Celebrity deaths put focus on suicide

Recent events show how fame and happiness do not always go together

Designer Kate Spade is dead at 55. Chef and CNN world traveler Anthony Bourdain is dead at 61.

These are just the latest in a long line of tragic, high-profile deaths by suicide. Google “celebrity suicide” and the lists are seemingly endless. They stretch back centuries. Included are people whose influence on our collective culture remains strong today: Robin Williams, Kurt Cobain, Sylvia Plath, Ernest Hemingway and Marilyn Monroe.

By all outward appearances, celebrities have it all: fame, fortune, talent and power. Yet none of that could save the people on these lists from the ravages of the mental illnesses that ultimately appear to have caused their deaths.

“Depression and suicide do not discriminate,” said James F. O’Dea, PhD, MBA, vice president of the Hartford HealthCare Behavioral Health Network. “They impact the rich and the poor, the famous and the not so famous, men and women, young and old.”

Perhaps most significant now — in the immediate aftermath of the deaths of Spade and Bourdain — is the significant and continued influence of their celebrity. Bourdain, in particular, was a master communicator, publicly portraying a zest for life and adventure that belied his personal demons of addiction.

What you can do

If you or someone you know is experiencing an immediate mental health crisis, including suicidal ideation, the first step to get help is by calling 9-1-1, or visiting your local hospital emergency department.

Other resources include the National Suicide Prevention Lifeline at 1.800.273.8255, and the Crisis Text Line (text the word “HELP” to 741741), as well as an anonymous depression screening available at http://screening.mentalhealthscreening.org/NATCHAUG, and numerous short-term and long-term recovery options available across Connecticut from the Hartford HealthCare Behavioral Health Network.

Continued on page 2
Suicide is never an option. Not today. Not tomorrow. Not ever.

continued from page 1

and mental illness.

According to a 2007 study published in the Journal of Epidemiology and Community Health, “Celebrity suicide is a risk factor for suicidal ideation over a short term as well as over a long term.”

What that means can be unfortunate — that even from their graves, these celebrities are telegraphing to large masses of people a dangerous and untrue message: Ending one’s life is a solution to ending mental illness. Kate did it. Robin did it. Marilyn did it. Anthony did it. It must be OK for me, too.

And that’s where some celebrities fail society as a whole: Suicide is never an option. Not today. Not tomorrow. Not ever. The voices — earthly and otherwise — telling you that it is OK to hurt yourself are just plain wrong.

But there is something positive to gain from our grief in the aftermath of the deaths of Kate Spade and Anthony Bourdain.

“Prominent incidents like these give us the chance to talk more about mental health and recovery, and get ahead of the issue,” said O’Dea.

Hartford HealthCare designers win awards for BHN projects

Hartford HealthCare designers were recognized in the Graphic Design annual Health and Wellness awards competition for their work on the Institute of Living publication The Record and the annual reports for Natchaug Hospital, Hartford Hospital and Rushford.

Ten samples from Hartford HealthCare were submitted to the annual in-house competition, along with entries from long-established in-house agencies from all corners of business such as Bose, Timberland, Timex, Nestle, and others.

More than 5,000 entries were received and less than 15 percent were recognized, including the four Hartford HealthCare submissions.

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, June 26, at noon

PGA Tour event in Hartford looking for volunteers

Hartford HealthCare is the official Volunteer sponsor at the Travelers Championship June 18-24 at TPC River Highlands in Cromwell. As in the past, HHC employees are invited to volunteer at the tournament.

Volunteers ages 16 and older have the opportunity to fill more than 30 different volunteer positions ranging from hospitality to event services. Volunteer shifts are available Monday through Sunday of the event. HHC employees who plan to volunteer during work time should speak with their manager and arrange for PTO.

To learn more, please go to https://bit.ly/2rQTFuP. If you plan to volunteer, select Hartford HealthCare Volunteer and enter the security code: healthcare2018.

