As summer draws to a close, the new school year looms on the horizon for children and adolescents. But for some, the transition back into school can be especially difficult.

Upwards of five percent of children will refuse or avoid school during a given school year, making it a growing issue in school systems across the country.

“Some students may not go to school at all, while some get to school then ask their parents to take them home,” said Scott Hannan, Ph.D., program director for the School Refusal Program at the Institute of Living’s Anxiety Disorders Center. “Others go to school, but avoid the classroom by spending time in the guidance or nurse’s office.”

Occasionally staying home from school doesn’t necessarily constitute school avoidance, but parents should be on the lookout for patterns in their child’s behavior. “Over time, parents may begin to notice that there are certain times their child avoids or refuses school,” Hannan said. “It might occur more on Mondays or after holidays or long breaks. The beginning of a new school year or the transition into a different school setting can also act as a trigger.”

There are a number of factors that may lead to school refusal, including bullying, pressure to perform, social variables or emotional difficulties. Factors such as poor sleep patterns and excessive time on electronics can make a transition back into school more challenging.

Students suffering from school avoidance should be referred to a professional for assessment and treatment. While some children may not go to school at all, parents can take steps to help their children feel more comfortable and confident in the classroom. This may include providing extra support and encouragement, offering positive reinforcement for attendance, and working with the school to address any concerns.

September’s return to school can bring out anxieties in students

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Continued on page 2
avoidance often start to fall behind academically, which can result in increased workloads and stress, as well as a decrease in self-esteem. They may also begin to experience social difficulties as they interact less with their peer group and become increasingly isolated.

Connecticut recently passed legislation that requires school systems with high rates of absenteeism to form committees to examine students and interventions. Despite the increased focus, there is still a lack of knowledge and resources.

“Kids tend to present their issues in very different ways, which makes it challenging to identify,” Hannan said. “For many kids, it takes up to two years for them to receive treatment.”

If parents suspect their child is refusing school, Hannan says the first step is to talk to the school system about what accommodations can be put in place based on the stressors that the child is facing. He also suggests looking into different treatment options, including therapy to address underlying behavioral health or emotional issues.

For more information on the IOL’s School Refusal Program at the Anxiety Disorder Center, visit http://bit.ly/2bPS9Bn.
I am extremely pleased to let you know that, through a disciplined and carefully thought-out approach to care, Rushford is projected to report a fiscal year-ending positive margin of several hundred thousand dollars — the first margin the organization has recorded in several years.

As some of you may know, Rushford was struggling significantly as recently as two years ago, reporting losses that threatened the organization’s long-term ability to continue carrying out its mission. But by refocusing on its core services and creating an organizational culture that emphasizes data and demonstrated need to guide decision-making, Rushford has been able to dramatically reverse its financial fortunes.

In November 2013, after Rushford had just recorded a fiscal year loss of more than $2.5 million, senior leadership within the Hartford HealthCare Behavioral Health Network got together to identify opportunities to restore the organization’s financial health.

The turnaround essentially focused on:

- Returning the focus of the organization to its core services: residential substance abuse treatment, detoxification services, and ambulatory programs such as partial hospital, intensive outpatient, and outpatient programs.
- Creating a culture in which decisions are carefully made based on data, efficacy based models, and other objective measures to show how it will fill a need or bring a benefit.
- Expanding outpatient locations and resources to other communities beyond the main service markets in Middletown and Meriden to help attract a more diverse payer mix.
- Resource management, particularly in the area of staffing, built upon a standardized model of productivity, that captures when a clinical staff person is necessary, rather than just because it’s in your budget.
- Understanding our niche, Substance Abuse Treatment, and capitalizing on that “brand” to become the standard bearer not only within HHC, but building the organization up as a center of excellence within the state for care and treatment. This was done through spearheading community forums, dialogues, as well as frequent television and radio appearances by Rushford Medical Director J. Craig Allen, MD.
- Holding staff accountable for work, while also creating a culture that rewards those who produce results by giving them the opportunity to advance.

