Farewell, but not good-bye

Institute of Living education building to be named for retiring leader

The Institute of Living (IOL) Commons Building will be named after Harold (Hank) Schwartz, MD, whose legacy includes transforming the IOL into what it is today and the recognition he has brought it across the state and nation.

Dr. Schwartz, affectionately known as Hank, is stepping down as Psychiatrist-in-Chief on Oct. 1, although he will continue seeing patients, mentoring, researching and writing on the IOL campus for at least the next two years. He is being replaced by John Santopietro, MD, DFAPA, who has been named Hartford HealthCare Behavioral Health Network Physician-in-Chief.

“When we think of the IOL and psychiatry at Hartford Hospital, when I think of the Mount Rushmore of the IOL, I think of the names Todd, Burlingame, Braceland, and Donnelly — and I believe Schwartz,” Hartford HealthCare President Jeff Flaks said at a Sept. 6 ceremony honoring Schwartz. “Hank has served here for almost 30 years and has made absolutely invaluable contributions... Hank is our conscience in many ways... he tells us what we need to know, not...”

See BUILDING on page 2
what we want to know.”

The building, which also houses the Myths, Minds and Medicine museum, will be renamed the Harold I. Schwartz Center for Education.

“Whatever has been accomplished in these 29 years has been accomplished by a team,” Dr. Schwartz said during the ceremony, which was attended by a large contingent of leaders and colleagues from across the system. “It wasn’t me. It was we. The larger team of the IOL staff: doctors, psychologists, nurses, social workers, techs, administrative assistants, housekeepers and so many more.”

Hartford HealthCare Senior Vice President and Behavioral Health Network President Pat Rehmer, who worked for Schwartz for years at the IOL before taking on the job of commissioner of the state Department of Mental Health and Addiction Services (DMHAS), described Hank as a mentor. “Even when she worked with the state, she would reach out to Dr. Schwartz occasionally.

“I was surrounding by really smart people, but sometimes I just felt I needed to speak with someone just a little bit smarter,” she said.

She also described a moment following the Sandy Hook massacre, when DMHAS was the lead agency at the scene.

“My phone rang and it was Hank,” she said. “It was a Saturday morning. Hank called and said ‘what do you need, and how can I help?’ He was the first person that called us….it was a very difficult day, and it meant a lot to me. I will never forget that call.”

Hartford Hospital President Bimal Patel praised Dr. Schwartz for his leadership, conviction and “bold execution.” He told a story about a suicidal patient that Dr. Schwartz has refused to discharge, defying the order of the probate court because he believed the patient would immediately kill himself and Schwartz was threatened with contempt of court by the patient’s attorney.

Dr. Schwartz was in Vermont at the time, but when contacted by Patel about the patient he said he would drive back and tie himself to the patient and would be willing to go to jail for contempt of court. In the end, the patient remained at the IOL until hospitalization was no longer required.

“You are truly an inspiration,” Patel said. “On behalf of the entire organization, I want to thank you for all you have done.”

IOL Interim Medical Director Joanna Fogg-Waberski, MD, said Dr. Schwartz could assess patients like no other psychiatrist she has ever met. She also praised him for his public speaking, whether in the media, in clinical forums or the national stage.

“He is a tower of knowledge that...”
inspires all of us at the IOL,” she said. “Hank has set an example on how to be a great and visionary leader.”

Adrienne Bentman, MD, IOL Director of Residency Training, praised Dr. Schwartz for being consistent and direct, and for never giving up his commitment and compassion to care for the extraordinarily sick individuals that the IOL sees. “You provide the support for us to bear that burden,” she said, adding that she served with Dr. Schwartz on the Sandy Hook Commission, and although he was not the chairman, he was the driving force to get things done.

Al Herzog, MD, an IOL Psychiatrist who has known Dr. Schwartz for approximately 30 years, joked that at one time he did Dr. Schwartz’s performance evaluations and then Dr. Schwartz did his. But throughout, they remained friends. He praised his colleague for his energy, integrity and courage. “You almost single-handedly brought the IOL back to national prominence,” he said.

