For Karen Kangas, Ed.D, the Behavioral Health Network’s New Director of Recovery and Family Affairs, hope is the best tool you can give to a person battling addiction and mental illness.

She speaks from experience. Kangas is in recovery herself and has spent the past 25 years advocating for individuals with mental health and substance abuse disorders and sharing her story of recovery.

Kangas had a comfortable career as a school principal before mental illness and addiction took hold. She lost her job in education, was diagnosed with bipolar disorder, and became addicted to alcohol, which she said she used for self-medication. It was a low point for Kangas, and she knew she needed help to get her life back on track.

While spending time in rehabilitation in Colorado she had an epiphany. “The doctor told me I’d never work again. I said ‘no’. The time is now. I absolutely decided that I was going to start sharing my story and fighting for the rights of people with mental health and substance abuse disor-

Read more about National Recovery Month

Continued on page 2
Kangas: ‘I was going to start sharing my story and fighting for the rights of people’

Kangas said it was the influence of the many people she met in treatment that helped her arrive at that life-changing decision.

“The people who influenced me the most were people who had similar experiences. They said to me, ‘you can work again,’ ‘you can have a life.’ That's the message I have for people today,” Kangas said.

While back in Connecticut visiting family, Kangas saw an ad in the Hartford Courant for an agency seeking “a person with a history of mental illness.” She applied for the position at Fairfield Hills, the former state psychiatric hospital in Newtown, and began her career in recovery.

Over the years, she served in various roles at the Department of Mental Health and Addiction Services (DMHAS), most recently as DMHAS Director of Recovery Affairs and a member of the Commissioner’s Executive Leadership Team before her retirement in 2006. After retirement, Kangas served as the executive director for Advocacy Unlimited where she developed Recovery University curriculum teaching others in recovery to become peer support specialists. In her role with the BHN, Kangas uses her experience to assess Behavioral Health Network programs and services to ensure they are recovery focused.

Behavioral Health Network President and former DMHAS Commissioner Pat Rehmer said Kangas is a proven leader in the recovery field and a tireless advocate for those with mental health and substance use disorders.

“I witnessed her strengths and her energy firsthand at DMHAS. Karen is the conscience of our leadership group, always reminding us to stay focused on the needs of our clients,” Rehmer said.

Rehmer said there is a need to have

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HHC engineer seeks to ‘pay it forward’

Recovery is Michael Meheran’s passion. Now, the Hartford Hospital Engineering Department staff member would like to make helping people find the peace he’s experienced in sobriety a career.

Meheran is enrolled in Recovery University, an 80-hour advanced training and certification program for persons with mental health and addiction histories. The program, created by Advocacy Unlimited, allows participants to be certified as Recovery Support Specialists with the hope of finding a job within behavioral health agency.

Now 13 years sober, Meheran says his alcoholism led to four DUIs, 120 days in jail and losing a job. He turned to Alcoholics Anonymous where he says he met a network of people to support him in his recovery.

“I could have easily died because of this, the depression and the mental illness. I didn’t know if I had a purpose. I didn’t know if I wanted to live. I have four kids and a wife but I just felt like I wasn’t worth saving,” he says.

Meheran says he immersed himself in AA, especially the Twelfth Step: “to carry this message to alcoholics, and to practice these principles in all our affairs.” He says he found comfort in the support he was providing and wanted to make it his life’s mission.

After a few years of sobriety, Meheran found work in the Hartford Hospital’s Engineering Department. He says he was open about his struggles and is so grateful that the hospital took a chance on him. Meheran is also thankful that he was allowed to utilize Hartford HealthCare’s Tuition Reimbursement Program to help him earn his associate’s degree in drug and alcohol counseling from Tunxis Community College. Meheran worked nights while going to school during the day.

“That’s one reason I like working at Hartford Hospital. [My managers] were so accommodating and supportive,” he says.

Still employed in Hartford Hospital’s Engineering Department, Meheran also works part-time as a driver at a drug and alcohol treatment center in Canaan, Connecticut. He’s hopeful to find a full-time job helping people find joy and success in recovery.

“After a few years of sobriety, I found there was hope and I wanted to give that hope to other people,” he says.
Kiss your e-mail

Good-bye
(The Sequel)

Effective Nov. 15, 2017 all Hartford HealthCare e-mail will automatically be deleted after:

- Seven years for directors and above
- Three years for managers and below
- Deleted items folders will continue to be emptied once a week

Mid-2018: Six-month e-mail retention policy strictly enforced. All e-mail auto-deleted after six months.