Correction

In the June 1 issue of BHNews, staff in the Charlotte Hungerford Mother’s Day event were incorrectly identified as moms. All those listed in the photo are CHH employees who helped develop and run the event. From left are Carmen Hernandez, Elizabeth McLaughlin, Joan Neveski, Beth Birden, Cassandra Ganio, Lisa Newberry, Melissa Samok, Evelyn Rodriguez and Christine Talbot.
Ed Hare was more than ready to get help when he met his recovery coach. He just didn’t know where to start. The 71-year-old, who has battled alcoholism for years, said he finally had had enough following an embarrassing situation at a family gathering prompted him to seek help at a local emergency department. There he was connected to recovery coach Jay Osborne who came directly to the hospital to help him take the first steps in his recovery journey.

“Jay took this on a very personal level, found out about me, and met my family. He asked me what I thought recovery should look like and why I want to do it. He really put me at ease,” said Hare.

Osborne helped him navigate the oftentimes frustrating process of finding treatment that was right for him.

“The program is a really simple concept: one person taking a personal interest in another person’s recovery and asking how we can assist you,” said Osborne. “We’re not clinical staff or there to do a psychological analysis. We’re just there to support their recovery efforts.”

Hare and Osborne were among the more than 25 community leaders, recovery advocates and healthcare professionals who packed the Bernard Desrosiers Room at Windham Hospital for a roundtable discussion hosted by U.S. Sen. Chris Murphy on Tuesday, May 29, to discuss how the recovery coach program has become an important tool in battling substance abuse.

Recovery coaches work directly with patients after they receive emergency care for a substance use disorder, such as opioid addiction, or if they come in seeking treatment for a substance use disorder. The successful program, a partnership with Connecticut Community for Addiction Recovery (CCAR), the Department of Mental Health and Addiction Services (DMHAS) and the BHN, is available at Backus Hospital, Hartford Hospital, MidState Medical Center and Windham Hospital.

Murphy said because of the success of the program in Connecticut he hopes to see it expand nationally. With the possibility of cuts to state funding for programs like recovery coaches looming, Murphy said there is relief from the federal government which has dedicated $6 billion dollars in emergency funding over the next two years to help supplement state efforts to battle addiction.

“That’s still not enough but it’s better news than we’ve had in a long time. We’ve finally woken up policymakers to the fact that we have to do something here,” Murphy said.

In addition, Murphy has introduced legislation that would establish a federal grant program to help state’s pay for recovery coaches.

Windham Hospital Emergency Department Medical Director Mark Dziedzic, MD, said recovery coaches have been an important resource in helping his patients connects to services.

“When patients come in we ask them if they’re interested in recovery. Now,
Celebrity suicides draw national attention

After two high-profile celebrities took their own lives in the last few weeks, experts from the Behavioral Health Network made the rounds of local media outlets to discuss the signs, symptoms and prevention of suicide.

On June 11, Dr. Jim O’Dea, PhD, MBA, vice president of operations for the Hartford HealthCare Behavioral Health Network was a guest on NBC CT. [https://youtu.be/8BiispylhwA](https://youtu.be/8BiispylhwA)


For more behavioral health news updates, subscribe to the BHN’s e-newsletter on [www.healthnewshub.org](http://www.healthnewshub.org).

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We’re able to hand the football off to recovery coaches and they run with it

continued from page 3

we’re able to hand the football off to recovery coaches and they run with it. In the past, we didn’t have the resources to do that,” Dr. Dziedzic said.

Through February, coaches in emergency departments have helped link 920 of 947 (97 percent) patients to care, which includes detox, community support, inpatient, outpatient, intensive outpatient and medication-assisted treatment.

For Hare, that initial connection with his recovery coach showed him that recovery was attainable. Now, more than a year sober, Hare is training to become a volunteer recovery coach hoping to help others like Osborne helped him.

“A large part of recovery is reaching out and helping others,” said Hare. “I see the positive changes in my own life and I want other people to have the same rewards.”

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How can you help HHC save up to $1 million a year?

It’s easy. Think before you print!

Here’s some ways to save:

- View agendas, emails and presentations on a screen instead of printing multiple copies.
- Print double-sided to use less paper.
- Print in black and white instead of color to cut down on the cost of ink.

The new system-wide print policy and partnership with Ricoh saves money and resources. For more information and print-saving tips, visit the Managed Print Services page of HHC Connect. Every dollar we save helps make care more affordable.

