



### SEVEN CHALLENGES

Program aimed at youths offers motivation for changing destructive habits. • PAGE 3



### NEW THREADS

Multiple clothing drives benefit Institute of Living clients. • PAGE 5



### KNOW THE PLAN

Make sure you're familiar with emergency operations procedures. • PAGE 7

Hartford HealthCare Behavioral Health Network

# BHINews

## New year, new features for BHNews

### Marketing staff puts survey results into action

All across Hartford HealthCare, departments are constantly working to improve their service for our internal and external customers, and the Behavioral Health Network marketing team is no exception. In December, we asked you to take a brief online survey regarding BHNews so we could benchmark our performance and make improvements.

We collected more than 120 responses, and based on your feedback, and will be adding new features to make the newsletter even more engaging.

■ **Staff Speaks Out.** Each week, BHNews will ask staff members from across the network a man-on-the-street style question and publish their responses. This week, we asked employees what their New Year's resolutions are. Future topics may include favorite part about your job, musical preferences, favorite food and more. When possible, we will include photos of the featured employees so you can get to know your colleagues across the BHN.

■ **In the News.** The Behavioral Health Network doesn't operate in a

..... Continued on page 2

## staff speaks out

### What is your New Year's Resolution?

"To take care of me and to go to the gym at least twice a week. Baby steps!"

— **Alecia Edmund, Central Region Practice Administrator, Outpatient Psychiatry & Behavioral Health, HOCC**



Edmund



Maldonado

"I want to take some classes to be more proactive on the computer, and do a better job of what I do here for me and for the company."

— **Raquel Maldonado, Customer Service Representative, Rushford**

"To finally take that kickboxing class I want to take."

— **Kyle Weaver, Unit Coordinator, Backus D-1 Inpatient Psychiatric Unit**



Weaver



Walls

"I want to be more financially stable, much healthier and just all around be a better me."

— **Jessica Walls, Customer Service Representative, Rushford**

■ **More resolutions, page 2**

## New year, new features for BHNews

continued from page 1

vacuum, and every day there is news that impacts and affects our work. In each issue of BHNews, we will include briefs that highlight interesting or pertinent news stories relating to mental illness, addiction, legislation and more. Submissions of interesting news are also welcome.

■ **Recognitions and announcements.** Hartford HealthCare has built a strong culture of recognition. It has become ingrained in H3W and in the agenda of every meeting, and each affiliate has found a unique way to facilitate recognition, whether it be through awards or digital signage or other means. BHNews will now provide another avenue for recognitions or exciting announcements about promotions or exciting life events such as retirements, marriages, or births. E-mail in your recognitions or news for consideration to [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org) or [carol.vassar@hhchealth.org](mailto:carol.vassar@hhchealth.org).

■ **Clinical Corner.** The affiliates of

# staff speaks out

## What is your New Year's Resolution?



“To be kinder and more grateful.”  
— **Jennifer Davies, Natchaug Joshua Center Thames Valley CDT School**



“I want to provide more safety for my patients.”  
— **Dina Dufort, RN, Backus D-1 Inpatient Psychiatric Unit**



“To exercise and lose weight.”  
— **Michael Mathews, Coordinator of Operations, IOL**



“To try to use H3W skills in my life as well as work.”  
— **Georgine Craig, RN, Backus D-1 Inpatient Psychiatric Unit**

the Behavioral Health Network employ many experts and authorities in fields of psychology, addiction and other areas of behavioral health. As we begin to share best practices across the system, BHNews will offer another channel for sharing the latest breakthroughs and information from your respective fields

through the Clinical Corner. Anyone who would like to submit an article or op-ed for consideration, please e-mail it to [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org) or [carol.vassar@hhchealth.org](mailto:carol.vassar@hhchealth.org).

Thank you again for all of your feedback on BHNews, and we hope you enjoy the new additions!

## inthenews

### MHA releases report on parity and disparity

A new report by *Mental Health America* identifies the U.S. states with the highest prevalence of mental illness in relation to access to mental health services. The report also examined the differences in mental health need and services for both adults and youth.

Connecticut, as a state, ranked 11th for overall parity, fifth for adult measures, and 25th for youth measures. A high overall ranking indicates lower prevalence of mental illness and higher rates of access to care, while a low over-

all ranking indicates higher prevalence of mental illness and lower rates of access to care. To view the entire report, visit <http://bit.ly/1AYDrMI>.