For information and instructions for saving and storing your important business documents, visit the Information Technology page of HHC Connect.

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, Oct. 3, at noon.

more people in active recovery, like Kangas, working in behavioral health.

Rehmer points to the success of the recovery coach program in emergency departments at Backus and Windham hospitals. The recovery coaches, all in active recovery themselves, respond to overdoses and other drug-related emergencies 24 hours a day, seven days a week and connect patients to care and services after their visit to the ED. Rehmer said more than 95 percent of patients are receiving follow-up care under the program, which will expand to MidState and the Hospital of Central of Connecticut this fall. In addition, peer recovery support specialists have been added at the Institute of Living, Rushford and soon Natchaug, Rehmer said.

Kangas said she wants to make sure that people in recovery have a strong voice when it comes to care.

“For so long, people just said ‘stop using’ or ‘take this pill and you’ll be OK.’ There’s much more to it than that,” Kangas said. “We need compassion. We need support. We need tools [to recover]. But the number one thing we need is hope, the hope that we really can get our lives back together.”

To see a video on Karen Kangas’ journey, click on https://youtu.be/yTOtsalocuc
Ever since my arrival at the Hartford HealthCare Behavioral Health Network, I have been fortunate enough to be surrounded by expertly trained, caring and compassionate staff. What better time to thank clinicians, physicians, support staff and our community partners than during National Recovery Month, which is held each September.

But no matter how good we are, mental health and substance abuse patients don't always receive optimal care in healthcare settings. With our hospitals and emergency rooms becoming more crowded with behavioral health patients due to the opioid epidemic and other factors, it is important that we adjust our perspective and model of care.

At Hartford HealthCare, one of those adjustments has been the addition of “recovery coaches.” These staff members are in recovery from mental health or substance abuse issues in their own lives, and now work with behavioral health patients to ensure that they get appropriate care. They can also help take the pressure off our other clinicians, especially in our busy emergency rooms.

I am a strong advocate of having people who have lived experience on our boards, in leadership positions and on our front lines. Recovery coaches are an example — they can reach patients in ways that most others can't because their message is so personal and so powerful. If you're feeling hopeless and lost, it can be a very powerful thing to see someone who went through the same thing and is now living a happy and meaningful life.

Recovery coaches are assigned to respond to overdose and other drug-related emergencies 24 hours a day, seven days a week, on an on-call basis in the emergency departments at Backus Hospital, Windham Hospital and, soon, MidState Medical Center and The Hospital of Central Connecticut. Whenever overdose patients come into the ER, front-line staff can contact recovery coaches to have them come in and work directly with patients who receive emergency care.

Our early results have been excellent. A very high percentage of our behavioral health patients are following through with their appointments, which previously was not the case. Our goal is for this to eventually be extended to hospitals across the Hartford HealthCare system and beyond.

Rise in opioid usage

This is especially important due to the ongoing epidemic in opioid and heroin abuse that contributed to a record number of drug-related overdose fatalities in Connecticut in 2016 — more than 900 deaths. Although much has been done — including making Narcan available to clinicians and families; education of physicians on prescribing narcotics; expansion of our MATCH (Medication Assisted Treatment Close to Home) programs that offer suboxone and other services; the addition of patient advisory councils; and staff development programs such as Recovery University, taught by our own Karen Kangas — the crisis points to the need for involvement from those who have "lived" experience.

In her time as nurse manager of the Emergency Department at Windham Hospital, Meghan Hilliard has seen firsthand the devastation caused by addiction and substance-use disorders in her community. But for all the clinical resources that her department can bring to help revive someone experiencing an alcohol or drug-related overdose, Hilliard and her staff often felt frustrated knowing that the same patient may well return the next day needing the same care.

“Everyone knows this is a serious problem in our community, but there's only so much front-line emergency room staff can do to address the underlying addiction that leads to overdoses,” Hilliard said. “We can refer a patient to long-term treatment until we’re blue in the face, but we can only hope that they will listen to us.”

A step in the right direction

Now that Windham has trained recovery coaches to assist substance-abuse patients, things have improved.

“It’s such a wonderful way to offer needed support for these patients,” Hilliard said. “With recovery coaches, these patients will be hearing from people who have a background that gives them special authority and credibility — they have been there themselves.”

