Drawing on decades of research as one of the world’s authorities on psychiatric and behavioral genetics, the research of Kenneth Kendler, MD, indicates that if plied, human motivations can overcome biology and environmental influences to keep someone from abusing drugs and alcohol.

Dr. Kendler, head of the Virginia Institute of Psychiatric and Behavioral Genetics, said that, genetically speaking, people can be categorized based on their “pedigree” for alcoholism or substance use disorder. The more people in one’s family tree who struggle with the disease, the more likely one is to have the disease as well. He also cited pregnancy as an example, noting that many women stop using drugs and alcohol when they discover they are pregnant.

“Where push comes to shove, are there human motivations to give up drugs?” he asked the audience of medical professionals on the concept he called “volition.”

He quickly cited pregnancy as an example, noting that many women stop using drugs and alcohol when they discover they are pregnant. That, he said, is where one’s will conflicts with one’s genetic make-up and environment. The research he and his cohorts have uncovered in Sweden’s citizen registry strongly supports the influence of both genetics and environment on a person’s predilection for drug and/or alcohol abuse, as well as the development of major depressive disorder and schizophrenia.

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disease, the more likely an individual will suffer as well.

When comparing people with a strong family history of substance abuse to those who do not have one, research revealed they are:

- Two or more years less educated.
- Less intelligent by 12 or more IQ points.
- Living in more economically deprived areas.
- Three times more likely to have a psychiatric illness.
- Two and a half times more likely to be on welfare.
- Seven times more likely to develop alcohol use disorder.
- Eight times more likely to develop substance use disorder.

Numbers were even more pronounced for those with a family history of substance use disorder, showing that they are:

- Less educated by three or more years.
- Less intelligent by 20 or more IQ points.
- Fourteen times more likely to be on welfare.
- Three times more likely to be unemployed.

Dr. Kendler also serves as the principal investigator on the CONVERGE Project, examining the effect of genetics and major adversity on major depressive disorder and schizophrenia. As he discovered with substance use disorder, there is a genetic component that heightens one’s risk for behavioral health diseases.

The Burlingame Award was established in 1988 in recognition of the one-time superintendent of the IOL. It is presented annually in recognition of outstanding leadership and lifetime achievement in psychiatric research and education.

Dr. Kendler received the award at a celebratory dinner at Hartford’s Marriott Downtown hotel where he presented an address entitled, “The Origins of Modern Psychiatric Nosology in the late 19th Century,” highlighting an important historical note for the IOL in stating that Henry Stearns, MD, superintendent of the Hartford Retreat for the Insane (the IOL’s original name), was responsible for compiling the first “modern” classification of mental diseases while co-chairing an international conference in 1886. This classification system was a forerunner of the first Diagnostic and Statistical Manual which was not published until 1952.

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, Oct. 30, at noon
Tip No. 7 — Making every moment matter

Every staff member has a role to play when it comes to employee engagement and providing an exceptional experience for clients and patients. Your role in making Every Moment Matter includes:

WHY IT’S IMPORTANT
“When you took the training, you learned…”
- Everyone at HHC plays an important role
- Engaged and respectful behavior is contagious
- To our customers, YOU are the face of HHC

POSSIBLE BARRIERS
- Lack of awareness of your impact on others
- It’s not a priority
- It’s one more thing to do
- “How can we improve?”
  (Engage team to come up with solutions)

WHAT IT LOOKS LIKE AT WORK
“How are we doing in our department? What’s going well?”
- How do you contribute to creating an exceptional experience at HHC?
- How can we show engaged and respectful behavior?

COMMITMENT AND FOLLOW UP
- “Here are the priorities we are working on (and why)…”
- “We will look at our trends (weekly, monthly) to see how we’re doing on…”
- “At the huddle, we will…”
- “To create accountability we can…”

Creating a positive patient experience is everyone’s responsibility. The Office of Customer Experience is sharing tips for improving patient experience in BHNews.

in the news

Allen offers opioid insights


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

Bonus cash on select vehicle purchases

That Hartford HealthCare employees are eligible to receive up to $500 cash back when they purchase or lease certain vehicles? For more information, visit www.bonusdrive.com, choose HHC as your organization, and complete the application.
Compliance Week begins Nov. 5

Hartford HealthCare is celebrating Compliance Week from Nov. 5-9! Join the Compliance and Privacy team in Natchaug Hospital’s Main Lobby on Monday, Nov. 5, from 11:30 a.m. to 1:30 p.m. or in the Rushford at Meriden Cafeteria on Wednesday, Nov. 7, from 9-11 a.m.