### Murphy expected to re-introduce The Helping Families in Mental Health Crisis Act

Rep. Tim Murphy (R-Pa.), a former psychologist, is expected to reintroduce a modified version of HR3717: The Helping Families in Mental Health Crisis Act during the 114th Congress, which convened Tuesday.

The legislation, which was introduced during the last Congress and had 115 co-sponsors, includes sweeping changes to federal government involvement in mental health funding and oversight, Medicare reform, and provisions that address particular populations including veterans, people in prison, and those with serious mental illness. The bill also included many controversial measures including assisted outpatient treatment, de-funding of SAMSHA and reduced privacy for those with serious-mental illness who may be treatment-resistant. To view the bill, visit <http://1.usa.gov/13X0jBf>.

# 1 BHN First

## Seven Challenges: A new approach to treating addiction in youth

Because Natchaug and Rushford are committed to providing the most effective, up-to-date treatments, both organizations use the Seven Challenges program to give young people a framework for recovery from drug and alcohol problems.

For years, the treatment for youth with substance abuse issues involved forcing them into counseling and demanding they quit using. Research has shown that this is not an effective approach.

The Seven Challenges Program doesn't force change, but rather motivates the young person to make a personal commitment to change. The program helps youth examine the importance of their choices and make healthy decisions on their personal road to recovery. The Seven Challenges® Program has been proven effective in treating not only substance abuse but also co-occurring mental health and trauma issues.

The Seven Challenges uses a group therapy approach.

### The Seven Challenges

- We decided to open up and talk honestly about ourselves and about alcohol and other drugs.
- We looked at what we liked about alcohol and other drugs, and why we were using them.
- We looked at our use of alcohol or other drugs to see if it has caused harm or could cause harm.
- We looked at our responsibility and the responsibility of others for our problems.
- We thought about where we seemed to be headed, where we wanted to go, and what we wanted to accomplish.
- We made thoughtful decisions about our lives and about our use of alcohol and other drugs.
- We followed through on our decisions about our lives and drug use. If we saw problems, we went back to earlier challenges and mastered them.

Therapists trained in the program facilitate discussion and help youth speak openly about their addiction. During these group discussions, counselors seamlessly integrate the challenges as part of the conversation.

Natchaug Hospital offers Seven Challenges programming at its young adult programs in Dayville, Groton and Mansfield, and at its child and adolescent programs in Danielson, Enfield, Groton, Mansfield, Norwich and Old Saybrook. Rushford utilizes Seven Challenges at its adolescent programs in Durham,

Glastonbury and Meriden.

■ BHN First is a regular feature of BHNNews designed to help readers become more familiar with the unique service offerings across the network, and provide staff with the information to refer within the BHN FIRST!

## H3W update

H3W Leadership Behavior Training continues throughout Hartford HealthCare. By the end of the 2014-2015 fiscal year (which is just nine months away), all of our employees will have had the opportunity to attend the full day training. There will be a common language that we all will use, and the leadership behaviors will be integrated into how we think and what we do.

Whether you have already attended

an H3W Leadership Behavior Training or not, we can ALL think about how we can integrate them into our daily work:

- Be in the moment
- Be authentic and humanistic
- Volunteer discretionary effort constantly
- Model high-performance desired behaviors that drive desired results
- Respect and leverage separate realities



How Hartford HealthCare Works

- Be curious vs. judgmental
- Look in the mirror first — be accountable
- Have courageous conversations
- Provide timely, clear and specific performance expectations and feedback
- Teach, coach and mentor — spend at least half of your time developing others

If you have not yet attended, speak with your supervisor about what scheduled Leadership Behavior Training would be the best for you to attend.