The turnaround at Rushford has captured the attention of senior leaders within Hartford HealthCare, who have asked Rushford leaders to create a list of principles that helped guide the turnaround for which other entities may learn from and potentially benefit.

Rushford is now being looked at as a model for sustainability, and that’s a good thing for the people in our care.

Pat Rehmer, MSN, ACHE, is Hartford HealthCare senior vice president for behavioral health and president of the Behavioral Health Network. Her column appears monthly in BHNews.

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Get your Flu shot

Universal Flu Prevention

Exemption Applications by October 1, 2016
Flu shots by November 1, 2016

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Anything to share?

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

Help available through HHC Connect

Do you know a patient who is in need of financial assistance? Hartford HealthCare can provide help to patients in need. Learn more about the program and how to assist patients on HHC Connect (https://intranet.hartfordhealthcare.org/inside-hhc/patient-support).
Sen. Murphy hosts mental health discussion in Willimantic

One of Connecticut’s most staunch supporters of mental health reform stopped in Willimantic recently to call for more money and more equity for the treatment and support of patients and behavioral health providers.

During a roundtable discussion at Generations Family Health Center, U.S. Sen. Christopher Murphy quoted HHC’s Behavioral Health Network president when decrying what he called discriminatory treatment for people with mental illness.

“Pat Rehmer always reminds me not to call it stigma, but to call it what it is, which is discrimination,” Murphy said.

The roundtable, one of dozens hosted by Murphy across the state over the past months, was attended by more than 50 behavioral health providers from the greater Willimantic area, including a number of Natchaug Hospital employees.

Murphy and Louisiana Sen. Bill Cassidy have proposed legislation that aims to reform mental health treatment by adding billions in new resources for behavioral health care, incentivizing coordinated care through regulatory and payment reform, and by attacking the lack of parity in mental health treatment.

A similar bill was passed by the House in early July, but lacks some of the funding and resources in the Senate bill, according to Murphy.

Murphy hopes for a vote on his legislation before the presidential election or early in the next Senate session. In the meantime, he is continuing to host the roundtables to collect more feedback on the bill from providers and consumers.

“My family has witnessed the depths and triumphs of the mental health system, but we were lucky enough to have the resources to access treatment that others cannot” Murphy said. “This has been on some level my life’s work... So this is not something I’m going to give up on.”

Don’t be afraid to do the right thing

Last month you talked to your manager about something that concerned you. Since then, you notice that you have been left out of several important departmental meetings and you feel as though your supervisor is constantly giving you the least desirable work assignments. You believe that this is because you have expressed your concerns. Could this be retaliation?

Retaliation is an adverse action that significantly affects the terms of employment, taken after a person has made a good-faith report of wrongful conduct, or participated in an institutional investigation, proceeding, or inquiry. Retaliation can take a variety of forms, including a decrease in salary, demotion, termination, harassment, unjustified negative evaluations or other adverse personnel actions.

Retaliation is not tolerated at HHC. Our policy is intended to enable HHC community members to raise serious concerns without fear of retaliation.

Reports can be made to a supervisor, the Office of Compliance, Audit and Privacy, Human Resources or other appropriate HHC personnel.

Confidential reports can be submitted anonymously through the HHC ComplianceLine 1-855-HHC-OCAP (1-855-442-6227) or online at www.HHC.OCAPComplianceLine.com.

About BHNews

BHNews is published every other Friday, except for the weeks of Independence Day, Thanksgiving, Christmas and New Year’s.

Story ideas or submissions may be sent to matt.burgard@hhchealth.org or amanda.nappi@hhchealth.org. Articles must be submitted as a Word document. Every effort will be made to run the article in its entirety, but due to space constraints and style requirements, editing may be necessary.