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A special offer for Hartford HealthCare employees

10% off

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IN THE SWING

Second annual Natchaug charity softball tournament benefits child and adolescent unit

Left: Natchaug Hospital mental health worker Ben Nazario, served as pitcher for the Natchaug team. It was Nazario who came up with the idea for the charity tournament last year. Eleven teams took the field Saturday, June 2, at Recreation Park in Willimantic for the second annual event.

Far left: Hartford HealthCare East Region Director of Ambulatory Services Carrie Pichie, PhD, winds up to throw the ball.

Behavioral Health Network President Pat Rehmer, MSN, ACHE, checks to see if the rain has stopped during a passing shower at the tournament.

Hartford HealthCare East Region Board of Directors member Lynne Quintal-Hill waits on first base.

Rushford was one of three Hartford HealthCare organizations to field a team at the Natchaug softball event.

Oliver, the therapy donkey, was a popular visitor at the event.
While for many, school is almost over, it’s back-to-school time at HHC. The annual required learning period opened April 23 and ends July 1. The good news is with new earlier deadlines, you can complete your classes before heading out for summer vacation. This is the second year that Hartford HealthCare employees will complete annual required learning on a consistent schedule with the same expectations no matter where you work in our system.

But based on your feedback, we are offering different curricula for clinical and non-clinical employees this year. This will help ensure that completing the online classes is a more meaningful investment of your time. If you believe you have been assigned the incorrect material (e.g. you are a nurse and you received the non-clinical courses), please submit a ticket through the online ITS Help Desk portal (after you log in click “Report a Problem,” then the HealthStream icon) and the assignment will be fixed.

The deadline to complete your assigned courses is July 1. The consequences of failure to complete the requirements are consistent with the flu vaccination policy and include suspension for up to two weeks until the courses are completed and termination if the courses are not completed two weeks after the deadline. Employees hired after April 22 will complete their assignments during orientation.

Required clinical courses are:
- Compliance and Privacy
- Rapid Regs Common Elements Clinical
- Rapid Regs Clinical Part I
- Rapid Regs Clinical Part II

Required non-clinical courses are:
- Compliance and Privacy
- Rapid Regs Common Elements Non-Clinical Part I
- Rapid Regs Non-Clinical Part II

These courses are designed to be interactive, engaging and brief, so they can be completed quickly. With each of us completing annual required learning at the same time, on the same platform, we can ensure that we are all equipped to provide the safest, most coordinated care the patients, families and communities that depend on us.
The Connecticut EAPA Chapter Presents:

**PLUGGED IN:**
“The Good, The Bad, & The Ugly of the Information Super Highway on the Workforce”

Thursday, June 21, 2018
7:30 am – 2:15 pm
Zandri’s Stillwood Inn, 1074 S. Colony Road, Rt. 5, Wallingford, CT 06492

7:30 – 8:15: Registration and Hot Breakfast (included)

8:15 – 8:25: Welcome, Dan Boissonneault, CEAP, SAP, LAP-C, CTEAPA President, Senior EAP Coordinator IAMAW District 26 Higganum, CT

8:25 – 8:30: *Exit 1 off the Information Super Highway – brake for a mindful pause!*
Bud Wassell, MS, CEAP, LPC, Coordinator, EAP and Mindfulness Instructor, Yale New Haven Health System

8:30 – 9:45: **MORNING KEYNOTE** *Web Junkies: Understanding Internet Disorders* Paul Weigle, MD, Child & Adolescent Psychiatrist, Chairman of the American Academy of Child & Adolescent Psychiatry’s Media Committee, Natchaug Hospital, Hartford Healthcare

9:45 – 10:45: **Computer and Sex Addiction in the Workplace** Libby Timmons, M.Ed., LISAC, CEAP, President-Elect of the national Employee Assistance Professionals Association (EAPA)

10:45 – 11:00: Break with Exhibitors

11:00 – 12:00: *Technology, It’s Effects on Communication, Society and Our Future Workforce*
Susan Cardillo, Ph.D, Assistant Professor of Digital Media & Journalism, School of Communication, University of Hartford

12:00 – 12:40: Lunch (included)