# events

- **Thursday, Jan. 15 from noon – 1:15 p.m.:** IOL Grand Rounds: “*Good Psychiatric Management of Borderline Personality Disorder*,” John Gunderson, MD, Professor of Psychiatry, Harvard Medical School
- **Tuesday, Jan. 20 from 8 a.m. to 5:30 p.m.:** Youth Mental Health First Aid (for HHC employees), IOL Commons Building, Litchfield Room, 200 Retreat Ave., Hartford. For further information or to register, please call Patricia Graham at **860-545-7716**, or email [patriciac.graham@hhchealth.org](mailto:patriciac.graham@hhchealth.org).
- **Thursday, Jan. 22 from noon – 1:15 p.m.:** IOL Grand Rounds: “*Depression, Cognitive Impairment and Cognitive Decline*.” David C. Steffens, MD, Professor and Chairman of Psychiatry, University of Connecticut Health Center
- **Friday, Jan. 23 from 8 a.m. to 5:30 p.m.:** Youth Mental Health First Aid (for the public) IOL Commons Building, Litchfield Room, 200 Retreat Ave., Hartford. For further information or to register, please call Patricia Graham at **860-545-7716**, or email [patriciac.graham@hhchealth.org](mailto:patriciac.graham@hhchealth.org).
- **Thursday, Jan. 29 from noon – 1:15 p.m.:** IOL Grand Rounds: “*Ethical Considerations in the Poisoned Patient — Refusal, Withdrawal, and Denial of Care*.” Mark Neavyn, MD, Director, Division of Medical Toxicology, Department of Emergency Medicine, Hartford Hospital
- **Thursday, Jan. 29 from 6 – 8 p.m.:** A *Compassionate Community Approach to Mental Health: Exploring Mental Wellness in an Age of Stress and Anxiety*, Westbrook High School, 156 McVeagh Road, Westbrook. A panel discussion including Bert Plant, PhD., DCF Clinical and Community Support Team, and Alicia Farrell. For more information, contact [sheryl.sprague@hhchealth.org](mailto:sheryl.sprague@hhchealth.org). Co-sponsored by Natchaug Hospital, Rushford and Gilead Community Services.
- **Wednesday, Feb. 11 from 8 a.m. – 5:30 p.m.:** Mental Health First Aid (for HHC employees), IOL Commons Building, Litchfield Room, 200 Retreat Ave., Hartford. For further information or to register, please call Patricia Graham at **860-545-7716**, or email [patriciac.graham@hhchealth.org](mailto:patriciac.graham@hhchealth.org).
- **Thursday, Feb. 12 from noon – 1:15 p.m.:** IOL Grand Rounds with Harold Schwartz, MD, IOL Psychiatrist-in-Chief.
- **Sunday, Feb. 22 from 10:30 a.m. to 3:30 p.m.:** Healthy Family Fun Fest, The Aqua Turf Club, 556 Mulberry Street, Plantsville. Join us for an incredibly exciting and fun day filled with health information, speakers, screenings, demonstrations and activities for everyone from children to seniors. Sponsored by HHC partners The Hospital of Central Connecticut at Bradley Memorial, Central Connecticut Senior Health Services along with the Southington/Cheshire YMCA. Admission is free!
- **Thursday, March 5 from noon – 1:15 p.m.:** IOL Grand Rounds: “*Imaging Drug-Effects in Human Physiology*.” Dr. Nora Volkow, Director, National Institute on Drug Abuse.
- **Thursday, March 12 from noon – 1:15 p.m.:** IOL Grand Rounds: “*Grief After Suicide: Finding Hope and Healing*.” Jack Jordan, Ph.D., Clinical Psychologist
- **Thursday, March 26 from noon – 1:15 p.m.:** IOL Grand Rounds: “*The Thyrotropin-Releasing Hormone (TRH) Hypothesis of Homeostatic Regulation: A Translational Approach to Therapeutic Application*.” Dr. Andrew Winokur, Professor of Psychiatry, University of Connecticut Health Center.
- **Thursday, April 23 at 9 a.m.:** The 12th annual Brain Dance Awards, honoring the winners of the Institute of Living’s academic and art competition based upon ending the stigma of mental illness. High school students are eligible to enter through Feb. 1. For more information, contact [Nancy.hubbard@hhchealth.org](mailto:Nancy.hubbard@hhchealth.org).

## About BHNews

BHNews is published every Friday, except for the weeks of Thanksgiving, Christmas and New Year’s. Articles for submission are due by noon on the Tuesday of the publication week.

Story ideas or submissions may be sent to [carol.vassar@hhchealth.org](mailto:carol.vassar@hhchealth.org) or [amanda.nappi@hhchealth.org](mailto:amanda.nappi@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. Thank you.

**Deadline for the next edition of BHNews is Tuesday, Jan. 13, at noon.**

## New IOL study seeks young adult study participants

The IOL is seeking young adult participants (18 to 25 years old) for a study examining the risk of metabolic syndrome among psychiatric patients with mood disorders treated with second-generation antipsychotics.