Deadline for the next edition of BHNews is Tuesday, Sept. 6, at noon.
Suicide Assessment and Prevention: New Solutions to Old Problems with Shawn C. Shea, MD

Dr. Shea begins the day by tracking down the answers to two elusive and controversial questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the answers to these philosophical questions can be powerfully applied - a model called “matrix treatment planning” - to transform the types of stalled treatment plans that may lead to suicide. In addition he provides a provocative definition of happiness which has numerous ramifications for creating resiliency in clients as a method of finding hope and preventing suicide. The matrix model also provides a surprisingly refreshing antidote to clinician “burn-out” as both client and clinician undertake their respective quests for resiliency and meaning.

In the second workshop, a sophisticated look is given to the concept of risk and protective factors, focusing on their immediate application to the clinical formulation of suicide potential. Dr. Shea cogently delineates the dangers of using supposed “scales” such as the SAD Persons scale as predictive tools. Instead he demonstrates that scales and acronyms (such as the NO Hope Acronym and the recent warning signs mnemonic from the American Association of Suicidology) are best used to provide a useful reminder and survey of the important risk and protective factors, and he reviews their nuanced use in formulating risk within the unique context of the individual client. He emphasizes that people commit suicide not because they statistically fit “scales” but because they make a phenomenological and unique choice that there is no other way to end their pain. Dr. Shea then proceeds to dissect the fine art of documenting a suicide assessment, providing tips for writing a sound document that is both a useful clinical tool to prevent suicide and a permanent record that can keep the clinician “out of court.”
Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. For additional information, please contact the FRC at 860.545.7665 or 860.545.1888. 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.** Aug. 26, Sept. 2, 9, 16, 23, 30 (Every Friday), 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 call Elizabeth Alve-Hedegaard, APRN, at 860.545.7050.

- **Depression Bipolar Support Alliance Group (DBSA).** Aug. 29, Sept. 12, 19, 26 (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and Aug. 31, Sept. 7, 14, 21, 28 (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.

- **Alcoholics Anonymous.** Aug. 30, Sept. 6, 13, 20, 27 (Every Tuesday), 12:30-1:30 p.m. Join us for coffee and a one-hour topic discussion. To learn more, contact the AA General Service Office at 212-870-3400 or P.O. Box 459, New York, NY 10163.

- **Support Group For Families Dealing With Major Mental Illness.** Sept. 1, 15, Oct., 6, 20, Nov. 3, 17, Dec. 1, 15 (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. Share your success and struggles. Learn to care for yourself while caring for others.

- **Youth Psychosis Family Support Group.** Sept. 1, 15, Oct., 6, 20, Nov. 3, 17, Dec. 1, 15 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, Young Adult Service Group Room. For parents with youth up to age 18 who have psychotic symptoms such as: hallucinations, delusions, paranoia, disorganized thoughts and behavior or are diagnosed with schizophrenia and other related disorders. Join us to receive support, guidance and education on how to help your young person.

- **Al-Anon Parent Group.** Sept. 1, 8, 15, 22, 29 (Every Thursday), 7 - 8 p.m. One hour topic discussion.

- **Dementia Support/Educational Group Meeting.** Sept. 6, Oct. 4, Nov. 1, Dec. 6 (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.** Sept. 6, Nov. 1, 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.

- **Survivors Of Suicide Support Group.** Sept. 7, Oct. 5, Nov. 2, Dec. 7 (First Wednesday of the month), 7 – 8:15 p.m. 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.

- **Substance Use Educational And Support Group.** Sept. 8, Oct. 13, Nov. 10, Dec. 8 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Sept. 14, 28, Oct. 12, 26, Nov. 9, 23, Dec. 14, 28 (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.

- **An Introduction To Mental Health Benefits and Services.** Sept. 20, 6:30 – 7:45 p.m. This presentation will provide an overview of benefit programs available for individuals with mental health disabilities.