Play games, win prizes, learn something new about compliance and privacy, and have fun in the process! Visit the OCI intranet site for more details and the full schedule of locations.

Universal Flu Prevention

Flu shots due by November 6, 2018


Open Enrollment October 15–26, 2018

Your 2018 Open Enrollment Checklist:

☐ Review your current benefits
☐ Add/remove dependents
☐ Review the working spouse attestation if it applies to you
☐ Want an F.S.A.? You must enroll every year
☐ Make sure your address is correct
☐ Confirm your beneficiaries
☐ If you want employee-paid voluntary benefits (like student loan repayment program, auto, home or pet), you must enroll.

Lock in your 2019 benefits!

Find a complete checklist and learn more about all of HHC’s benefits at hhcconnect.org/benefits

2018 OCTOBER

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<tr>
<th>SUNDAY</th>
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HHC Open Enrollment
A kaizen event was held Sept. 18-20 to bring together members of all the Hartford HealthCare Behavioral Health Network sites that are currently providing some level of Medication-Assisted Treatment, Close to Home (MATCH) services and those who plan to start MATCH programs.

For the first time ever, there were representatives from every BHN site including Rushford, Natchaug Hospital, the Institute of Living, Backus Hospital, Windham Hospital, The Hospital of Central Connecticut, MidState Medical Center and Charlotte Hungerford Hospital.

The objectives of the three-day kaizen were to:

- Develop a system-wide, standardized transition process utilizing the various MAT locations with capacity.
- Improve the client experience: the education and treatment process as well as entry into the program should be identical, similar to that of franchise organizations.
- Define “MATCH” with a clear and specific meaning, describing a standardized delivery for entry into the programs with subsequent education and treatment.

During the event, current state processes were mapped, reviewed and common processes were captured for development of standard work. From there, one future state was mapped for use at all BHN sites. Opportunities for standard work and best practices at each MATCH site were identified so that the client experience would be identical, no matter which entry point a client started at.

By the end of the kaizen, the following standard processes were created to be used across all sites:

- One phone number for access to MATCH support across the system
- Centralized list of all sites and hours of operation/access information available to all
- Standard work for prescriber initial meeting
- Standard work for clinician initial meeting
- Information sharing for site transfer (eliminate duplication of intake information)
- Standard dosing guide for ambulatory buprenorphine (suboxone) induction

The kaizen event defined what MATCH would look like and feel like to the patients who enter the system for treatment and to the physicians, clinicians and staff involved in the treatment of these patients.

During the kaizen, a patient story on day two provided a glimpse of what this system-wide approach would look like. A patient arrived at one of HHC’s emergency departments and Vincent McClain, MD, a Rushford clinician, was called by the Rushford admissions team for help placing a patient at one of the MATCH sites.

The closest hospital to the patient was Charlotte Hungerford, which has just recently been brought into the BHN network. Because of the personal connections established at the kaizen, Dr. McClain and staff at Charlotte Hungerford were able to confer and this patient was successfully and efficiently admitted to Charlotte Hungerford’s program the same day.

Staff from MATCH sites across the BHN sites — including Rushford, Natchaug Hospital, the Institute of Living, Backus Hospital, Windham Hospital, Hospital of Central Connecticut, MidState Medical Center and Charlotte Hungerford Hospital — spent three days together in a kaizen event to create a system-wide, standardized approach and process for MATCH services.

Kaizen event brings together MATCH braintrust
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<tr>
<td><strong>First week</strong></td>
<td>11:30 am – Transition Group (general support)</td>
<td>10 am – Geriatric Group (every other Tuesday)</td>
<td>11:30 am – Women’s General Support</td>
<td>3 pm – Relapse Prevention</td>
<td>2 pm – General Support/Medication Management</td>
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<td>of each month</td>
<td>3:30 pm – Anger Management</td>
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<td><strong>Second week</strong></td>
<td>11:30 am – Transition Group</td>
<td>2 pm – Smoking cessation with Vickie</td>
<td>11:30 am – Women’s General Support</td>
<td>3 pm – Relapse Prevention</td>
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<td><strong>Third week</strong></td>
<td>11:30 am – Transition Group</td>
<td>2 pm – Smoking cessation with Vickie</td>
<td>11:30 am – Women’s General Support</td>
<td>3 pm – Relapse Prevention</td>
<td>2 pm – General Support/Medication Management</td>
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<td><strong>Fourth week</strong></td>
<td>11:30 am – Transition Group</td>
<td>9:30 am – Clozaril Group with John</td>
<td>11:30 am – Women’s General Support</td>
<td>3 pm – Relapse Prevention</td>
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Have you heard the news?