12:40 – 12:45: *Exit 2 off the Information Super Highway – brake for a mindful pause!*
Bud Wassell, MS, CEAP, LPC, Coordinator, Employee & Family Resources (EFR) Program, Yale New Haven Health System

12:45 – 2:00: **AFTERNOON KEYNOTE** *Virtual Addiction: An Introduction to Treatment Considerations in Internet Use Disorders* Dr. David Greenfield, Assistant Clinical Professor of Psychiatry, University of Connecticut School of Medicine. Founder, the Center for Internet and Technology Addiction

2:00 – 2:15: Closing Remarks, Dan Boissonneault, CEAP, SAP, LAP-C, CTEAPA President, Senior EAP Coordinator IAMAW District 26 Higganum, CT

**TO DOWNLOAD ATTENDEE OR EXHIBITOR REGISTRATION FORM ONLINE:** WWW.CTEAPA.COM

**EXHIBITOR’S REGISTRATION QUESTIONS:**
Contact Vivien Bergl at 860-972-5309
Vbergl@solutions-eap.com
Fax: 860-545-2483

$200 Non-profit (additional $30/person)
$300 For Profit (additional $30/person)

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**Registration**

Name ____________________________
Company ____________________________
Phone ____________________________ Fax ____________________________
Email ____________________________

☐ EAPA Member, $120 postmarked by 6/14  ☐ EAPA Member, $140 after 6/14
☐ Non-member, $130 postmarked by 6/14  ☐ Non-member $150 after 6/14
☐ Student, $50 postmarked by 6/14  ☐ Student, $70 after 6/14

Send Registration and check payable to CT EAPA to: Attn: David Francis, 39 New London Turnpike, Suite 230, Glastonbury, CT 06033 OR pay online via Paypal - www.cteapa.com
**IOL Recognition Day** scheduled 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 the 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 and an IOL staff member will be inducted into the Quarter Century Club.

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**Roadmap to Retirement**

**People of all ages should be thinking ahead and planning for retirement. But where do you start?**

Join the IOL’s Family Resource Center for a Financial Wellness Series open to all employees and their families. This series will be presented and sponsored by Financial Advisors with Coburn & Meredith, Inc.

One more offering of the 60-minute introductory session is coming up to teach you about the main challenges of retirement: saving enough while trying to meet your life goals, and ensuring you never outlive your money. Fifteen minute, one-on-one meetings with the advisors will be available.

**Wednesday, June 20**
Hartford Room, Commons Building
Noon to 1 p.m.

**Lunch and Learn Workshops**

Bring your lunch to Clark Social, Staunton Williams Building, to dive deeper into the following topics:

- **Medicare and Social Security Planning: July 9 and August 9**
  Maximizing Social Security and understanding your Medicare options

- **Train Your Brain: August 16 and August 23**
  Understand the brain and improve focus while decreasing your risk of dementia

- **Budgeting and Cash Flow Analysis: July 12 and July 19**
  Learn how to build a financial action plan

**To RSVP, contact Laura Durst**
Laura.Durst@hhchealth.org
860.545.7324

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**Neuro grant to study bariatric surgery outcomes approved**

A grant application submitted by the Olin Neuropsychiatry Research Center and the Hartford Hospital Metabolic and Bariatric Surgery Center has received preliminary approval for funding. The grant application is titled, “Neuroimaging Predictors of Bariatric Surgical Outcomes.”

In 2012, an award of $836,670 from Hartford Hospital led to the development of an Interdisciplinary Center on Obesity Research and an important pilot study on neuroimaging predictors of bariatric surgical outcomes. The study served as the basis of this latest grant application submitted to the National Institute of Diabetes and Digestive and Kidney Diseases.

“This award will place our program on the map of academic excellence in bariatric surgery, as there are only a handful of bariatric programs nationally that have been awarded NIH grants,” said Pavlos Papasavas, MD, director of research and Department of Surgery co-director for bariatric surgery. “We believe that this grant will generate future external funding opportunities.”

“This award represents a 450 percent return on investment for HHC, and is a terrific example of what can happen when the institution makes the decision to fund interdisciplinary pilot research,” said Godfrey Pearlson, MD, director of the Olin Neuropsychiatry Research Center.