This study is assessing the risk of insulin resistance, metabolic syndrome, and the components of metabolic syndrome associated with antipsychotic use, stress and inflammation. These factors are of interest in psychiatry because

antipsychotics are now widely used by those with mental illness, stress and inflammation are common in the psychiatric population, and antipsychotics, stress and inflammation are associated with cardiovascular disease (the leading cause of mortality and morbidity in this population), obesity, and diabetes. In addition, subjects' sleep patterns, diet, physical activity, smoking and alcohol consumption will be examined.

Participants will meet once with

study investigators to be interviewed, receive a brief, non-invasive physical examination, and have blood drawn to test for insulin resistance, the symptoms of metabolic syndrome, and biomarkers of stress and inflammation. Subjects will receive a \$50 stipend.

For more information, or if you wish to enroll in the study, please contact Dr. Stephen Woolley at the Institute of Living (**860-545-7329; [stephen.woolley@hhchealth.org](mailto:stephen.woolley@hhchealth.org)**).

## BrainDance deadline Feb. 1

Entries are arriving for the IOL's 12th annual BrainDance Awards, a state-wide high school academic, artistic and mixed media competition that encourages high school students to learn about psychiatric diseases and helps develop a more tolerant and realistic perspective toward people with severe psychiatric problems. IOL will continue to accept submissions for this unique honor through Feb. 1.

To apply for the awards: please log on to: **[www.nrc-iol.org](http://www.nrc-iol.org)** and follow the link to BrainDance for application forms, information and procedures.

For more information: contact Nancy Hubbard at **860-545-7665** or **[nancy.hubbard@hhchealth.org](mailto:nancy.hubbard@hhchealth.org)**



*Above: Donnelly 2 South's Joseph Kalinosky, Therapeutic Recreation specialist, and Jamie Santaniello, RN, Unit Manager.*

*Below: Clothing from the On the Horizon drive*



## Holiday clothing drives yield warmth for patients

Two December clothing drives at the IOL will be keeping clients warm and dry this winter, thanks to the generous donations of gently used children's, men's and women's clothing.

Thanks to all who donated to the On the Horizon clothing drive, organized by Catherine Aboumrad and Kristina Bosco, both Residential Counselors, and Melissa Reynolds, CTRS, and co-sponsored by The Todd Program and Eli's Retreat residential programs, as well as the drive held by UConn medical students, benefitting the patients of Donnelly 2 South, headed by Cassandra Trammel, UConn's service chair for the American Medical Association.



## 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. For additional information on these support groups, please contact the FRC at **860-545-7665** or **860-545-1888**. The IOL FRC Support Group schedule for January, February and March is as follows:

- **Bipolar: An Introduction To The Disorder.** Jan. 20, March 24, 6:30 – 7:45 p.m. This program is for family 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.
- **Schizophrenia: An Introduction To The Disorder.** Jan. 27, 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 specific suggestions to help family members and friends better cope with the illness.
- **Depression: An Introduction To The Disorder.** Feb. 17, 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.
- **Managing Schizophrenia.** Feb. 24, 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.
- **The Truth About Electroconvulsive Therapy and Transcranial Magnetic Stimulation.** Feb. 10, 6 – 7 p.m. in the Commons Building, 2nd Floor, Hartford Room. Electroconvulsive Therapy (ECT) isn't like it's portrayed in the movies. It's a safe and commonly used procedure that effectively treats depression, mania, catatonia and some types of psychosis. Transcranial Magnetic Stimulation (TMS) is a non-invasive treatment for patients who have not benefited from the use of anti-depressant medications. This information session will answer your questions and concerns about these often misunderstood treatments.
- **Support Group For Families Dealing With Major Mental Illness.** Jan. 15, Feb. 5, Feb. 19, March 5, March 19 (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 you are caring for others.
- **Social Support Group – LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Jan. 14, Jan. 28, Feb. 11, Feb. 25, March 11, March 25 (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.
- **Dementia Support/Educational Group Meeting.** Feb. 3, March 3 (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 through this journey. Let's work together, help each other and exchange ideas. Space is limited — reservations are required by calling **860-545-7665**.
- **Survivors Of Suicide Group.** Feb. 4, March 4 (First Wednesday of the month), 7 – 8:15 p.m. at the Hartford HealthCare's Avon Satellite Location, 100 Simsbury Road, Second Floor Suite. 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**.
- **Sibling Support Group.** Jan. 15, Feb. 5, Feb. 19, March 5, March 19 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room. This group will provide support for siblings of those struggling with mental illness, create a safe place to discuss and process feelings, and connect with others who have similar circumstances.
- **Peer Parent Support Group For Those With Children On The Autism Spectrum.** Jan. 21, Feb. 18, March 18 (Third Wednesday of each month), 6– 7 p.m. Facilitated by Goviana Morales, Family Resource Center Peer Volunteer and parent of a child on the autism spectrum. This group is open to any parent who has a child on the spectrum.
- **Substance Use Educational And Support Group.** Jan. 8, Feb. 12, March 12 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse

## Whatever the situation, know your role in the emergency operations plan

As a result of recent events that required the activation, review and drilling of the hospital's Emergency Operations Plan (which was created to help us respond to a public health emergency), the Environment of Care Committee and hospital leadership would like to review some points about emergency preparedness and response:

- The Hospital's Emergency Operations Plan can be found on the Natchaug Intranet in the "Environment of Care" folder located under "Policies and Procedures."

- No employee is considered "non-essential" in an emergency. Everyone is expected to report to work and conduct business as usual unless and until you are instructed to do otherwise by your supervisor.

- Remember that during an emergency, you may be asked to do things that are not normal tasks for your role in the hospital, but are necessary for the response to the event and the continued operation of the hospital and service to our clients.

- No one is to leave the hospital until specifically relieved of duty by the

supervisor directly responsible for the area you are covering. Do not automatically leave at the end of your shift until you are released or a universal all-clear has been called by the Incident Commander.

- A Command Center will be established and staffed with an Incident Commander and the Commander's delegated staff. The location of the Command Center and the names of those staffing it will be communicated.

- All communication and direction from the Command Center will be passed to staff through supervisors. In addition, timely and clear communication will be broadcast directly from the Command Center advising staff of status and needs updates. This may be done by Natchaug-All emails, pop-up commuter messages, text messages, intercom, etc.

- Never speak directly to any media outlets or others outside of the hospital. Refer all inquiries to the Command Center.

Always remember that our first priority during any event is to provide safe and confidential care for our clients.

## Hanging a star



Clients at Care Plus Adult Treatment Center in Groton made star ornaments by writing down negative memories, ripping them up and covering them with color, cold and positive affirmations. Each client brought one home before the holidays.

BHN Regional Vice President of Operations David Klein, PhD, right, responds to a question from Natchaug Pharmacy Director Jose Scarpa, PharmD, during a town hall meeting held in the Community Room at the main hospital on Dec. 23.

The meeting was the second in a series offered to staff through in-person and webinar participation. The third will be scheduled for late January.

## Town hall meeting



## ECSU luncheon March 19

Save the date for the eighth annual Benefit Luncheon for Natchaug education programs sponsored by the ECSU Foundation on Thursday, March 19, from noon – 1:30 p.m. in the Betty Tipton Room at the Student Center at Eastern Connecticut State University. The cost is \$100 per person.

## Client's story shines light on the need for naloxone kits

### Crowdfunding campaign continues through Jan. 13

David Marshall stands as a testament to the fact that opioid addiction can happen to anyone.

"In high school, I liked to drink and smoke weed," he said. "I went to college, and at the end of my freshman year, I tried Oxycontin and was immediately hooked."

Within seven months, David had spiraled downwards into a life lived only for "shooting dope." His addiction to heroin and other opioids lasted until he was 24.

"It got pretty dark," he said, referring to that five-year period of time. "It was hell. It was terrible. I was either really sick or really high. I was stealing from

the ones I love, and only hurting the ones I love." He was unable to hold a job for more than a few months at a time.

He admits that he overdosed "on numerous occasions," and Naloxone saved his life more than once.



Marshall

On Jan. 1, 2012 — just three days after his 24th birthday — David decided enough was enough, and sought recovery services, in part, from Rushford at Middletown.

"Looking back on it, that doesn't even feel like it was my life," he said. "I'm so far separated from it. It feels like a nightmare."

Today, along with his friend and

compatriot in recovery, Joshua Michaud, David lives a healthy, drug-free lifestyle. The Norwich-based CrossFit studio they run is involved in raising money for community-based organizations and causes, including breast cancer research and recovery from addiction.

And if it were not for naloxone, David might not be alive to spread the word that naloxone saves lives and provides the opportunity for a young man to have a second chance at a healthy, happy, productive life.