- **Yoga.** Sept. 27, Oct. 25, Nov. 29, Dec. 27, 5 - 6 p.m. in the Commons Building, Hartford Room. Open to adult staff and family members. Mats are provided or bring your own! The class begins with breathing exercises and gentle stretches, followed by a series of poses and ends with relaxation and meditation. Instructor: Valerie Raggio, LCSW, Yoga Fit, Level 1 Certified. To RSVP or inquire, call the FRC at 860.545.7716 or email patriciac.graham@hhchealth.org
Epic goes live at Natchaug, IOL

On Saturday, Aug. 20, Natchaug Hospital along with the Institute of Living and acute care partner Hartford Hospital went live with Epic, the new Hartford HealthCare electronic medical record.

Epic support staff and Natchaug leadership were on hand for the transition. Natchaug’s child/adolescent and adult inpatient units were the first to make the switch — other programs will continue to use PsychConsult in the interim.

Depression support group for men

We all have been frustrated with traffic, been tired at the end of the day or become bored with things now and then, but when feelings of irritability or sadness last for a long time, become overwhelming or start to interfere with other parts of your life, it might be a sign of something more serious — depression.

People may have told you it’s not a “real illness” and you should snap out of it. Maybe they say real men don’t talk about their feelings.

Depression is a real illness (like diabetes or asthma) and it affects over 6 million men in the United States today.

It happens to a lot of men and it’s nothing to be embarrassed about. There is no shame in seeking help. It takes courage to admit that you need help. We are a group of men supporting other men with depression.

Please come and join our support group on Tuesday nights from 6:45-7:45 p.m. at Rivereast at 428 Hartford Turnpike in Vernon (back of the building).

Sachem House moves two doors down

The Sachem House adult and Mansfield young adult programs opened their doors at the new 151 Storrs Road building starting Monday, Aug. 22.

The space previously occupied by Sachem House in the northern wing of the main hospital at 189 Storrs Road will now be home to Joshua Center Mansfield's partial hospitalization and intensive outpatient programs.
Judging from its fourth annual H3W leadership award celebration, Rushford is an organization that is abundant with employees who take Hartford HealthCare’s values to heart.

At a pair of recognition ceremonies earlier this year at the Rushford locations on Silver Street in Middletown and Paddock Avenue in Meriden, hundreds of employees turned out to honor and cheer more than 45 of their colleagues who were recognized for embodying the ideals behind H3W, or How Hartford HealthCare Works. The H3W philosophy represents the guiding principles for leadership and employee behavior across the organization, and Rushford employees enthusiastically embraced them during the ceremonies in late May.

In congratulating the award-winners, as well as all Rushford employees, for their dedication to H3W values, Rhonda Papallo, the organization’s H3W performance improvement facilitator, said the organization has developed a culture that heeds the famous saying by the poet Maya Angelou: “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you make them feel.”

Papallo said that in the four years since Rushford adopted the H3W philosophy, H3W team members have generated more than 6,000 ideas and completed more than 2,500 projects meant to enhance the level of care provided to clients. Team members have maintained an attendance rate of over 90 percent for H3W meetings, and 100 percent of scheduled meetings have taken place, she said.

The foundational idea behind H3W is that employees have the ideas needed to improve quality and performance. H3W meetings, Leadership Behaviors, HHC Core Values and Principles allow employees at every level — from frontline staff to senior leadership — to have a voice in continuous improvement, quality and internal/external customer satisfaction.

The ceremonies were held to recognize individual employees and teams of employees who have taken on projects that have made a difference in the organization over the past year — as voted on peers in a special survey (more than 100 voted this year.) In all, 19 projects were submitted for recognition.

Completed project Top 5

- **1st Place:** Consumer art exhibit. Antoinette D’Agostino, Lucille Kelly, Amanda LaFleur, Randy Marks, Jahnel Mills, Lynette Sparkman
- **2nd Place:** Parker North Tag Sale. Denise Andreas, Rachel Aybar, Amber Burns, Victoria Dingwell, Carolann Falcone, Sandra Gabriel, Lisa Giblin, Kelly Komorowski, Christina Labbe, Jim Owens, Linda Ryan, Michelle Squirrell, Roberta Thibeau
- **3rd Place:** Glastonbury Family Program. Elyssa Arevelo, Marcela Foseca, Melissa Monroe, Pamela Mulready, Jessica Pietrasiewicz, Jack Ryan, Denise Steele, Michelle Voegtle, Laura Zeppieri
- **4th Place:** Stonehaven client access to 12-Step meetings. Margie Berrios, Eric Ford, Greg Hogan, Jo Ann Kiernan, Elizabeth Pendleton, Michael Sienkiewicz
- **5th Place:** Welcome bag/New employee survival kit. Chris Ferrante

