It looked like a scene from a TV crime drama, but the topic could not have been more real.

A group of about 20 Meriden police officers gathered in the roll call room at police headquarters Monday for the first of several training sessions on how to administer Naloxone, or Narcan, the medication which can reverse the symptoms of an opioid-related overdose.

The trainings were provided by Rushford clinician Monique Allgood, APRN, who thanked the police department for taking part in the effort to fight the ongoing opioid epidemic, which is on track to claim more than 800 lives in Connecticut in 2016, a record.

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Rushford has received state grant funding to distribute Narcan to Meriden police, and this week’s training sessions were meant to help officers familiarize themselves with how to administer the drug in cases where they are the first to encounter someone in the midst of an overdose. In most cases the drug would be administered by ambulance or fire department teams, but since police often arrive at emergencies ahead of other responders, their Narcan training could make a life-saving difference, Allgood said.

Allgood showed the officers how the drug is administered like a nasal spray, and how it instantly works to reverse the symptoms of an overdose by blocking the receptors in the brain that normally accept heroin and other opioids.
Rushford answers the call in Avon

As part of its ongoing effort to tackle heroin and opioid abuse across Connecticut, Rushford officially announced the opening of its new outpatient adult treatment center in Avon on Nov. 22, telling members of the media that no community is immune to the crisis.

At the same time, Rushford officials said there is hope for anyone who has been impacted by the scourge of addiction.

“The message we want to convey is that this is a chronic disease like any other, and can be effectively managed through prevention, early detection and evidence-based treatment,” said J. Craig Allen, MD, Rushford’s medical director, who welcomed the media to the new location at 35 Tower Lane in Avon.

Dr. Allen pointed to recent findings by the U.S. Surgeon General concluding that substance use disorders are not emblematic of any personal or moral failure, but instead are symptoms of a chronic disease. He said the findings point to the need for effective treatment to be made available in all communities, large and small, rich and poor.

Patricia Rehmer, president of the Hartford HealthCare Behavioral Health Network (BHN), which includes Rushford, said Rushford and other entities within the BHN will continue to expand access to treatment as a way to meet the crisis head on. She said Connecticut is on track to see more than 800 overdose-related deaths this year, a state record.

The impact of the crisis was brought home by comments from Daryl McGraw, a former drug user and prison inmate who went on to seek treatment and now is an associate director for the state Department of Mental Health and Addiction Services with two masters degrees. He said he is encouraged to see the public gradually overcoming long-time misperceptions and discriminatory attitudes toward those with addiction or mental health issues.

“I wish there had been treatment centers like this in my community when I was going through my issues,” said McGraw, now a Rushford board member. “It’s good to see people beginning to understand this problem, but we need to do more.”

‘We can’t get someone into treatment if they’re dead.’

continued from page 1

oids. She told the officers that the drug’s effectiveness lasts about a half hour, which is why it’s important to get the victim to a hospital as soon as possible even if they are responding well. She also said the drug does not have any harmful impact if it’s accidentally administered to those who are not experiencing an overdose.

She said officers should store the Narcan kits safely to avoid having them leak in extreme temperatures.

“We want you to be safe too,” she said.

Some officers asked if the drug has been shown to increase the chance of those who experience an overdose eventually overcoming their addiction.

“It seems like just a band-aid to me,” one officer said.

Allgood said there are measures in place to help overdose victims get into treatment in most emergency rooms.

“The main message is, we can’t get someone into treatment if they’re dead,” she said.

Activity room open at Backus

The Backus D-1 Activity Room officially opened for business Thursday, Dec. 1 with an open house. Located in the inpatient unit of the Backus Hospital Center for Mental Health, the room is being used for group sessions, therapeutic meditation and massage therapy sessions under the direction of Carol Wright, RN, LMT, (inset) and has computers and smart television for client use.
Lobotomy cases from the past continue to educate, spark interest

In November 1948, a “psychosurgical showdown” of sorts drew a crowd of the most esteemed neurosurgeons, neurologists and academics to the Institute of Living’s Burlingame Research Building.

In the building’s newly minted psychosurgery suite — the first and only of its kind at the time — William Scoville, MD, founder of the Hartford Hospital Department of Neurosurgery, and Walter Freeman, MD, each demonstrated their preferred approaches to the lobotomy on four female patients.