The Naloxone Saves Lives crowdfunding campaign concludes Tuesday, Jan. 13. You have until then to make your donation toward getting naloxone (Narcan) kits into the community at [www.indiegogo.com/projects/naloxone-saves-lives](http://www.indiegogo.com/projects/naloxone-saves-lives), and help save lives like that of David Marshall.

## Rushford at Durham celebrates the season

Rushford Academy and Rushford at Stonegate students and staff decorated the school on the Durham campus for the holiday season.

Many cultures and events were honored, including the



creation of 26 snowflakes in memory

of the victims at Sandy Hook (left), a Menorah, a Star of David,

candles for Kwanzaa, a small dedication to the Winter Solstice and Stonehenge, crowns for Three Kings' Day, and a Christmas tree made out of books (above).



White Out walkers pose for a photo outside the Meriden Police Headquarters following last week's event.

## Thumbs up, phones down at Meriden White Out Walk

The holidays are a reason for celebration, but they are no reason for distracted driving! That was the message at the fifth annual Meriden White Out Walk on Dec. 30, when approximately 35 members of the Meriden Chapter of Students Against Destructive Decisions (SADD), the Meriden Healthy Youth Coalition and staff from Rushford donned white and took their annual post-sunset awareness walk from Meriden City Hall to the Meriden Police Station to educate the public about the perils of drinking and driving, distracted driving, and buzzed driving.



Left: Ugly sweater contestants gathered to show their stuff. From left: Monika Gunning, Lyn Connery, Felicia Goodwine-Vaughters, Krystle Blake, Christine Culver, Leanne Bartosiak, Gina McEwen (winner), Susan Van Valkenburgh, Christopher Ferrante, Nicole Ferrante.



Above: Henry Thomas, Tim Washington and Gordon Green enjoy the festivities.



The Turning Point team took first place in the Rushford at Meriden gingerbread house contest. From left: Melissa Silagy, Tammy Van Linter, Rosann Rafala, Faith Garofalo, Shanna Lowery, Sharon Purzycki, Terry Kang, Loretta Staples, Melissa Weston.

## Rushford at Meriden holiday party

On Dec. 19, Rushford at Meriden held its annual holiday party, with approximately 120 people in attendance.

# \$ thetreasuretrove

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 [carol.vassar@hhchealth.org](mailto:carol.vassar@hhchealth.org) or [amanda.nappi@hhchealth.org](mailto: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. Please do not list hospital phone numbers or hospital e-mail addresses for responses.

You must submit your item weekly if you want it to appear more than one week.

### FOR SALE

**2011 CAMARO CONVERTIBLE** — 2SS fully loaded, brand new tires, silver with black leather interior. 34,000 miles. \$25,000. Text or call **860-333-3828**.

**2007 CORVETTE Z06** — Silver with black leather interior, 2LZ package included, navigation, in mint condition. Just 11,000 miles. Asking \$42,000. Text or call **860-334-9735**.

**DUTCH WEST WOOD BURNING STOVE** — Good condition, works well, \$500. Call **860-884-4997**.

**RAINBOW VACUUM CLEANER** — All attachments,

works well, asking \$90. Call **860-376-4741**.

### EVENTS

**ANNUAL FEAST OF LIGHTS** — Sunday, Jan. 11 at 4 p.m. at Grace Episcopal Church, 4 Chapel Hill Road, Yantic. Lights, pageantry, music, seasonal readings, marks the end of the Christmas season and the beginning of Epiphany a tradition for parishioners and visitors, free to the public, memorable, candles and lights will illuminate the beautiful English gothic stone church as local choirs come together in song. A procession of the, "Three Kings", and a bell choir from St. Patrick Cathedral in Norwich will perform. The Rev. Peter D'alesandre of Grace Church and The Rev. Hugh James of Christ Episcopal Church

in Norwich will officiate. Refreshments, finger foods will follow in the church parish hall.

**GRISWOLD EXERCISE PROGRAM** — The exercise program will be held every Tuesday and Thursday, 6-7 p.m. at Griswold Elementary School Cafeteria. The class features low impact aerobics, weights, Pilates. Bring your own mats and weights.

**PRESCHOOL/CHILD CARE** — First Leaps Together, Ledyard, a small family-oriented center providing outstanding early education in Ledyard Center. Now enrolling for immediate space in our full day-care, preschool program options, after school programs, summer programs, and specialized services. Visit [firstleapstogether.com](http://firstleapstogether.com) or call **860-381-5537**.