That’s a great endorsement of how far we have come. But National Recovery Month is also a time to reflect on what more needs to be done. The expansion of recovery coaches into the MidState Medical Center Emergency Department and the Hospital of Central Connecticut’s Emergency Department is another step in the right direction, but we need to continue to educate the public and even our own staff on the value of hiring staff that have lived experience and are in recovery. They can be helpful to people at the beginning of their journey, and provide the hope needed for them to recover long-term.

Pat Rehmer, MSN, ACHE, is Hartford HealthCare senior vice president for behavioral health and president of the Behavioral Health Network.
Rushford’s Zero Suicide Committee set up a suicide awareness table at the Meriden location, above, with prevention info and an interactive Jeopardy-style activity for clients and clinical staff, right.

Gale Sullivan, RN, MSN, left, regional director of behavioral health services in the East Region, talks to Backus nurse Kathy Bagwell, RN, about the materials being handed out as part of World Suicide Prevention Day on Sept. 15. At right is Thomas King, vice president of operations for the Behavioral Health Network, East Region. Staff throughout the BHN offered information and resources about suicide prevention to employees, patients and visitors.

Hartford Hospital Chaplain Eugenia “Jeanne” Pedane plays the flute at the World Suicide Prevention Day flag lowering ceremony on Friday, Sept. 15, in front of the hospital.

BHN marks World Suicide Day

Mental Health First Aid classes on HealthStream

In an effort to standardize BHN registration for trainings, we are pleased to announce all Mental Health First Aid (MHFA) trainings can now be found on HealthStream. Participants may view trainings as well as register. Trainings will occur each month in the Hartford Region at the Institute of Living, the third Friday of each month beginning in October.

Trainings have been scheduled through the end of September 2018. A minimum of 10 participants will continue to be the standard in order for the course to run. If you would like a training in your region outside of Hartford, you can contact the MHFA coordinator Patricia Graham at patriciac.graham@hhchealth.org.
Natchaug, HHC at Home to offer depression screenings

To mark National Depression Screening Day on Oct. 5, Natchaug Hospital and Hartford HealthCare at Home will be offering free, confidential depression screenings at several locations throughout Eastern and Central Connecticut.

Each screening includes a written assessment, a private meeting with a professional, and information on depression and treatment options.

No appointment is necessary.

For more information, e-mail natchaugevents@hhchealth.org.

Also on Oct. 5, Hartford HealthCare at Home will also be offering free screenings for seniors.

HHC at Home nurses will be available to speak individually and confidentially with seniors about symptoms of depression. Discussion will also include suggestions on improving everyday moods. No appointment is necessary.

For more information on screenings for seniors, call Hartford HealthCare at Home team coordinator Eileen Chatelle, 860.465.2230.

National Depression Screening Day, held annually on the Thursday of the first full week in October, is an education and screening event conducted by hospitals, clinics, colleges, and community groups nationwide.

Natchaug screenings

- Screenings will be held from 10 a.m. to 4 p.m. at these locations:
  - JOSHUA CENTER ENFIELD / 72 Shaker Road, Suite / Enfield
  - JOSHUA CENTER MANSFIELD / 189 Storrs Road / Mansfield Center
  - JOSHUA CENTER SHORELINE / 5 Research Parkway / Old Saybrook
  - JOSHUA CENTER NORTHEAST / 934 North Main St. / Danielson
  - JOSHUA CENTER SOUTHEAST / 1353 Gold Star Highway / Groton
  - JOSHUA CENTER THAMES VALLEY / 11 A Stott Ave. / Norwich
  - CARE PLUS / 1353 Gold Star Highway / Groton
  - OLDER ADULT PROGRAM AT WINDHAM CENTER FOR HEALTHY AGING / 112 Mansfield Ave. / Willimantic
  - QUINEBAUG / 11 Dog Hill Road / Dayville
  - RIVEREAST / 428 Hartford Turnpike / Vernon
  - SACHEM HOUSE / 151 Storrs Road / Mansfield Center

HHC at Home screenings

- Screenings will be held at these locations and times:
  - PLAINVILLE SENIOR CENTER / 200 East St., Plainville / 10 a.m to noon
  - ROSE CITY SENIOR CENTER / 8 Mahan Drive, Norwich / 10 a.m. to noon
  - ARBOR ROSE AT JEROME HOME / 975 Corbin Ave., New Britain / 1:30-3:30 p.m.

