1) this Hartford HealthCare package selected. As a thank you for volunteering, Hartford HealthCare will be covering the cost of your package.
  - Click the green “Continue” button at the bottom of the page to complete your registration
  - You will receive an email to the address you provided in your registration:
    - a) To verify when your registration is complete
    - b) When you have been assigned to a volunteer committee and/or when you have been assigned specific shifts for a committee

Your Volunteer Package Includes:

- Official Travelers Championship golf shirt
- Official Travelers Championship hat or visor
- (1) weekly GROUNDS admission – may be used for friends/family and multiple days
- Lot B parking pass, valid for each day of volunteering
- Complimentary meal for shifts worked
- Invitation to the Volunteer Party on Saturday of tournament week
- Hartford HealthCare reusable water bottle and other great items!

JUNE 22-28, 2015 | TPC RIVER HIGHLANDS | CROMWELL, CT