HHC President Elliot Joseph used the word human-ness to describe Dr. Schwartz. “Your humanness exudes from you in every action and every way. It’s a beautiful thing… I have always respected and admired you,” Joseph said. “You are a man of deep values and deep integrity… As you depart from this important role in your life, your career is now at a point of tremendous accomplishment — so far. We know there is more to come.”

The ‘Mount Rushmore’ of the IOL

Hartford HealthCare President Jeff Flaks, when he announced the Commons Building would be named after Hank Schwartz, MD, described it as being part of the “Mount Rushmore of the IOL.” Here are some examples of named buildings on this beautiful campus.

- There’s the building named for Francis J. Braceland, MD, who served as psychiatrist-in-chief from 1951-1965, and is remembered for instituting a nursing affiliate program that gave three months of intensive training in psychiatric nursing to nurses from 14 area hospitals; opening a rehabilitation building with a gym, auditorium and music practice rooms; launching a patient library with several thousand volumes; and launching outpatient care for people of Hartford through the Adult Outpatient Clinic, which opened in 1953, and the Children’s Clinic, which opened the year later.

- Nearby is the building named for John Donnelly, MD, who served as psychiatrist-in-chief during the Vietnam War. He created a new Adult Outpatient Clinic Building, introduced group therapy with inpatient and outpatient sessions, and supported family involvement as a necessary modality of treatment to hasten the recovery and re-entry of patients into the community.

- Eli Todd, MD, has a building here named in recognition of the man who helped gain state support for establishment of the Institute with his “Report of the Committee Respecting an Asylum for the Insane.” Convinced that mental illness is a disease, he believed the facility should be more than a way to confine patients or a place offering medical treatment or school-like discipline. Attributing his interest in mental health to his younger sister’s depression and suicide, he was appointed the first superintendent and resident physician in 1823 and lived on the grounds of what was then called the Hartford Retreat.

- The Butler Building was named in recognition of John Butler, MD, superintendent from 1843-1873. Inspired by principles of physical and moral treatment of patients, he oversaw the expansion of the Retreat, doubling its accommodations and changing the way patients were housed so it was according to degree of convalescence. He also vigorously lobbied the state to bear its rightful financial burden and when the state decided to open its own facility in 1867, taking charge of the indigent patients, Dr. Butler guided extensive renovations to Retreat buildings.

- C. Charles Burlingame, MD, psychiatrist-in-chief from 1931-1950, also has a building named for him. While here, he set up program of patient “re-education,” something we now call “milieu” therapy, and introduced such practical activities as typing, crafts, physical education, cooking, art, gardening and homemaking taught by a staff of 50 teachers, who also offered university extension classes in history, physics, language, etc. The program became a national model. He was also instrumental in updating the nomenclature in the field, changing his own title from superintendent to psychiatrist-in-chief, earning General Assembly support to change the name from the “Hartford Retreat” to “The Institute of Living” in 1943, and a successful state bill substituting “mental hospital” for “asylum” and “mentally ill” for “insane.” He helped pave the way for the gradual acceptance of psychiatry as a medical discipline.
I nstitute of Living Psychiatrist-in-Chief Harold (Hank) Schwartz, MD, is known for speaking his mind, transforming the Institute of Living during a time of crisis, speaking out against the Catholic Church during the priest abuse scandal and his work following the Sandy Hook massacre.

But there is a lot more to Hank Schwartz. In a recent interview prior to him stepping down from his leadership role Oct. 1, Dr. Schwartz talked about his adolescent and young adult years, his early career and what he will remember most during his 29-year career with Hartford Hospital, the Institute of Living and the Hartford HealthCare Behavioral Health Network.

Dr. Schwartz was born in Brooklyn, living in the modest Quonset Huts, which were post-World War II housing for returning GI’s. He then moved to Queens, where he grew up in middle-income housing project, before spending a short time on Great Neck, Long Island.