Introducing Hartford HealthCare’s news hub
Hartford HealthCare’s new online health news site delivers lively, informative and useful health news in a whole new way. Look for print, video and audio stories produced by HHHC’s News Service, as well as timely tips on nutrition, fitness, health and wellness, and medical innovations.

Don’t miss a single story! Read the latest health news or sign up for our e-newsletter at:

[healthnewshub.org](http://healthnewshub.org)

Backus Hospital
Connect to healthier™

Center for Mental Health
Group Schedule*

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**We’re proud to introduce our new joint venture!**

CarePartners of Connecticut is a new kind of health plan that brings together the medical expertise of Hartford HealthCare and the insurance experience of Tufts Health Plan to create innovative Medicare Advantage (HMO) plans focused on patient care.

CarePartners of Connecticut empowers primary care providers to decide what’s best for their patients.

**Spread the word!** Recommend CarePartners of Connecticut to your friends, neighbors and loved ones. Visit [carepartnersct.com](http://carepartnersct.com) to learn more today.
Yale graduate awarded Goodrich fellowship

On Tuesday, Sept. 4, the Institute of Living welcomed Emily Farb, N-P, APRN, to the Annie Goodrich Psychiatric Nurse Fellowship Program.

Farb, a graduate of the Yale University School of Nursing, is the second-ever nurse practitioner to participate in the program, which is one of the few nurse fellowships in the country. She will serve in the child and adolescent division, and in October 2019, fellows will be accepted into both the adult and geriatric divisions.

The fellowship is a nine-month intensive program, which includes inter-professional education with post-graduate physicians and psychologists. It was named after Annie Goodrich, MD, an internationally-known nurse scholar and visionary, who was the first dean of Yale University School of Nursing and consulting director of the nursing service at the Institute of Living’s Neuropsychiatric Institute from 1938-1941.

Charity walk for hurricane relief

The Grace S. Webb School will host a Hurricane Relief Walk-A-Thon on Friday, Oct. 26, from 9 a.m. to 2 p.m. The walk, which is part of one of the senior’s Capstone project, will benefit the Red Cross.

Donations will be collected in the IOL cafeteria on Monday, Oct. 15, through Friday, Oct. 19, during lunch (11:30 a.m. to 1:30 p.m.) and on Wednesday, Oct. 17, during breakfast (8:30-10 a.m.)

Treating the Whole Person: LGBTQ Identity Development from a Clinical Perspective

Friday, October 26 • 8am–5 pm

Institute of Living. Commons Building, Hartford Room, 200 Retreat Avenue, Hartford

Breakfast and lunch will be provided | Sponsored by the Family Resource Center, Young Adult Services

CEUs available

This conference is for clinical providers and will provide info on:

- Family functioning
- Medical/Endocrinology
- Standards for transgender-affirmative care
- Resiliency and environmental support for trans youth
- Gender dysphoria and borderline personality functioning
- LBTQ adolescents of color
- Substance use and LGBTQ identity

Registration is required. Registration fee: $75, $30 for HHC employees

© 1.855.HHC.HERE (1.855.442.4373) © HartfordHealthCare.org/events
Olin Research Center undertaking wide array of studies

Attracting almost $40 million in grant funding in its 17-year existence, the Olin Neuropsychiatry Research Center has become a driving force for the advancement of diagnostic and treatment tools for behavioral health disorders and addiction.

According to founding director Godfrey Pearlson, MD, the four separate labs that make up Olin are focused on various aspects of cognitive function — memory, language, attention and aging — in depression, schizophrenia, Alzheimer’s disease, manic-depressive illness and substance abuse. Researchers use functional magnetic resonance imaging (fMRI), electro-encephalography (EEG), genetics and other tools to study brain activity that can help understand and even predict behavior.

To promote the work being done at Olin, BHNews will regularly feature different research projects. As an overview, Dr. Pearlson described the following key projects from among many in process or being reported out of the Center’s labs.

- A series of studies into ways to identify marijuana intoxication in drivers. As marijuana is legalized in more states for recreational or medicinal use, there will be a greater need for tools that law enforcement officials can use to identify those who are a danger behind the wheel. The tools used to detect illegal levels of alcohol do not work with marijuana.

A grant from the National Institute of Drug Abuse is funding Olin research into brain activity when someone has used marijuana acutely. A second grant, from the National Highway and Traffic Safety Administration, is financing a look into roadside tests that could identify the presence of marijuana through brainwaves measured in EEG and transmitted via Bluetooth and an iPod-like device to measure body movement associated with marijuana intoxication. Still another grant is being used to develop an app that would scan a person’s pupils with a smartphone and read their heart rate through a small device used to develop an app that would scan a person’s pupils with a smartphone and read their heart rate through a small device.