“Our hope is that this project will help clinicians in the future to decide scientifically which obese patients are most likely to benefit from bariatric surgery.”

Dr. Papasavas and Dr. Pearlson joined Darren Tishler, MD, chief of metabolic and bariatric surgery, in thanking Rocco Orlando, MD, for leading the committee that awarded the seed grant and Elliot Joseph for making the initial decision that led to the funds becoming available.

They also expressed gratitude to Hartford Hospital and Institute of Living administration for their support in the collaboration, along with Liz Roper and the Research Department.

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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.** June 15, 22, 29, July 13, 20, 27, Aug. 10, 17, 24, 31. (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).** June 18, 25, July 2, 9, 16, 23, 30, Aug. 6, 13, 20, 27. (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and June 20, 27, July 11, 18, 25, Aug. 1, 8, 15, 22, 29. (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.

- **Schizophrenia: An Introduction To The Disorder.** June 19, Oct. 2, Dec. 4. 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 suggestions to help family members and friends cope with the illness. To attend, please RSVP to Laura at 860.545.7324.

- **Autism Spectrum Support/Educational Group Meeting For Parents.** June 20, Sept. 19, Oct. 17, Nov. 14, Dec. 19. (Third Wednesday of the month), 6 - 7 p.m. Providing a place for parents of children on the autism spectrum, or another related disorder, to come together and get support and information. Monthly, peer-run support groups interspersed with special guests and speakers to offer additional guidance and perspective. Please RSVP to Goviana at 860.560.1711 or gmrroles@spedconnecticut.org.

- **It’s Hard To Be A Mom.** June 21, July 5, 19, Aug. 2, 16, Sept. 6, 20. (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.

- **Hearing Voices Network (HVN).** June 21, 28, July 5, 12, 19, 26, Aug. 2, 9, 16, 23, 30. (Every Thursday), 5 - 6:30 p.m. in the Commons Building, 2nd Floor, 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.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** June 27, July 11, 25, Aug. 8, 22, Sept. 12, 26. (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.

- **Dementia Support/Educational Group Meeting.** July 3, Aug. 7, Sept. 4. (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.

- **Managing Schizophrenia.** July 10, Nov. 6. 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. To attend, please RSVP to Laura at 860.545.7324.

- **Support Group For Families Dealing With Major Mental Illness.** June 21, July 5, 19, Aug. 2, 16, Sept. 6, 20. (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.

- **Al-Anon Parent Group.** June 21, 28, July 5, 12, 19, 26, Aug. 2, 9, 16, 23, 30. (Every Thursday), 7 - 8 p.m. One hour topic discussion.

- **Support Group For Families Dealing With Major Mental Illness.** July 12, Aug. 9, Sept. 13. (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.
PolicyTech software to debut soon

Natchaug Hospital will go live with PolicyTech Policy and Procedure Management Software on Tuesday, June 19.

PolicyTech Policy and Procedure Management Software will streamline the complex tasks of writing, sharing, updating and attesting to policies, while helping business units meet legal and regulatory requirements. The East and Central regions successfully implemented the system in 2017, and the Hartford Region is in the midst of its transition. Documents and information are currently being transitioned from the existing Sharepoint site.

All Natchaug employees are required to complete PolicyTech training by Tuesday, June 5. The online learning is available on HealthStream now.

Please contact the HHC Policy Management mailbox at HHCPolicyManagement@hhchealth.org if you have any questions.

Family Day at Journey House

Journey House staff and residents hosted “Family Day” last week. Residents’ families came from all across the state to learn more about the Journey House program and receive updates and education regarding the care that their children are receiving.

Activities included residents and their families decorating planters and planting flower seeds, a gallery of client artwork, and cupcakes made and decorated by Journey House residents.

Ed Moran set to enjoy retirement

Best wishes and good luck to Ed Moran who is retiring in July after 28 years of service. Thank you for your dedication and contributions to Natchaug Hospital. Enjoy spending time with your grandchildren, golfing, fishing and camping. May all the years ahead bring you great joy and relaxation.

Congratulations on your retirement Ed!
Drummer brings story of music and recovery to Avon

Drummer Ed Hare from Sharing the Light Holistic Center in Avon entertained clients at Rushford in Avon recently and shared his story of recovery. Hare spoke about his 32-year recovery journey and the therapeutic qualities of music.