In his junior high, high school and even college years, he had interest in acting. He was a theater and television major in college, and performed in well-known places such as the New York Shakespeare festival in Central Park and Summer Stock in Delaware.

But by the time he graduated from college, he wanted to be in media and broadcasting. He started working for a consulting company and then as a writer for CBS radio.

“I really kind of bumped around early on,” he said.

By the time he was in his early to mid-20s, he was dissatisfied with where his career was going, and decided to go to medical school, most likely influenced by mind and body trends at the time, as well as the fact that his stepfather was a surgeon and his family had always longed for him to take an interest in medicine.

He was older than typical students and had to take two more years of pre-med classes. He was then admitted to the Columbia College of Physicians and Surgeons. Even as early as medical school, he showed an interest in a medical leadership position when he met with the associate dean of students.

He vacillated between internal medicine and psychiatry, but eventually psychiatry won over. He developed an interest while still in medical school and his residency about the interface between psychiatry, law, ethics and public policy. He started doing research and published his first peer-reviewed articles, which to this day number nearly 100. In addition, he also published columns, letters to the editor, op-eds, blogs, edited volumes, chapters in books, essays and other writings.

He was also regularly quoted as a media expert locally, statewide and nationally in print, radio and television.

Following his residency, he also did a fellowship in forensic psychiatry.

“That’s always been an interest of mine and I’ve always had my hands in some aspect of psychiatry and law in my career,” he said.

He then spent five years at Beth Israel Medical Center (New York) and was recruited to Hartford Hospital.

Shortly after he arrived, in 1992, merger discussions began between Hartford Hospital and the Institute of Living.

The merger was driven by the managed care movement and the major impact it was having on the IOL. At the time, the IOL had an unimaginable 450 beds with an average length of stay of six months.

The tradition-laden institute was then downsized nine times in just a few years, with mass layoffs and program declines. By 1992, there were only 140 beds with average length of stay of 28 days.

Suffice to say, employee morale was at an all-time low — which is saying something when you are talking about an institution that is nearly 200 years old.

By 1993, the merger was moving for-
ward and Schwartz moved from Hartford Hospital to the Institute of Living.

But there was difficult work to be done initially.

The first job he had was integration between HH and IOL. Every single program had to be evaluated. What programs stay? What go? Which merge? Who is the going to be the leader?

“There were countless personnel and program issues to be contended with,” he said. “I think it was the hardest working year of my life. But it was very successful.”

Schwartz said it was apparent that IOL staff were worried throughout the process, but came out of the integration feeling that judicious decision had been made.

“The rest is history for me, and the IOL,” Dr. Schwartz said.

The first step was to re-engage staff, and what helped do that was the concept of the Schizophrenia Initiative, a multi-faceted process which led to new programs and research which they rallied around.

The initiative was developed with the help of a large donation which facilitated research and new programs for patients — some based on the cognitive rehabilitation approach, which at the time was a novel treatment for schizophrenia.

The Schizophrenia Initiative also led to the Olin Neuropsychiatry Research Center, which is doing cutting edge research and generating millions of dollars in grants, which Schwartz said is more than some medical schools with major research departments can claim. In total, there has been more than $80 million in research funding generated by the IOL, $38 million of which was generated specifically by The Olin Neuropsychiatry Research Center since 2001.

He is also very proud of the Potential Program, which helps young people showing the first signs of mental illness.

Like many illnesses, catching it early increases the chances of positive results.

There has also been the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy, the Depression Initiative that enhanced mood-disorder programs, U.S. News and World Report recognition and the re-establishment of the IOL’s residency programs with three tracks — adult, child and adolescent and psychosomatic medicine.

He also served on the Governor’s Blue Ribbon Commission on Mental Health in 2000, which helped pass mental health laws that have benefited patients to this day.

As the leader of the Institute of Living, the oldest psychiatric hospital in the state and third oldest in the nation, everything mentioned above would have been enough to close out a career.

But then came the Sandy Hook shooting, a horrific massacre of students and teachers in Newtown that shook Connecticut and the nation to its core.