- Ongoing work as part of the Bipolar and Schizophrenia Network on Intermediate Phenotypes (BSNIP) consortium through which five sites across the country are studying 50 biological measures of patients with major mental illness to develop a biological fingerprint for each disease. Three distinct “biotypes” have been identified and the next step is developing unique treatments for each one.

  - Michael Stevens’, MD, lab focuses on attention-deficit/hyperactivity disorder (ADHD). In the paper “Functional Neuroimaging Evidence for Distinct Neurobiological Pathways in Attention-Deficit/Hyperactivity Disorder,” he identifies three subgroups of ADHD with different associated brain dysfunctions despite similar clinical appearances. This information can guide providers to creating more tailored diagnoses and treatments for their patients.

  - “Longitudinal Influence of Alcohol and Marijuana Use on Academic Performance in College Students.” Drawing on a cohort of students at Trinity and Central Connecticut colleges in the Brain and Alcohol Research in College Students (BARCS) study, researchers led by Shashwath Meda, MD, published an article in PLOS One confirming earlier findings that moderate to heavy substance abuse led to lower grade point averages.

  - Dr. Meda has also discovered that excessive alcohol consumption actually shrinks sections of the brain related to memory as outlined in the paper “Longitudinal Effects of Alcohol Consumption on the Hippocampus and Parahippocampus in College Students.”


Look for more in-depth stories on these and other research projects at Olin in future issues of BHNews.

Free talk on obsessive compulsive behaviors set for Oct. 25

To help people understand OCD, or obsessive compulsive disorder, 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, Oct. 25, from 6-7:45 p.m., at Blue Back Square, 65 Memorial Road, West Hartford.

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

The IOL Family Resource Center (FRC) holds regular support groups. All programs are free of charge and, unless otherwise noted, are held in the Massachusetts Cottage, First Floor Group Room at the IOL Campus, 200 Retreat Ave., Hartford. The upcoming IOL FRC Support Group schedule is as follows:

- **Support Group For Those Coping With A New Or Chronic Medical Condition.** Oct. 19, 26, Nov. 9, 16, 23, 30, Dec. 14, 21, 28. (Every Friday except the first of the month), 1 - 2 p.m. in the Center Building, first floor conference room. For young adults ages 17-26 struggling with a new diagnosis, chronic medical conditions, physical symptoms or limitations. The group will help with difficult losses and limitation due to a medical condition, and build a positive, future-oriented focus with realistic goals. To RSVP, please email marissa.sicley-rogers@hhchealth.org.

- **Depression Bipolar Support Alliance Group (DBSA).** Oct. 22, 29, Nov. 5, 12, 19, 26, Dec. 3, 10, 17, 24, 31. (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room, Oct. 24, 31, Nov. 7, 14, 21, 28, Dec. 5, 12, 19, 26. (Every Wednesday), 7 – 8 p.m. in the Commons Building, second floor, Litchfield Room. Peer-run support group for those who have been diagnosed with depression or bipolar disorder.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Oct. 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 LGBTQ issues in their lives. The goal is to discuss support strategies to manage life challenges.

- **Hearing Voices Network (HVN).** Oct. 25, Nov. 1, 8, 15, 29, Dec. 6, 13, 20, 27. (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.

- **Bipolar: An Introduction To The Disorder.** Oct. 30, 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 cope with the illness. To attend, please RSVP to Laura at 860.545.7324.

- **It’s Hard To Be A Mom.** 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.

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

- **Managing Schizophrenia.** Nov. 6. 6:30 – 7:45 p.m. This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home. To attend, please RSVP to Laura at 860.545.7324.

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

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

If you are a student that 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.
Award winners announced for annual reception

Join us at 5:30 p.m. on Tuesday, Oct. 23, at the Hartford HealthCare East Region System Support Office at 11 Stott Ave. in Norwich for a celebration of Natchaug Hospital’s 2017-2018 accomplishments.

The evening will include a reception and buffet dinner, recognition of exemplary staff and a presentation entitled, “Suicide Prevention: Definitely a Team Sport” by the new Behavioral Health Network Physician-in-Chief John Santopietro, MD, DFAPA.