The historical scene, which went on to impact lobotomy technique and eventually modern understanding of memory, was described by Luke Scoville Dittrich to a packed room at the IOL’s weekly Grand Rounds lecture series on Dec. 1.

Dittrich, the grandson of William Scoville, is a contributing writer for the New York Times Magazine and author of “Patient H.M.”, from which he shared excerpts during his presentation.

They included a famous 1953 case that has since become the most widely studied in the history of neuroscience. While attempting to surgically cure an epileptic patient named Henry Molaison, Scoville removed his medial temporal lobe. The resulting effect on Molaison was anterograde amnesia, which left him unable to create long-term memories. Although tragic, his case played an important role in the study of memory and brain function.

The modern lobotomy, which was introduced in 1935 and popularized in the 1940s, was a neurosurgical technique that consisted of the cutting or scraping away of a patient’s prefrontal cortex. The intent of the procedure was to treat and reduce the symptoms of mental illness, but often bore serious implications on the patient’s personality and intelligence.

That day in 1948 at the IOL, Scoville, Dittrich’s grandfather, was the first to perform a lobotomy. His technique, dubbed the “selective cortical undercutting”, offered a cleaner approach to an otherwise sloppy procedure. Using a drill outfit with a one-and-a-half inch trephine bit, Scoville put two precise holes in his patient’s skull – one over each eye socket.

From there, he used a suction tip and spatula to remove the fibers connecting the frontal cortex to the rest of the brain, rendering it useless while maintaining the physical structure.

Freeman was up next. The man considered the “father of the lobotomy,” who would eventually perform up to 25 lobotomies in a day, had created a quicker and more efficient method called the transorbital lobotomy, or “ice-pick lobotomy.”

After rendering the patient unconscious through electroconvulsive shock, Freeman used a thin metal tool that resembled an ice pick to enter the patient’s skull through the eye socket, tapping the pick to break through the thin bone behind the eyes. From there, he would swish around, destroying the fibers of the prefrontal cortex, before removing the pick and repeating the procedure on the other side.

The practice of lobotomies was controversial from its inception and faded from popularity during the 1950s. However, it’s estimated that almost 40,000 people were lobotomized in the United States during that time.

Scoville’s new method of lobotomy eventually inspired him to explore other regions of the brain, including the medial temporal lobe.

For more about Scoville, Molaison and their intersection with the IOL, check out Dittrich’s full book, “Patient H.M.: A Story of Memory, Madness, and Family Secrets.”
BHN officials welcome Surgeon General’s report

The U.S. Surgeon General issued a call to action last month to end what he called a public health crisis of drug and alcohol addiction that is both underappreciated and undertreated.

Dr. Vivek Murthy issued the first-ever Surgeon General’s report on substance abuse and said he hopes it will galvanize work on the issue the way a similar report 50 years ago sparked decades of effort to combat smoking.

Representatives from the Hartford HealthCare Behavioral Health Network, which has been at the forefront of the effort to treat substance use disorders in Connecticut, welcomed the Surgeon General’s report.

“The Surgeon General’s first-ever report presents the state of the science on substance use, addiction, and health emphasizes what we have been teaching for years, that addiction is a disease of the brain and should be treated as other chronic diseases, with evidence-based approaches and compassionate care,” said Dr. J. Craig Allen, Rushford Medical Director.

U.S. deaths from drug overdoses hit a record in 2014, increasing 6.5 percent to 47,055, propelled by prescription painkiller and heroin abuse, according to the Centers for Disease Control and Prevention.

“The most important thing is, we have to change attitudes towards addiction and get people into treatment,” Murthy said in an interview. “Addiction is a disease of the brain,” he added, “not a character flaw.”

The report comes amid a broader government effort to address addiction, in particular opioid painkiller abuse. President Barack Obama has requested an additional $1.1 billion to help address the problem. Opioids include oxycodone, hydrocodone, fentanyl and morphine and are sold under such brand names as OxyContin, Percocet, Vicodin and Actiq.

In 2015, more than 27 million people in the United States reported using illegal drugs or misusing prescription drugs. More than 66 million people, or nearly a quarter of all adolescents and adults, reported binge drinking within the previous month.