This is where his early interest in forensics came back in full force. Dr. Schwartz played a major role in the aftermath of the event, serving with 16 others on the Sandy Hook Advisory Committee. The commission issued a report that made recommendations on school safety, mental health and gun violence. He also co-authored a report issued by the state Office of the Child Advocate.

But he did not stop there. His interest in forensic psychiatry and law kicked in, so Dr. Schwartz did his own scholarly analysis of shooter Adam Lanza and others, producing a presentation, “The Mind of a Mass Shooter,” which he has delivered locally and nationally. Part of its focus is the impact of the change from face-to-face conversation and social interaction to isolation caused by cell phones, video games and social media.

He also went on to consult with federal officials on the National Dialogue on Mental Health and the Obama administration response to Sandy Hook.

And in 2016, he consulted with Sen. Chris Murphy on the Mental Health Reform Act of the 21st Century, also known as the Cures Act, which authorized $6.3 billion in funding, mostly for mental health.

In 2002, Schwartz was one of the few who spoke out against the Catholic Church. In stories that appeared in the New Yorker and the Hartford Courant, the Catholic Church’s use of psychiatry — or, allegedly sending priests suspected of having molested minors to psychiatrists and psychologists instead of informing appropriate authorities — became an issue.

Dr. Schwartz was quoted saying that in “many instances” Church officials did not reveal specific information about allegations of abuse and only sent priests to the IOL for other mental health conditions, which allowed some priests to be returned to the ministry without proper assessment or treatment.

In his semi-retirement, Schwartz said he will continue to be an advocate, see patients, mentor residents, write and — of course — speak his mind.
Tip No. 4 — Difficult behaviors are usually a symptom, not a choice

When a patient is behaving in a confrontational way, there is often an underlying cause that is making them act that way — they’re not doing it on purpose. The first step in managing these behaviors is understanding and empathizing with the root cause of the behavior.

Some causes of difficult behavior include:
- Fear/worry/anxiety
- Feeling powerless
- Emotional trauma
- Shame about lifestyle
- Confusion/frustration
- Dementia
- Mental illness
- Intoxication
- Sleep deprivation
- Cultural differences
- Generational differences
- Unfamiliarity with language

What can we do to manage these difficult behaviors?
- Maintain a supportive presence. “Low and slow; light and polite.”
- Show respect and give options. Try to find a win-win solution.
- Body language — Stand or sit at a 45-degree angle. Keep hands open and relaxed.
- Refocus — If the patient goes on a tangent, bring him or her back to the main issue.
- Try a “fresh-face approach.” Hand off to a colleague or manager.

Creating a positive patient experience is everyone’s responsibility. The Office of Customer Experience will be sharing tips and tricks for improving patient experience in the next few issues of BHNews.

### Center for Mental Health Group Schedule

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>First week of each month</td>
<td>11:30 am – Transition Group (General Support) 3:30 pm – Anger Management</td>
<td>10 am – Geriatric Group (every other Tuesday) 2 pm – Smoking cessation with Vickie</td>
<td>11:30 am – Women’s General Support 1 pm – Grief &amp; Loss Support</td>
<td>3 pm – Relapse Prevention 2 pm – General Support/Medication Management</td>
</tr>
<tr>
<td>Second week of each month</td>
<td>11:30 am – Transition Group 3:30 pm – Anger Management</td>
<td>2 pm – Smoking cessation with Vickie</td>
<td>11:30 am – Women’s General Support 1 pm – Grief &amp; Loss Support</td>
<td>3 pm – Relapse Prevention 2 pm – General Support/Medication Management</td>
</tr>
<tr>
<td>Third week of each month</td>
<td>11:30 am – Transition Group 3:30 pm – Anger Management</td>
<td>2 pm – Smoking cessation with Vickie</td>
<td>11:30 am – Women’s General Support 1 pm – Grief &amp; Loss Support</td>
<td>3 pm – Relapse Prevention 2 pm – General Support/Medication Management</td>
</tr>
<tr>
<td>Fourth week of each month</td>
<td>11:30 am – Transition Group 3:30 pm – Anger Management</td>
<td>9:30 am – Clozaril Group with John 2 pm – Smoking cessation with Vickie</td>
<td>11:30 am – Women’s General Support 1 pm – Grief &amp; Loss Support</td>
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On Oct. 1, the process for requesting and approving capital projects will change. You will be able to complete the request through PeopleSoft and your request will automatically be routed through the approval process electronically. You will no longer need to chase down approval emails for your project requests.