Please join the Employee Engagement Committee in congratulating the winners for the 2018 Natchaug Hospital staff awards including:

- **The Little’s Dedication to Caring Award Medical Staff Award**: Pamela Shuman, MD
- **Nightingale Award(s) for Excellence in Nursing**: Klari Esmaeli, RN, and Janice Ash, RN
- **Every Moment Matters Award**: Kerri Griffin
- **CAPSEF Golden Apple Award**: Diane Daniels, Laura Jordan, Vorasinh Phommasith and Paula Rich
- **Quarter Century Club (25 years of service or more)**: Theresa Campanelli-Miner, Timothy Ellis, Donna Kilhenny, Barbara Pajak, Rajesh Parekh, Sheryl Savino and Susan Williams
- **Community Benefit Award**: Paul Weigle, MD
- **Gold Medal Manager(s)**: Lamirra Simeone
- **Staff Volunteer Award**: Ben Nazario

Winners and nominees will be recognized at the reception.

Donations sought for local family

Natchaug Hospital philanthropy and development is collecting donations of gently used clothing and bedding to support a local family that recently lost their home and all of its contents to a fire.

The family consists of a mother, three boys and one girl (sizes listed below). If you have household items to donate, please notify the development department, but they cannot be accepted yet because the family has not found new living space yet.

- **Mom**: Medium/8 clothing
- **Boy #1**: Size 7 clothing, size 3 shoes
- **Boy #2**: Size 8 clothing, size 4 shoes
- **Boy #3**: Size 10 clothing, size 13 shoes
- **Baby Girl**: Size 18-24 months, size 4 or 5 shoes

*Other sizes will be accepted since the children are still growing.*

Items should be brought to Kate McNulty’s office (P202) in the Natchaug Conantville Building.

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**Inaugural Charity Ride for Recovery**

**Motorcycle Poker Chip Ride**

**Rescheduled: Saturday, October 20**

**Starts at Sachem House, 151 Storrs Road, Mansfield Center, CT**

- Check-in 9AM, last bike out 11AM • $20 per rider, $10 passenger
- All proceeds support Natchaug adult outpatient treatment for mental health and addiction.

- Lunch/snacks provided
- Prizes for first, second and third place
- T-shirt for all participants

To register, visit natchaugr4r.eventbrite.com.

For more information, contact Kate McNulty
katherine.mcnulty@hhchealth.org 860.465.5909

Natchaug Hospital
Connect to healthier™
Up, up and away

Rushford at Durham clients and staff participated in several team-building activities and were able to climb up various high ropes course elements during a trip to Wilderness School in East Hartland.

A special offer for Hartford HealthCare employees

10% off

all Independence at Home Services & Products

- Lifeline / emergency response units
- Personal Care Attendants
- Homemaking
- 24/7 Live-in care

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Hartford HealthCare Independence at Home
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*Eligible discounts are for immediate family members

JOIN US FOR THE PLANET FITNESS AT

Rushford
Connect to healthier.™

Grand Opening!

WHERE:
RUSHFORD AT MIDDLETOWN CAMPUS
1250 SILVER STREET
MIDDLETOWN, CT 06457

DATE:
TUESDAY, NOVEMBER 13TH

TIME:
3:30PM

RSVP:
SHERRY.SMARDON@HHCHEALTH.ORG
OR 860-465-5910

WHERE: RUSHFORD AT MIDDLETOWN CAMPUS 1250 SILVER STREET MIDDLETOWN, CT 06457 DATE: TUESDAY, NOVEMBER 13TH TIME: 3:30PM RSVP: SHERRY.SMARDON@HHCHEALTH.ORG OR 860-465-5910
Diversity council looks at Día de los Muertos

The Rushford Diversity and Inclusion Council contributed the following excerpt from National Geographic about the Mexican fall holiday Día de los Muertos, or the Day of the Dead:

We’ve all heard about the Day of the Dead or seen the classic sugar skull paintings — but what does this celebration really represent? Here’s one thing we know: Día de los Muertos, or Day of the Dead, is not a Mexican version of Halloween. Though related, the two annual events differ greatly in traditions and tone. Whereas Halloween is a dark night of terror and mischief, Day of the Dead festivities unfold over two days in an explosion of color and life-affirming joy. Sure, the theme is death, but the point is to demonstrate love and respect for deceased family members. In towns and cities throughout Mexico, revelers don funky makeup and costumes, hold parades and parties, sing and dance, and make offerings to lost loved ones. The rituals are rife with symbolic meaning. The more you understand about this feast for the senses, the more you will appreciate it.

To read the full National Geographic article, which includes facts about the history, traditions, costumes, symbols and food associated with the Day of the Dead, visit https://www.nationalgeographic.com/travel/destinations/north-america/mexico/top-ten-day-of-dead-mexico.

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.

Anything to share?

Are you interested in sharing your clinical experience or knowledge with co-workers? Consider submitting an article to the Clinical Corner.

To learn more, e-mail amanda.nappi@hhchealth.org.