Members of the Rushford team that took first place for “Best New Project of 2016” are, from left, Antoinette D’Agostino, Jahnel Mills, Randy Marks, Amanda LaFleur and Lynette Sparkman. (Not pictured: Lucille Kelly.) In all, H3W teams submitted 19 projects for consideration this year.

Continued next on page
Award winners take core values to heart

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tion, with five receiving awards including a first-place award for a team of employees who completed a consumer art exhibit project that had a profound impact on clients.

The H3W ceremonies at both locations proved to be a resounding success, and Papallo expressed gratitude to all who supported the effort:

Recognition Committee: Phil Andriano, Bea Cardona, Michael Cole, Annie Cruz, Sheila Gosselin, Dianne Fowler, Donna Hendry, Rachel Hotkowski, Shanna Lowery, Geina Marrett, Shannon Morales, Hollie Sabetta, Louis Santiago, Sherry Smardon, Maggie Soto, Caitlin Swartz, Melissa Weston, (Jen Milardo)

Dietary Dept: Karen Thayer, Karen Buzzell, Peter Bartlett, Christine Jukonski, Bob Kostoss, Lisa Piatti, Brenda Pulaski, Jim Punkunas, Zina Branciforte, Diane Higa

Facilities: Kevin Carson, Steven Clark, Randy Marks, Norby Mirles, Eric Messner, Joe Shuckerow

Executive Leadership Team: Pat Rehmer, Dr. J. Craig Allen, Jill Bertolini, Kevin Carson, Laurie Clinton, Diana DeCarlo, Kathy DeMars, Amy DiMauro, Darlene Dubowsky, Monika Gunning, Paul Maloney, Shinea Pieters, Julia Storace, Steven Zuckerman


H3W Leadership Behavior winners

1. BE IN THE MOMENT

Annie Cruz

“"She stops whatever she is doing to hear about what I need and takes care of it in the moment. I think she does this with anyone that stops in her office.”

“During my transition period from per diem staff to full time, Annie has been more than helpful in answering all my questions and being in the moment. She was in the moment with a smile on her face and was completely genuine.”

2. BE AUTHENTIC AND HUMANISTIC

Darlene Dubowsky and Julia Storace

“"Julia and Darlene make for a very classic management team – they have never stepped outside appropriate boundaries; they are true to themselves and their staff, and forever mindful of others’ feelings and viewpoints.”

3. VOLUNTEER DISCRETIONARY EFFORT CONSTANTLY

Sue Willmore

“"Sue consistently goes above and beyond for our clients and our staff without expecting anything in return. Her drive and dedication does not go unnoticed.”

“"She volunteered to cover Silver Street and has done a fantastic job and continues to support Glastonbury whenever she can.”

Continued next on page
4. MODEL HIGH PERFORMANCE — DESIRED BEHAVIORS THAT DRIVE DESIRED RESULTS

Jessica Matyka
- “Jessica helps her staffing work on issues that are important to accomplish better work from her staff. She shows qualities of herself that I like to follow and make her proud of the work from her staff.”
- “By nature of her character, Jessica seemingly without effort models high performance that drives desired results. Her practices are in perfect alignment with our agency’s core values and her courageous can-do attitude inspires continuous improvement, excellence, professionalism and innovation throughout Rushford in all aspects of work.”
- “Jessica has the ability to think strategically. She is an assertive individual who is able to get her point across without upsetting others or becoming upset herself. She has consideration of other people’s rights, wishes, wants, needs and desires.”