The estimated annual economic impact of drug abuse is $193 billion, the report states, while the estimated economic impact of alcohol abuse is $249 billion.

The report urges a holistic approach to battling the addiction epidemic that should involve policy makers, regulators, scientists, families, schools and local communities.

The goal is to increase access to existing treatment programs such as those within the Behavioral Health Network, which Murthy said have been shown to reduce the risk of relapse, while at the same time expanding new and more effective programs.
IDEA TEAM is a finalist for HH Team of the Year

The IDEA TEAM at the Institute of Living, which works to devise and implement innovative and humanistic ways to de-escalate extreme behaviors in psychiatric settings, was one of the finalists to be considered for Hartford Hospital’s 2016 Team of the Year Award. The annual award is presented to teams within the hospital that best demonstrate the organization’s core values of Integrity, Caring, Excellence and Safety.

The IDEA TEAM, which stands for Innovative De-escalation Emergency Assistance, has made tremendous strides in reducing the rate of seclusion and restraint among psychiatric patients over the past year — a major challenge throughout the field. The IDEA team was developed to enhance de-escalation initiatives, and was based on the belief that the earliest intervention focused on the best possible communication with the patient would provide the greatest chance for peaceful problem resolution and an effective means to improve — and ensure — patient and staff safety while supporting the patient’s own coping skills.

BrainDance Awards for Student Projects on Mental Illness

The Institute of Living at Hartford Hospital is sponsoring an annual awards competition designed to decrease the stigma of mental illness. The BrainDance Awards encourage high school students to gain knowledge and awareness about mental health problems and realistic perspectives toward people with severe psychiatric problems. The competition also aims to promote students’ interest in careers in mental health.

New this year: A panel discussion featuring John Connor, Andrew Lee, Joe Kalinowski and Jamie Santaniello is Tuesday, Dec. 13, at noon.

The Hartford HealthCare Behavioral Health Network is comprised of the Hartford Hospital Institute of Living, Natchaug Hospital, Huskdon and the behavioral health departments of the Hospital of Central Connecticut, MidState Medical Center, and The William W. Backus Hospital. For more information: contact Nancy Hubbard at 860.545.7665 or nancy.hubbard@hhchealth.org

BrainDance Awards are given to the best submissions. The projects will be judged by expert clinicians and researchers in the field, based on:

• Scientific rigor
• Accuracy of information
• Creativity
• Scientific rigor

Projects on any theme related to severe mental illness will be considered for an award.

The categories are: Academic, Art, and Mixed Media.

Articles must be submitted as a Word document. Every effort will be made to run the article in its entirety, but due to space constraints and style requirements, editing may be necessary.

To apply for the awards: please log on to BrainDance for application forms, information and procedures. Submission deadline is February 1, 2017.

The categories are: Academic, Art, and Mixed Media.

All applicants, their teachers, families and classmates will be invited to an awards day celebration hosted by the Institute of Living on April 27, 2017. This day is designed to be an educational extension opportunity and will include a lecture by a national expert on mental illness, an awards presentation, a visit to our Myths, Minds & Medicine museum on the history of mental healthcare and a tour of our neuro-imaging research center and a panel of experts in the mental health field. Winners are encouraged to present a brief synopsis summarizing their projects. The student lecture and presentations are designed to all participants can cite their BrainDance projects on future school or job applications.

The awards are coordinated by:

Godfrey Pearlson, MD, Director, Olin Neuro-psychiatry Research Center and Nancy Hubbard, LCSW, Director, Psychiatric Rehabilitation.

For more information: contact Nancy Hubbard at 860.545.7665 or nancy.hubbard@hhchealth.org

About BHNews

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

Deadline for the next edition of BHNews is Tuesday, Dec. 13, at noon.
The IOL Family Resource Center (FRC) holds regular support groups. For additional information, please contact the FRC at 860.545.7665 or 860.545.1888. All programs are free of charge and, unless otherwise noted, are held in the Massachusetts Cottage, First Floor Group Room at the IOL Campus, 200 Retreat Ave., Hartford. The upcoming IOL FRC Support Group schedule is as follows:

- **Support Group For Those Coping With A New Or Chronic Medical Condition.** Dec. 2, 9, 16, 23, 30 (Every Friday), 1 - 2 p.m. in the Center Building, First Floor Conference Room. For young adults ages 17-26 struggling with a new diagnosis, chronic medical conditions, physical symptoms or limitations. The group will help with difficult losses and limitation due to a medical condition, and build a positive, future-oriented focus with realistic goals. To RSVP, please call Elizabeth Alve-Hedegaard, APRN, at 860.545.7050.