On Sept. 14, the Excel version of the capital request form will be removed from our landing pages. If you need to submit a capital project request Sept. 14-30, please email the Fixed Assets team at UnityPSFinanceAM-PC@hhchealth.org.

About BHNews

BHNews is published every other Friday. Story ideas or submissions may be sent to amanda.nappi@hhchealth.org or susan.mcdonald@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, Sept. 18, at noon.
BHN experts weigh in on back to school, overdoses

- An interview with Paul Weigle, MD, associate medical director of Natchaug Hospital ambulatory services, aired on Aug. 30 on Channel 3 offering key information to help parents wean their children off video games in time for the start of the school year. https://www.youtube.com/watch?v=X5fhGd1amMg&feature=youtu.be


- On Aug. 24, Dr. Allen was also asked for comments on news events — for broadcasts on NBC CT and Channel 3 — when seven state police officers were exposed to fentanyl in a drug bust. https://www.youtube.com/watch?v=XyxrEnP-gbE&feature=youtu.be

For more behavioral health news updates, subscribe to the BHN’s e-newsletter on www.healthnewshub.org.

Universal Flu Prevention

Exemption applications due by October 1, 2018
Flu shots due by November 6, 2018

- Find a flu shot clinic schedule and exemption forms at hhcconnect.org/flu, and on the HHC (external) internet at http://www.hartfordhealthcare.org/flu.

Help for those in financial need

Do you know a patient who is in need of financial assistance? Hartford HealthCare can provide help to patients in need.

Learn more about the program at https://intranet.hartfordhealthcare.org/inside-hhc/patient-support.

Making A Difference Together Team Award Nominations Open Now.

The Making A Difference Together Team Award recognizes Hartford HealthCare employees, working together as a cross-organizational team, who maximize value and system alignment or coordinate care through clinical integration.

Learn more on HHC Connect. Nominate on Momentum.

Deadline: September 28, 2018
Fiscal year-end tips from accounts payable

- **FY18 budget closing for Accounts Payable:** FY18 invoices or employee reimbursements must be received by Accounts Payable by Sept. 28 to allow time for processing prior to the close of our fiscal year Sept. 30.
- **Invoices:** Send invoices to Accounts Payable: ap@hhchealth.org. Invoice must have a valid Purchase Order or your department general ledger coding: Business Unit, Department, Expense Account.
- **Pending approvals:** Review your individual work queues daily to check if there are invoices that require further attention.
- **Outstanding invoices:** If you are waiting for an invoice please contact the supplier and provide them with a purchase order or your individual department general ledger coding. Invoices should be sent to: ap@hhchealth.org.
- **Need help?** Visit the PeopleSoft landing page on HHC Connect: https://intranet.hartfordhealthcare.org/inside-hhc/organization-links/peoplesoft. Send an e-mail: apinfo@hhchealth.org or call the AP Call Center: 860.696.6325.

Bonus cash on select vehicle purchases for HHC employees

That Hartford HealthCare employees are eligible to receive up to $500 cash back when they purchase or lease certain vehicles? Eligible manufacturers include Chrysler, Dodge, Jeep, Ram, Fiat and Hyundai.

For more information, visit www.bonusdrive.com, choose Hartford HealthCare as your organization, and complete the application.

A special offer for Hartford HealthCare employees

10% off all Independence at Home Services & Products
- Lifeline / emergency response units
- Personal Care Attendants hourly care
- Homemaking
- 24/7 Live-in care

1.888.863.2771

Hartford HealthCare Independence at Home
Connect to healthier.