Michelle Voegtle
- “Michelle is diplomatic and a good leader. She took on an interim supervisor role in Glastonbury and had to view the role through the eyes of her former supervisor, her director and her staff. She managed everyone’s needs seamlessly because of her ability to leverage these.”

6. BE CURIOUS VS. JUDGMENTAL

Shannon Anes
- “Shannon and her clients have a relationship that is unbelievable. With her active listening and asking questions in a non-judgmental way, she always puts the clients at ease. She models this behavior every day and at times I hear her stating this to her clients during her medication passes. Great nurse with a great attitude. Clients love her!”

7. LOOK IN THE MIRROR FIRST — BE ACCOUNTABLE

Meagan Diana
- “Meagan uses supervision to process through being accountable and learning lessons. She needs no prompting and it’s inspiring to see her look in the mirror in such a positive way.”

8. HAVE COURAGEOUS CONVERSATIONS

Loretta Staples
- “I have had the pleasure to work with Loretta on the PIT Crew. This has provided me with the opportunity to see what Loretta really has to offer. She is quite driven to improving experiences for both clinicians and clients. This is partially demonstrated by her commitment to the PIT Crew, including the courageous conversations with leadership and her peers while in this process. Currently Loretta is leading an initiative to meet with her full group of clinical peers. She has developed an agenda to keep people focused on solutions. I appreciate the fact that Loretta and I are able to have honest conversations so we understand each other and can plan an exercise such as knowing what may come up and being prepared to keep the energy focused on solutions. Loretta is very humanistic and I thank her for her honesty.”

9. PROVIDE TIMELY, CLEAR AND SPECIFIC PERFORMANCE EXPECTATIONS AND FEEDBACK

Billy Arline
- “Billy offers feedback in a clear and timely manner; he has an ability to read situations clearly, and that benefits both client and staff alike. Billy demonstrates his leadership constantly with suggestions on how to deal with the multitude of issues we see on a daily basis. He also has no problem with jumping into something and leading by example. Billy’s visibility on the unit keeps the program and our vision on point. When incidents or operations become chaotic as they do, his expectations of our job performance are modeled by him in his interactions with all involved.”

10. TEACH, COACH AND MENTOR — SPEND AT LEAST HALF OF YOUR TIME DEVELOPING OTHERS

Cary Leduc
- “Cary spends much of his time on shift teaching, coaching and mentoring our clients as well as our staff on a daily basis. He is able to turn any incident into a teachable moment for all involved. Cary’s belief in our program values shows through constantly in his ability to show clients how to turn their negative action into positive behavior. Staff also benefit from his mentoring whether he is physically on shift or in contact by phone.”

Contestants sought for talent show

Come one, come all for the Rushford Clients Talent Show on Wednesday, Sept. 21, at 1 p.m. in the Rushford Cafeteria at Paddock Avenue in Meriden. Rushford clients from Case Managers, Clinicians, Friendship Club, Young Adult Services, Kuhn Employment, Homeless Outreach, Crisis and other departments are all eligible.

If you know of a client who would like to participate, please let us know by calling Antoinette at 203.630.5353 or Lucille at 203.630.5240.
Glastonbury helps clients navigate ‘labyrinth’ of addiction

Rushford at Glastonbury continues to develop its wellness programming by working with clients in unique, creative and challenging ways toward achieving and sustaining recovery. Michelle Voegtle, LPC, clinical supervisor in Glastonbury, recently led a Relapse Prevention Group through a labyrinth exercise, addressing the addictive brain’s pull toward the past and projecting to the future.

Clients were challenged to see how their lives and thinking paralleled their experience on the mat. Clients learned a form of yogic breathing called ujjayi breathing. Ujjayi breathing is a diaphragmatic breath technique employed in a variety of Taoist and Yoga practices. In relation to Yoga, it is sometimes called “the ocean breath.”

In addition to labyrinth walking, clients, their families, staff and the community are invited and encouraged to participate in a complimentary session of Glastonbury’s Integrative Wellness Program, which includes yoga, acupuncture, nutrition consultations and creative expressions.