- **Depression Bipolar Support Alliance Group (DBSA).** Dec. 5, 12, 19 (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and Nov. 23, 30, Dec. 7, 14, 21, 28 (Every Wednesday), 7 – 8 p.m. in the Commons Building, 2nd Floor, Litchfield Room. Peer run support group for those who have been diagnosed with depression or bipolar disorder.

- **Depression: An Introduction To The Disorder.** Dec. 6, 6:30 – 7:45 p.m. This program is for family and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment, and ways family members might better cope with the illness.

- **Dementia Support/Educational Group Meeting.** Dec. 6 (First Tuesday of each month), 11:30 a.m. to 12:30 p.m. in the Donnelly Conference Room, First Floor. Please join us as we bring together experts and those who want guidance, direction, and support. Space is limited — reservations are required by calling 860.545.7665.

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

- **Survivors Of Suicide Support Group.** Dec. 7 (First Wednesday of the month), 7 – 8:15 p.m. For those who have lost someone close to them by suicide. Please call the RSVP numbers with questions or concerns. 860.545.7716 or 860.545.7665.

- **Al-Anon Parent Group.** Dec. 8, 15, 22, 26 (Every Thursday), 7 - 8 p.m. One hour topic discussion.

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

- **Bipolar: An Introduction To The Disorder.** Dec. 13, 6:30 – 7:45 p.m. This program is 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.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Dec. 14, 28 (Second and fourth Wednesday of each month), 5 – 6:15 p.m. in the Center Building, Young Adult Service Group Room. Support group for 16- to 23-year-olds who identify LGBTQ issues as being prominent in their lives. The goal is to discuss support strategies to manage life challenges.

- **Support Group For Families Dealing With Major Mental Illness.** Dec. 15 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room. For family and friends of individuals who have schizophrenia, bipolar or other related disorders. Share your success and struggles. Learn to care for yourself while caring for others.

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

- **Schizophrenia: An Introduction To The Disorder.** Dec. 20, 6:30 – 7:45 p.m. This program is for family and friends of individuals who have schizophrenia or a related disorder. It will present a basic understanding of the disorder, its treatment, along with suggestions to help family members and friends cope with the illness.

- **Yoga.** Dec. 27, 5 - 6 p.m. in the Commons Building, Hartford Room. Open to adult staff and family members. To RSVP or inquire, call the FRC at 860.545.7716 or email patriciac.graham@hhchealth.org
Joshua Center Northeast achieves Green LEAF status

On Friday, Nov. 18, Laurel Kohl, co-chair of Connecticut Green LEAF Schools, presented the students and staff at Joshua Center Northeast with their Green School banner.

The Connecticut Green LEAF Schools is a collaborative effort of the CT Departments of Education, Energy and Environmental Protection, Public Health and Administrative Services, as well as many environmental and educational organizations, to promote green and healthy schools.

Since the start of the school year, JCNE staff researched, studied and incorporated a wide array of environmentally-themed cross-curricular lessons and activities into the curriculum. These lessons ranged from studying the presidential candidates’ platforms on environment, to constructing compost bins, and growing vegetables from simple cuttings. Most significantly, the student body dedicated themselves to making the school go green. By researching the best methods for composting left-over lunches, developing a system for recycling previously un-recycled items, and looking for alternatives to polystyrene lunch containers, the students became a unified community, working together to improve their health, school and environment.

If other schools within the BHN are interested in becoming a Green LEAF School or would like to know of steps that they can take to improve their environmental impact, please feel free to contact David Heg, principal at JCNE, at 860.779.2101.

Rallying for the cause for 2016 Staff Campaign

Please consider supporting Natchaug Hospital and its programs by contributing to the 2016 staff campaign. All donations stay local to Natchaug programs and services. Employees who donate $25 or more are eligible to win one of five remaining Amazon.com gift cards and other prizes in weekly drawings.