*Eligible discounts are for immediate family members

World Suicide Prevention Week
September 10–14, 2018

| Monday  
Sept. 10 | Gentle Yoga | 7–8am | IOL campus green, behind the Center Building (in case of rain, yoga will be in the Clark Social Room, Staunton Williams Building) |
| Tuesday  
Sept. 11 | Mental Health First Aid | 8am–5pm | Institute of Living, Commons Building, Hartford Room |
| Wednesday  
Sept. 12 | Youth Mental Health First Aid | 8am–5pm | Institute of Living, Commons Building, Hartford Room |
| Thursday  
Sept. 13 | Symposium on Youth Mental Health Promotion & Prevention | 8:30am–12:30pm | Red Lion Hotel, 100 Berlin Road, Cromwell, CT |
| Thursday  
Sept. 13 | Gentle Yoga | 5–6pm | IOL campus green, behind the Center Building (in case of rain, yoga will be in the Clark Social Room, Staunton Williams Building) |
| Friday  
Sept. 14 | World Suicide Prevention Day Conference: Complicated Grief in Suicide Survivors | 8:30am–12:30pm | Hartford Hospital, ERC, Heublein Hall |
| Friday  
Sept. 14 | Flag Lowering Ceremony | 10:30–11am | In Front of Hartford Hospital |
| Friday  
Sept. 14 | Remembering Self-Care in Suicide Prevention Work | 2–2:45pm | Institute of Living, Massachusetts Cottage |

To register for Mental Health First Aid, Youth Mental Health First Aid or the World Suicide Prevention Day Conference, visit https://hartfordhospital.org/health-wellness/classes-events. For more information about the Symposium on Youth Mental Health Promotion & Prevention, visit https://www.ctclearinghouse.org/registration.

Institute of Living
A Division of Hartford Hospital
200 Retreat Avenue | Hartford, Connecticut | 860.972.7000

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Institute of Living
A Division of Hartford Hospital
200 Retreat Avenue | Hartford, Connecticut | 860.972.7000
It’s one of those abbreviations that gets tossed around freely in conversation, but OCD, or Obsessive Compulsive Disorder, is a chronic, long-lasting disorder that plagues many people with uncontrollable, reoccurring thoughts and causes them to repeat behaviors over and over again just to get through the day.

To help people understand OCD, Hartford Hospital’s Institute of Living is offering a free talk that will cover the reasons why some people struggle with OCD, the biology behind the disorder and the best treatment options. Entitled “Obsessive-Compulsive Disorder: Understanding It and Getting Help,” the talk will feature David Tolin, PhD, director of the Anxiety Disorders Center at the Institute of Living, and is scheduled for Thursday, October 25 from 6-7:45 p.m., at Blue Back Square, 65 Memorial Road, West Hartford.

“People oversimplify OCD, using it as a term to describe someone who is extremely clean and organized,” Dr. Tolin said. “That may be true, but it is more extreme than that, to the point where the obsessions or uncontrollable thoughts and compulsions become very debilitating.”

People with OCD, he explains, are often compelled to do tasks such as washing their hands repeatedly, counting things and checking over and over to see if a door has been locked or a light turned off. The uncontrollable activities can take hours each day and can lead to severe anxiety, depression and an increased risk of suicide.

“We have several ways to help people with OCD, including cognitive behavioral therapy and medications. Often we recommend a combination of the two for the greatest effect,” Dr. Tolin said.

Registration for the talk is requested. To register, call 1.855.HHC.HERE (1.855.442.4373) or go to hartfordhospital.org/events.

Mental Health First Aid classes on HealthStream

In an effort to standardize BHN registration for trainings, Mental Health First Aid (MHFA) training schedules and registration are now found on HealthStream.

MHFA training is offered at the Institute of Living on the third Friday of each month through September. To learn more, contact MHFA Coordinator Patricia Graham at patriciac.graham@hhchealth.org.
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:

- **Depression Bipolar Support Alliance Group (DBSA).** Sept. 10, 17, 24, Oct. 1, 8, 16, 22, 29. (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room, Aug. 29. Sept. 5, 12, 19, 26, Oct. 3, 10, 17, 24, 31. (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.