BHN leader to speak at opioid workplace forum

Pat Rehmer, Hartford HealthCare senior vice president for behavioral health and president of the Behavioral Health Network, will give the keynote address at an upcoming Hartford Business Journal seminar on understanding the impact of opioids on the workplace.

The event will be held from 8-10 a.m. on Wednesday, Sept. 27, at the Infinity Music Hall, 32 Front St., Hartford.

The widespread abuse of opioid drugs, including prescription painkillers heroin and other highly addictive drugs, are in the headlines on a daily basis. In Connecticut, there were 917 reported deaths from opioid overdoses in 2016, and there is no indication that trend is slowing down.

According to the National Council on Alcoholism and Drug Dependence, 70 percent of the 14.8 million Americans who abuse drugs are employed. And 24 percent of workers admit drinking during the day at least once in the past year. When an employee abuses drugs or alcohol, there can be serious ramifications, including injuries, absenteeism, traffic accidents and lost productivity. But when someone receives quality treatment, there are huge benefits to the employer. Absenteeism drops by 76 percent, lateness by 91 percent and productivity soars by 76 percent.

If you go

- When: Wednesday, Sept. 27, 8-10 a.m.
- Where: Infinity Music Hall, 32 Front St., Hartford
- Cost: $45
- To learn more: Visit www.hartfordbusiness.com
BHN announces sites, dates for flu vaccine clinics

Everyone who works, learns and volunteers at Hartford HealthCare stands firmly against influenza. Through our Influenza Prevention Program, we are achieving nearly 100 percent vaccination rate and significantly reducing the risk flu poses to our most vulnerable patients. We also are protecting our co-workers and families.

All non-exempted staff members must be vaccinated by Nov. 6. Those applying for medical or religious exemptions must do so by Oct. 1. Individuals with existing religious and medical exemptions do not need to reapply.

When attending clinics, please be sure to bring your badge.

Flu clinic schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, Sept. 27</td>
<td>2:30-5:30 p.m.</td>
<td>Natchaug Treatment Room</td>
</tr>
<tr>
<td>Saturday, Sept. 30</td>
<td>6:30-8:30 a.m.</td>
<td>Natchaug Treatment Room</td>
</tr>
<tr>
<td>Sunday, Oct. 1</td>
<td>3rd shift RNS</td>
<td>Natchaug Treatment Room</td>
</tr>
<tr>
<td>Monday, Oct. 2</td>
<td>6:30-9:30 a.m.</td>
<td>Natchaug Unit Med Room</td>
</tr>
<tr>
<td>Monday, Oct. 2</td>
<td>1-3 p.m.</td>
<td>Natchaug Treatment Room</td>
</tr>
<tr>
<td>Wednesday, Oct. 4</td>
<td>3:30-6:30 p.m.</td>
<td>Natchaug Treatment Room</td>
</tr>
<tr>
<td>Wednesday, Oct. 4</td>
<td>3rd shift RNS</td>
<td>Natchaug Unit Med Room</td>
</tr>
<tr>
<td>Friday, Oct. 6</td>
<td>3:30-6:30 p.m.</td>
<td>Natchaug Treatment Room</td>
</tr>
<tr>
<td>Tuesday, Oct. 10</td>
<td>6:30-8:30 a.m.</td>
<td>Natchaug Unit Med Room</td>
</tr>
<tr>
<td>Thursday, Oct. 12</td>
<td>7 a.m.-4 p.m.</td>
<td>IOL Donnelly 1st floor conf. room</td>
</tr>
<tr>
<td>Monday, Oct. 16</td>
<td>3:30-6:30 p.m.</td>
<td>Natchaug Treatment Room</td>
</tr>
<tr>
<td>Monday, Oct. 16</td>
<td>8 a.m.-noon</td>
<td>Natchaug Treatment Room</td>
</tr>
<tr>
<td>Wednesday, Oct. 18</td>
<td>2-6 p.m.</td>
<td>Rushford Middletown East Wing break room</td>
</tr>
<tr>
<td>Sunday, Oct. 22</td>
<td>6:30-8 a.m.</td>
<td>Natchaug Treatment Room</td>
</tr>
<tr>
<td>Monday, Oct. 23</td>
<td>2:30-4:30 p.m.</td>
<td>Natchaug Treatment Room</td>
</tr>
<tr>
<td>Wednesday, Oct. 25</td>
<td>7-9 a.m.</td>
<td>IOL Donnelly 1st floor conf. room</td>
</tr>
<tr>
<td>Wednesday, Oct. 25</td>
<td>2-4 p.m.</td>
<td>IOL Donnelly 1st floor conf. room</td>
</tr>
<tr>
<td>Monday, Oct. 25</td>
<td>10 a.m.-2 p.m.</td>
<td>Rushford Meriden Board Room</td>
</tr>
<tr>
<td>Monday, Oct. 25</td>
<td>9 a.m.-noon</td>
<td>Natchaug HR building</td>
</tr>
<tr>
<td>Friday, Oct. 27</td>
<td>10 a.m.-2 p.m.</td>
<td>Rushford Meriden Café conf. room</td>
</tr>
<tr>
<td>Monday, Oct. 30</td>
<td>2-4:30 p.m.</td>
<td>Natchaug HR Building</td>
</tr>
</tbody>
</table>