Donation and pledge forms are available on the Natchaug intranet. If you have questions, contact Sherry Smardon in Fund Development at sherry.smardon@hhchealth.org or ext. 65910.

JC Enfield gets into the holiday spirit

The Joshua Center Enfield Leaders Group held a fundraiser at Asnuntuck Community College where they sold Christmas ornaments and tie-dyed shirts. The local Dunkin’ Donuts provided coffee and hot chocolate for the fundraiser, and the proceeds will be used to adopt two families from the domestic abuse shelter in Enfield for the Christmas holiday.

On Thursday, Dec. 15, the Joshua Center Enfield students will be at the main hospital in Mansfield to finish selling holiday items for the fundraiser. Please stop by and support them!

Find us on Facebook at www.facebook.com/natchaughospital
Rushford big on generating new ideas

Organization has highest per-capita rate among all HHC sites

Exemplifying a commitment to continuous improvement on behalf of patients, Rushford employees generated an average of 1.5 ideas each to support H3W projects and processes at all levels of the organization in Fiscal Year 2016 — the highest per-staff member idea generation rate of any organization across Hartford HealthCare.

“Continuous quality improvement is an ongoing focus of the work done by the staff at Rushford,” said Rhonda Papallo, Rushford’s H3W process improvement facilitator. “I am extremely proud of the creative ideas and numerous projects that have helped improve both the client experience, and many of our processes, through the work in the H3W work groups and Lean daily huddles.”

Rushford also finished first among HHC organizations and entities in the per-staff rate of H3W ideas that were completed in FY16, with an average of slightly over 1 idea completion per employee. Rushford has about 400 employees in all.

Rushford employees at all locations and all departments contributed to the success of the organization in generating ideas and seeing them through to completion, Papallo said. She said many of the ideas touched on direct patient care, while others improved processes and functions for supporting clinical care.

The chart shown above compares Rushford’s rate of idea generation compared to other HHC organizations. While the total number of ideas at Hartford Hospital exceeded the numbers generated at Rushford, the per-staff rates at Hartford Hospital were lower because of the greater number of employees at the hospital.

Other entities within the Behavioral Health Network also performed well in FY16 compared to other HHC organizations with greater numbers of employees. At Natchaug, which has a staff of about 600 employees, staff generated an average of about .75 H3W ideas per staff member. Natchaug’s totals for ideas generated and completed exceeded those at larger organizations.

United Way Campaign off and running at Rushford

The United Way Annual Campaign at Rushford has kicked off. Support for the campaign benefits our clients, many of whom are served in the community through United Way initiatives.

For a $1 per week ($52 per year) donation to the United Way, you can:

- Provide dinner for 30 residents at a homeless shelter.
- Provide five bus passes to someone starting a new job but who has no transportation to get there.

- Fund youth leadership programs for 10 middle school or high school students.

If you completed a pledge form last year, you will still need to fill out a form this year if you would like to continue your contribution. Last year’s forms do not carry over. Our campaign continues through Dec. 2.

Watch the BHNews for more information on other ways to donate to the United Way or contact Kate McNulty at katherine.mcnulty@hhchealth.org.
‘Mocksgiving’ helps clients cope with holidays

Sitting at the Thanksgiving dinner table with family can be a wonderful blessing but for many it can also be fraught with emotionally charged discussions and stress.

Last week, as a way to help clients cope with the challenges that holiday gatherings can pose, Rushford at Glastonbury held a “Mocksgiving” event in which clients explored the dynamics that can lead to heated arguments or hurt feelings, especially for those who are in recovery.

Clients sat a large table with a fake turkey and dinnerware, with cards placed in front of them with encouraging words such as “accept” to help them navigate the conversations.

Clients were offered new ways of socializing with sober peers via 12-Step involvement and support around the holidays, while allowing safe exploration of new, modified traditions for sober meal celebrations. The focus also was on ways of giving back to one’s community, along with finding time for reflection as a way to prevent relapse.