- **Anxiety Disorders: An Introduction.** Sept. 11, Dec. 18, 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 suggestions to help them better cope with the illness. To attend, please RSVP to Laura at 860.545.7324.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Sept. 12, 26, Oct. 10, 24, Nov. 14, 28, Dec. 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 LG-BTQ issues in their lives. The goal is to discuss support strategies to manage life challenges.

- **Substance Use Educational And Support Group.** Sept. 13, Oct. 11, Nov. 8, Dec. 13. (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.

- **Hearing Voices Network (HVN).** Sept. 13, 20, 27, Oct. 4, 11, 18, 25. (Every Thursday), 5 – 6:30 p.m. in the Todd Building, Bunker Room. Peer run support group based firmly on a belief of self-help, mutual respect and understanding where people can safely share their experiences of voices, visions, unusual sensory perceptions. The groups offer an opportunity for people to accept and find meaning in their experiences that help them regain power over their lives.

- **Al-Anon Parent Group.** Sept. 13, 20, 27. Oct. 4, 11, 18, 25. (Every Thursday), 7 – 8 p.m. One hour topic discussion.

- **Support Group For Those Coping With A New Or Chronic Medical Condition.** Sept. 14, 21, 28, Oct. 12, 19, 26. (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.

- **It’s Hard To Be A Mom.** Sept. 20, Oct. 14, 28, Nov. 1, 15, Dec. 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.

- **Support Group For Families Dealing With Major Mental Illness.** Sept. 20, Oct. 4, 18, Nov. 1, 15, Dec. 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.

- **Introduction To Mental Health Benefits and Services.** Sept. 25, 1, 6:30 – 7:45 p.m. This presentation will provide an overview of benefit programs available for individuals with mental health disabilities. To attend, please RSVP to Laura at 860.545.7324.

- **Dementia Support/Educational Group Meeting.** Oct. 2, Nov. 6, Dec. 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.

If you are a student who needs to observe a group for a class assignment, you must contact the Family Resource Center by emailing Laura Durst at laura.durst@hhchealth.org two weeks prior to the group you would like to attend. Please note, not all of our groups are open for observers and it is up to the facilitator and group members themselves.
Natchaug mental health worker Ben Nazario organized a picnic for patients on the adult inpatient unit. Dietary cooked food, staff served patients in the courtyard and they even brought in a sno-cone machine.

Natchaug Stop the Stigma 5K

Road Race & Fun Walk
Saturday, Sept. 15, 2018

Natchaug Hospital
189 Storrs Road
Mansfield Center, CT

8 AM registration; 9 AM race start*$
$20 pre-registration; $30 day of event
-registration and start/finish line are located at the 196 Conantville Road building behind the Hospital.

Awards for top male and female in the following age categories: 18 & under, 19-29, 30-45, 46-59, 60-69, 70 & up.

All proceeds benefit adults receiving care on the Natchaug Hospital psychiatric inpatient units.

To register, visit www.lightboxreg.com/natchaug-stop-the-stigma-5k-charity-run-and-walk
Questions: contact Ashley Laprade at Ashley.Laprade@hhchealth.org

Nominations needed for Natchaug awards

Nominations are now being accepted for Natchaug Hospital’s first-ever Annual Staff Awards. Send in your nominations for exemplary Natchaug staff (or support staff who works at or supports Natchaug) for the following three awards by Monday, Sept. 24.

The Little’s Dedication to Caring Medical Staff Award — For medical staff who have demonstrated superior understanding and compassion for the unique needs of patients and their families, and strive for improving the quality of Natchaug Hospital’s interactions with its patients and their families. Recognition for outstanding contributions to psychiatry at Natchaug Hospital and supports the HHC Values of Integrity, Safety, Excellence and Caring.

Every Moment Matters Award — Recognition of staff member who goes above and beyond in the job they do, making a difference either for the patients they serve, earning customer loyalty or for their colleagues, ultimately connecting to employee engagement.