For more information on the flu prevention program, or to view a schedule for vaccination clinics across the system, visit hhconnect.org and under “Community”, select “Initiatives” and click “Flu Prevention Program.”

The Making a Difference Together Award is Making Some Changes.

Nominations Open Now.

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

See what’s new, and nominate your own team or a team you admire, visit HHC Connect.

Winners will be recognized at the annual State of the System event.

Deadline: September 27, 2017
Behavioral Theory course begins Tuesday, Sept. 26

Beginning this September, the Anxiety Disorders Center/Center for CBT will offer the Cognitive-Behavioral Therapy Basic Proficiency Course on Tuesdays from noon to 1 p.m. Sept. 26 through Jan. 23 (no class on Dec. 26 or Jan. 2) in the Institute of Living’s Hartford Room.

The course, which is instructed by David Tolin, PhD, and free to HHC staff, is an opportunity for interested staff to become familiar with the theory and application of cognitive-behavioral therapy. To register, contact Beth Pizzuto (ext. 5-7578). Pre-registration is required. Please note that this is a CME-approved educational activity.

Attendees will be required to purchase the course textbook by the first class “Doing CBT: A Comprehensive Guide to Working with Behaviors, Thoughts, and Emotions.” A reference copy of the textbook may be available at the IOL medical library.

Depression study planned for teens

The Olin Neuropsychiatry Research Center of Hartford Hospital/Institute of Living seeks right-handed teenagers (ages 12-18) who currently have depression (Major Depressive Disorder) or who were depressed in the past. We are looking for participants who are not currently taking medication for depression, but other types of treatment and past medications would be OK.

Qualified volunteers for the study will participate in an interview, some questionnaires, neuropsychiatric tests and a non-invasive brain imaging scan.

Volunteers will be compensated $20 per hour for their time. The study is expected to take 6-8 hours total and can be split into separate visits if desired.

For more information, please call 860.545.7788.

Healthy teen girls needed for study

The Olin Neuropsychiatry Research Center of Hartford Hospital/Institute of Living seeks right-handed teenage girls (ages 12-18) to participate in a MRI-based study on emotion regulation and hormone levels. Only girls who have begun to menstruate and have no history of psychiatric or major medical illnesses will qualify for the study.

Qualified volunteers for the study will participate in an interview, some questionnaires, neuropsychiatric tests and two non-invasive brain imaging scans.

Volunteers will be compensated $20 per hour for their time. Participants are required to come in on two separate days, exactly two weeks apart, and appointments are expected to last 6-8 hours and 3-4 hours, respectively.

For more information, please call 860.545.7788.

Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. For addition 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.** Sept. 22, 29, Oct. 6, 13, 20, 27 (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.

- **Deception Bipolar Support Alliance Group (DBSA).** Sept. 25, Oct. 2, 9, 16, 23, 30 (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and Sept. 27, Oct. 4, 11, 18, 25 (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.
Family Resource Center Support Groups (continued)

- **Social Support Group — LGBTQ Issues** (Lesbian/Gay/Bisexual/Transgender/Questioning). Sept. 27, Oct. 11, 25, Nov. 8, 22, Dec. 13, 27. (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.

- **Trauma Support Group.** Sept. 27, Oct. 11, 25, Nov. 8, 22, Dec. 13, 27. (Second and fourth Wednesday of each month), 6-7 p.m. A peer-led group that offers a supportive environment for individuals with any type of trauma history. Attendees will discuss relevant topics and educational materials will be available.