You are invited to an OPEN HOUSE
at Rushford’s new adult outpatient center for addiction and mental health treatment

Tuesday, Dec. 6
7:30 – 9:30 am and 3:30 – 5:30 pm
35 Tower Lane, Avon
Refreshments • Tours • Information on Services
Giveaways • Convenient Parking
Behavioral health problems impact all our communities. Come learn what we are doing to bring real hope to people.

Rushford
Connect to healthier.

Kuhn, DCF work to grant wishes for kids

Kuhn Employment Services at Rushford on Paddock Avenue in Meriden is working with the state Department of Children and Families to provide a special holiday season for seven deserving foster children.

Each of the children has picked out a special gift they would like to receive. All employees are invited to come to the Kuhn office in the Paddock Avenue building to pick out a child and get them the requested gift.

All gifts must be returned unwrapped to the Kuhn office on the first floor, down the hall from the client resource room, by Dec. 16.

For more information, please contact Jazmin Suarez or Sarah Kimball in the Kuhn office.
The Treasure Trove is a free classified ad section for the benefit of Behavioral Health Network employees, retirees, medical staff and volunteers.

We welcome your submissions, which you can submit by emailing matt.burgard@hhchealth.org or amanda.nappi@hhchealth.org. The deadline for submissions to be included in each Friday’s BHNews is Tuesday at noon. BHNews will include community events for not-for-profit organizations that are open to the public and free of charge.

We do not accept ads for real estate, firearms or personal ads.

EVENTS

GIANT HOLIDAY BAKE SALE — Saturday, Dec. 3 from 9 a.m – 1 p.m. at Lee Memorial United Methodist Church, 294 Washington St., Norwich. Homemade breads, cookies by the pound, dog treats, much more. For information, call 860.887.5886.

CRAFT/VENDOR FAIR — Saturday, Dec. 3, 9 a.m. to 3 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. Lunch with Santa.

CELTCITY TRIO — Sunday, Dec. 4, 3 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. $5 donation goes towards Christ Church School of the Arts. Call 860-887-4249 with questions.

BREAKFAST WITH SANTA — Saturday, Dec. 10 from 8:30-11 a.m. at Sprague Community Center, 22 West Main St., Baltic. $6 per person, children ages 5 and younger, $3. All children must be accompanied by an adult, picture with Santa, Christmas music, making Christmas decorations. For more information, call 860.822.6595.

HOMES FOR THE HOLIDAYS — Saturday, Dec. 10, House Tour and Holiday Boutique open from 11 a.m. to 3 p.m. at Old Lyme Town Hall, 52 Lyme St., Old Lyme. Self guided walking tour of decorated Old Lyme village homes and Old Lyme Historical Society. Proceeds benefit the Old Lyme Children’s Learning Center, 57 Lyme St. or The Chocolate Shell, 16 Lyme St. Event day tickets are $30.

DOWNTOWN MIC CHRISTMAS PARTY — Saturday, Dec. 17, 7-9 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. $5 donation or two cans of non-perishable food items for the Food Pantry.

Financial assistance available for patients

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.

Addiction does not care about age.

That’s why Hartford HealthCare’s Behavioral Health Network now offers Medication Assisted Treatment Close to Home (MATCH™) for people as young as 16 years old who are struggling with opioids or other addictions. MATCH™ utilizes Suboxone® or other medications, along with relapse prevention support, and offers convenient, flexible schedules for working professionals or students. Teens seeking help for addiction also have access to a multitude of other resources including residential treatment and the evidence-based Seven Challenges® Program for adolescent substance use.

Call 1.855.825.4026 hhcbehavioralhealth.org

Rushford/Natchaug Holiday Party

Saturday, Jan. 7 • 6-11 p.m.
Saint Clements Castle • 1931 Portland-Cobalt Road • Portland, CT 06480

Get ready for a great night of dancing and capturing beautiful memories. Includes photo booth, DJ and cash bar.

Choices of Entrees include:
• Southern Crusted Salmon in an orange marmalade reduction (may contain nuts)
• Vegetarian Lasagna
• Chicken Francaise with Romano Locatelli, lemon and capers
• Grilled Angus Sirloin with Barolo and caramelized shallots

Please have your entrée choices ready when purchasing tickets.

Tickets on sale now

$10 per person. Staff/plus one (18 or older) “cash only”

See Annie Cruz or Sheila Cousin for tickets.