Staff Volunteer Award — Recognition of staff member who goes above and beyond in volunteering their time for Natchaug’s clients and/or events.

All submissions will be reviewed by the Employee Engagement Committee, and winners will be recognized at the Annual Board Reception on Tuesday, Oct. 23, at the East Region System Support Office at 11 Stott Ave. in Norwich. Staff will also be recognized at the event for the Nightingale Awards, CAPSEF Golden Apple Award, Quarter Century Club (25+ years of service), Community Benefit Award and Gold Medal Manager nominees.
The following is an excerpt from a profile of José Scarpa, PharmD, director of Pharmacy for Natchaug Hospital, which ran in UConn Today.

Pharmacy students work under the direction of preceptors during all four years of study en route to earning their Doctor of Pharmacy degrees. The dictionary defines the word preceptor as teacher or instructor. However, to legions of UConn School of Pharmacy graduates, the definition often extends to words such as mentor, friend, and role model.

UConn has about 1,400 preceptors on board, including those from out of state, as well as faculty in the School of Pharmacy who serve in that capacity in addition to their regular duties. Together, they represent all the key areas necessary for students to complete their PharmD requirements.

José Scarpa, '88, Pharm, Director of Pharmacy, Natchaug Hospital.

José Scarpa, is a board-certified psychiatric pharmacist who serves as director of Pharmacy at Natchaug Hospital, a 57-bed psychiatric hospital in Mansfield Center. He's been at Natchaug since 2005, following a 20-year career at Manchester Memorial Hospital. Right after he assumed his current position, Scarpa let his alma mater know that he was interested in becoming a preceptor because, in his words, “This is a profession where we ‘give back’ and help each other whenever we can. Plus, I really enjoy working with students. Sometimes I think I learn as much from them as they do from me.”

Scarpa can best be described as organized, outgoing, and a self-described people person. He speaks with a trace of an accent from his native Uruguay, a country he left at age 18 intending to briefly visit with relatives in southwestern Connecticut prior to beginning medical studies ‘back home.’

But, life intervened. First, he fell in love with the culture of the United States, and then he fell in love with the girl who would later become his wife, Eny. Along the way, he changed his career goals from medicine to pharmacy, and that is how he ended up attending UConn where he earned his BS in pharmacy in 1988.

It was during his time at Manchester Memorial that he first realized his passion was working with psychiatric patients. He says, “We had a director of pharmacy who believed in letting us rotate through all the service areas in the hospital. From oncology to maternity to the ICU and so forth. When I started in the psychiatric unit, I knew I’d found my passion. I have also always been interested in pain management, and both areas seem to be compatible in their treatment methods.”

Scarpa was named Institutional Preceptor of the Year in 2014, and cur-

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Every dollar we save helps make care more affordable.
Rushford collaborated with the Meriden Health Department for a hepatitis clinic here at Paddock Avenue on Wednesday, Aug. 29.

The Meriden Health Department received free Hep A and Hep B vaccines from the state as part of a statewide initiative to prevent the spread of Hep A and B.

Stephanie Denya, RN, associate director of the Meriden Health Department, came to Paddock Avenue and give clients a presentation on hepatitis and to offer free vaccines.

About 60 people attended the information session and 40 free vaccinations were given.

Rushford, Meriden Health Dept. provide hepatitis education

Above: Rushford and the Behavioral Health Network were joined by several other community partners in marking International Overdose Awareness Day at the Meriden Town Green Friday, Aug. 31. J. Craig Allen, MD, chief medical officer of the Hartford HealthCare Behavioral Health Network, top left in sportcoat, spoke about the need for communities to join together in dealing with the growing opioid epidemic in the region.

Left: Beatriz Cardona, Hassan Dinakar, MD, and Medyaly Lopez sported their Rushford Overdose Awareness Day shirts on Friday, Aug. 31. Proceeds from the shirts and sweatshirts helped purchase 20 Narcan kits for families in need.

Steven Mikkennan talks about his own experience with addiction during the event.