- **Al-Anon Parent Group.** Sept. 28, Oct. 5, 12, 19, 26 (Every Thursday), 7 - 8 p.m. One hour topic discussion.

- **Dementia Support/Educational Group Meeting.** Oct. 3, Nov. 7, Dec. 5 (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.

- **Bipolar: An Introduction To The Disorder.** Oct. 3, Dec. 19, 6:30 – 7:45 p.m. For family members and friends of individuals who have bipolar or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness.

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New faces join staff at Natchaug

Please join us in welcoming the following staff members to Natchaug Hospital:

- **Janette Cawley,** RN,WCC, Infection Control. Cawley brings with her an extensive background in management at all levels in long term and sub-acute facilities. She is a certified wound nurse and is currently enrolled in a bachelor program for public health.

- **Arlene Burns,** BSN, RN-BC, Child and Adolescent Nurse Manager. Burns is certified in psychiatric and mental health nursing. She comes to Natchaug from a magnet facility and has management, medical and psychiatric nursing experience.

- **Alexandra Kosakowski,** MSN, RN-BC, CARN, Nurse Educator. Kosakowski is certified in addiction as well as psychiatric mental health nursing. She has extensive experience in integrated behavioral health, project management, quality and education.
Painting events help clients use art as therapy

Megan from “Shine Your Light Art” returned to the Rushford Durham campus to teach Rushford Academy students how to paint a fall scene recently. The event included a student from Natchaug’s Joshua Center Shoreline clinical day treatment school as well as students from Haddam-Killingworth’s Healthy Kids Healthy Communities Youth Coalition.

The paint night was the first in what is planned to be a series of positive peer social activities aimed at providing Rushford Academy clients with positive interactions with local youth leaders who have committed to remaining sober.

Taryn Petrillo, Rushford Academy’s recreation therapist, and Katie Gomes, Rushford Academy and Joshua Center Shoreline principal, collaborated with Cristal DePietro, of Haddam Killingworth Youth and Family Services, to organize the activity.

Clients at Rushford’s Avon location worked on art as a therapeutic tool. Groups of clients worked together, getting to know one another and building trust. They each completed a painting and shared with the group how the experience related to their recovery. In the future, staff hopes that clients will utilize painting as a calming technique and that it will help them become more mindful.

We care about you!

Health & Wellness Fair
for Rushford clients and staff

Featuring more than a dozen health and wellness agencies from across Connecticut

Thursday, Oct. 19 | 10 am – 1 pm

Rushford Cafeteria
883 Paddock Ave, Meriden
Door Prizes and Raffle • Refreshments will be served.

Rushford
Connect to healthier™
Rushford group presents at CCSAD workshop

Samuel M. Silverman, MD, Rushford director of medical education, and J. Craig Allen, MD, Rushford medical director, presented a workshop entitled, “Early Career Physician Outreach in Addiction Medicine” at the Cape Cod Symposium on Addictive Disorders held in Hyannis, Mass., on Saturday, Sept. 16.

Third year Institute of Living resident Sivabalaji Kaliamurthy, MD, and recent UConn psychiatric residency graduate Laurel Blackman, DO, MBA, were asked to discuss their slide presentations responding to the question, “How does addiction impact the patients you treat in your specialty.”

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.

SADD students welcome freshman class

The Westbrook High School Students Against Drunk Driving (SADD) chapter, under the leadership of Rushford Prevention professional Lyn Connery, put together welcome bags for every freshman and passed them out on the first day of school. Each bag contained a positive message, a pencil, an eraser, a SADD sticker and some candy kisses.

2nd Annual Rushford Client Talent Show

Oct. 25, 2017 at 1 pm
Cafeteria, Rushford at Meriden

Featuring clients from Rushford’s Meriden and Durham location, including representation from:
- Case Management
- Outpatient therapy
- BHH
- Crisis-Respite
- CBI
- Homeless Outreach
- Friendship Club
- Young Adult Services
- Kuhn Employment
- And other departments

If you know a client who would like to participate, or for more information, call:
- Antoinette (Community Supports) - 203.603.5353
- Cary (Durham Academy) - 860.349.1989
- Lucille (Community Supports) - 203.630.5240
- Martha (Kuhn) - 203-630-5265
- Kenny (PHP/IOP) - 203.634.7003

From left, Westbrook students Mason Waldron, Megan Greaves, Bailey Roberts, Kayla Arevalo and Liz Gallagher.