$the treasure trove

The Treasure Trove is a free classified ad section for the benefit of Behavioral Health Network employees, retirees, medical staff and volunteers.

We welcome your submissions, which you can submit by emailing matt.burgard@hhchealth.org or amanda.nappi@hhchealth.org.

The deadline for submissions to be included in each Friday’s BHNews is Tuesday at noon. BHNews will include community events for not-for-profit organizations that are open to the public and free of charge. We do not accept ads for real estate, firearms or personal ads.

FOR SALE

BABY ITEMS — New Graco baby stroller, new Graco car seat, expiration 2019, no recalls, $30 each, Plainfield area. Call 860-917-3842.

WANTED

YARD SALE VENDORS — Yantic Women’s Auxiliary yard/Mum sale, Saturday, Sept. 17, 9 a.m. to 2 p.m. at Norwichtown Green. Call 860.822.8488.

VENDORS — For a tag sale on Saturday, Sept. 17 from 9 a.m. to 3 p.m. at 387 Route 52, Franklin. $25 for a 10-by-10-foot space. To reserve space, please mail your name, address and phone number to Jan DeCarlis, 41 Meetinghouse Hill Road, Franklin, CT, 06354. Check payable to Friends of Ashbel Woodward House Museum where 100 percent of the proceeds will be donated to. Call with questions. 860.917.0520.

CRAFTERS/VENDORS — Scarecrow Festival, Saturday, Sept. 24, Preston City Congregational Church, Preston. Call 860.887.2447 or email scarecrowfestivalcrafter@hotmail.com.

VENDORS — Divine Providence Church is seeking vendors for its Harvest Festival/Flea Market to be held on Saturday, Oct. 22. For more information call 860.718.5921.

VENDORS — For the Kris Kringle Fair, Saturday, Nov. 12 from 9 a.m. to 4 p.m. at Saints Peter & Paul Church, 181 Elizabeth St., Norwich. Please apply by calling the Rectory at 860.887.9587.

VENDORS — Craft, Hobby and Product Show, Saturday, Nov. 19, at the Lebanon Fire Safety Complex, Goshen Hill Road, Lebanon. Sponsored by Lebanon Volunteer Fire Department Ladies Auxiliary. Call 860.208.3554.

GRISWOLD REC PROGRAM — Starts Tuesday, Sept. 6, at the Griswold Elementary School cafeteria. Exercise class offered to surrounding towns every Tuesday and Thursday from 6-7 p.m. Low impact aerobics, weights, Pilates. Bring mats and water. Call 860.376.4741.

GREEK FOOD FESTIVAL — Thursday, Sept. 8, through Saturday, Sept. 11 at Holy Trinity Greek Orthodox Church, 247 Washington St. Norwich. Thursday, Friday and Saturday 11 a.m. to 9 p.m. and Sunday from 12 noon to 4 p.m. Free admission, rain or shine, cash raffle, take out orders, live Greek music Friday and Saturday night, Greek gift store, pastry booth, Loukomades, Gyro, Greece a la Carte. Call 860-887-1458 or go to www.holytrinitynorwich.org.

VINYASA IN THE VINEYARD — Friday, Sept. 9, at 5 p.m. Vinyasa in the Vineyard benefits local non-profits, Reliance Health and Integrated Day Charter School. Enjoy an evening of yoga and wine at Preston Ridge Vineyard for a great cause. Native American drumming runs from 5:30-6:45 p.m.

AWAKENING TO YOGA AND ART — Starts Monday, Sept. 12, registration deadline Friday, Sept. 9. Norwich Arts Center, Donald L. Oat Theater, 62 Broadway, Norwich, six week program, Mondays and Thursdays at 5:30-7 p.m., no experience in art or yoga necessary, art supplies provided, please bring a yoga mat, $120 for full 12 session program, drop-ins welcomed at $12 per class. Call 860-303-7603 or email hughes.cs5@gmail.com.