Hare will be returning to Rushford for two additional sessions: one in which he will lead the entire group in a drum circle and another in which he’ll help clients build their own drums. Clients are welcome to purchase their drum they make, or they can waive fee by donating their drum for others in the community to utilize for drumming share circles.

Out of the Darkness Walk set for June 16

The Rushford Zero Suicide Champions Committee and American Foundation for Suicide Prevention have teamed up to host an Out of the Darkness Walk on Saturday, June 16, at 9 a.m. at Woodrow Wilson Middle School in Middletown.

Every year suicide claims more lives than war, murder, and natural disasters combined. Together we can change the conversation about mental health and put a stop to this tragic loss of life.

The walk is open to everyone, and donations are accepted, but are not required for participation. Any registered walker who raises over $100 will receive a t-shirt.

To register or donate, visit www.afsp.org/middletown.

Score Runs for Recovery with Rushford

Sunday, Aug. 12 | 5:05 pm

Bowie Baysox vs. Hartford Yard Goats.
A portion of each ticket sold supports Rushford, a Hartford HealthCare Behavioral Health Network partner.
Order Tickets Online:
https://groupmatics.events/event/Hartfordhealthcare

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Out of the Darkness Walk set for June 16

The Rushford Zero Suicide Champions Committee and American Foundation for Suicide Prevention have teamed up to host an Out of the Darkness Walk on Saturday, June 16, at 9 a.m. at Woodrow Wilson Middle School in Middletown.

Every year suicide claims more lives than war, murder, and natural disasters combined. Together we can change the conversation about mental health and put a stop to this tragic loss of life.

The walk is open to everyone, and donations are accepted, but are not required for participation. Any registered walker who raises over $100 will receive a t-shirt.

To register or donate, visit www.afsp.org/middletown.

Score Runs for Recovery with Rushford

Sunday, Aug. 12 | 5:05 pm

Bowie Baysox vs. Hartford Yard Goats.
A portion of each ticket sold supports Rushford, a Hartford HealthCare Behavioral Health Network partner.
Order Tickets Online:
https://groupmatics.events/event/Hartfordhealthcare
During the week of June 18-22, a videographer will be visiting Rushford sites to record background footage or “B-roll” for videos that will be featured on the Rushford website.

The videos will offer a chance to visually highlight Rushford’s staff and programs, while also driving business and reducing the stigma of addiction and mental health treatment.

The camera crew will be videoing exteriors of buildings, group rooms and client bed rooms, as well as staff interacting with clients in various settings, including group therapy, individual counseling, reception, and more. No staff or clients will be recorded without their written consent.

Please communicate this information with your clients and co-workers, and if possible, tidy up any common areas around your program. If you are interested in participating in the video, please follow-up with your manager or director.

The schedule for the video shoot is as follows (may change due to inclement weather):

**MONDAY, JUNE 18**
- Morning – Meriden (Paddock Ave.)
- Afternoon – Middletown (Silver Street)

**THURSDAY, JUNE 21**
- Morning – Avon
- Mid-day – Glastonbury
- Afternoon – Portland (Stonehaven)

**FRIDAY, JUNE 22**
- Morning – Meriden (Parker North)
- Mid-day and afternoon – Durham (Stonegate, Rushford Academy, CDT School)

Rushford Community Support Specialist Tara Skiparis and her client Terry B. visited Epic Farm in Middlefield to participate in volunteer work as part of a treatment plan.

Terry, who has been riding horses since she was a child, has been out of the barn for a few years now, but is using the opportunity to volunteer as a way to reconnect with a passion in a therapeutic way.

Clients from Rushford Academy, Stonegate and the CDT school visited Camp Farnam to help clean up the campgrounds in preparation for the upcoming summer.

The volunteers helped rake, clean, paint and prep the campgrounds, which host thousands of children from Fair Haven, New Haven and surrounding communities.

On Monday, June 11, Rushford staff and the boys from Stonegate presented a Buddy Bench to Deep River Elementary School — the fifth bench built by the Stonegate residents and presented to a Middlesex county elementary school.