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Hartford HealthCare   
Behavioral Health Network

# BHNNews

## Banner year for BHN

**T**he past year brought growth and innovation, hellos and good-byes, recovery and hope. The bottom line is the Behavioral Health Network (BHN) had some memorable moments in 2018, continuing to solidify itself as a state and national leader in mental health and addiction services.

**THE YEAR IN REVIEW**

In this issue of *BHNNews*, we are celebrating these milestones and more. Some of our accomplishments in the past year include:

- The Zero Suicide initiative, a program to decrease the number of suicides within and outside health-care facilities, was launched across the BHN.
  - Expansion of the MATCH (Medication Assisted)
- See **YEAR** on page 2

*Top left: The Institute of Living and Hartford Hospital staff honored World Suicide Prevention Day with a flag lowering ceremony. Top right: Jim O'Dea, MBA, PhD, vice president of the Behavioral Health Network, threw out the first pitch at the Yard Goats game in support of Rushford at Dunkin' Donuts Stadium in Hartford. Bottom right: Natchaug Hospital's Green Valley School successfully moved from Norwich to Franklin and continued serving students with emotional and behavioral health issues.*



Right: Natchaug Hospital mental health worker Ben Nazario exchanges a high five with a teammate during the second annual Natchaug softball tournament. Far right: Jeff Flaks, left, president and chief operating officer of Hartford HealthCare, and Elliot Joseph, right, chief executive officer of Hartford HealthCare, present Harold (Hank) Schwartz, MD, psychiatrist-in-chief emeritus at the IOL, with a photo depicting the renaming of the Commons Building at the Institute of Living as the Harold I. Schwartz Center for Education.



Above left: The IDEA Team, including Institute of Living staff members, created to help reduce seclusion, restraint and violence, was named Hartford Hospital's 2018 Clinical Team of the Year. Above center: Staff from Rushford, the Hartford HealthCare Behavioral Health Network and Planet Fitness gathered for the official ribbon cutting and opening of the Planet Fitness at Rushford in Middletown. Above right: The HOPE initiative — a community partnership between New Britain, Berlin, Newington, the Hartford HealthCare BHN, the State's Attorney's Office and various mental health agencies — was unveiled to offer certain opioid users the option of treatment instead of being arrested.

## YEAR, from page 1

Treatment Close to Home) program, with new locations in Vernon, Southington, Norwich and Middletown, and added services in several locations such as art therapy, community gardens, yoga and a substance abuse partial hospitalization program.

- Rushford received two SAMSHA (Substance Abuse and Mental Health Administration) grants totaling \$3.5 million over the next few years to help combat the opioid crisis. One \$2 million grant involves first responders in Meriden connecting overdose victims with services through the Rushford Mobile Crisis Unit, and a \$1.5 million grant will increase help at-risk clients to easier access medication-assisted treatment.

- Joined forces with New Britain, Berlin and Newington municipal gov-

ernments, the State's Attorney General's Office and other community mental health agencies to announce the HOPE initiative in which police officers will be given the latitude to refer drug users to treatment instead of arresting them.

- The Institute of Living Schizophrenia Rehabilitation Program received the Program of the Year Award from the Association of Ambulatory Behavioral Health. This award is given annually to programs that demonstrate outstanding advocacy, innovation and patient outcomes.

- The Olin Neuropsychiatry Research Center continued a wide range of research, including the impact of marijuana on driving, how pot impacts the brain and pupillometry, which measures pupil diameter to predict some

mental health issues.

- With exercise equipment donated by Planet Fitness, a new gym opened at Rushford in Middletown so that clients can make exercise part of their recovery.

It was a certainly a banner year. Looking forward to 2019, John Santopietro, MD, the BHN's first physician-in-chief, has joined BHN President Pat Rehmer. While there were many milestones in 2018, in the coming year the focus will be on recovery; quality and safety; customer experience; employee engagement; standardization and scaling of our centers of excellence and much more. Thanks to everyone for all they do, every day, to make us the most comprehensive behavioral health organization in the state. We should all be proud.

# Allen promoted to BHN vice president role

The Hartford HealthCare Behavioral Health Network is pleased to announce that J. Craig Allen, MD, has been promoted to vice president for substance abuse services for the Hartford HealthCare Behavioral Health Network (BHN).

In his new role, Dr. Allen will oversee substance use treatment services across the BHN. He will develop standard work in the Medication Assisted Treatment Close to Home (MATCH) programs; oversee the BHN's addiction medicine fellowship, which was recently recognized by the Accreditation Council for Graduate Medical Education (ACGME); provide consultations to facilities on complex



Allen

clinical situations involving substance use; and help coordinate addiction screenings and interventions across HHC. He will also continue to be the spokesperson in the community and media for substance use topics and current events.

For the past 13 years, Dr. Allen has served as medical director of Rushford. He is also chief of the department of psychiatry at MidState Medical Center and chair of the Hartford HealthCare (HHC) Opioid Management Committee and Addictions Clinical Council.

Dr. Allen is a member of the state advisory board for the Department of Mental Health and Addiction Services, chairs the treatment committee for the Alcohol and Drug Policy Council, is on the Connecticut State Medical Society's addiction medicine committee and

opioid task force and is president of the Connecticut chapter of the American Society of Addiction Medicine.

He is an associate professor of psychiatry at the Frank Netter School of Medicine at Quinnipiac University and has held faculty appointments at Harvard and Yale medical schools. Currently, he trains addiction medicine fellows in Rushford's ACGME-accredited program as well as child and adolescent psychiatry fellows and residents from the Institute of Living. He is board certified in child, adolescent and adult psychiatry and addiction medicine.

Dr. Allen lectures and advocates locally and nationally for prevention, screening, early intervention and treatment access for substance use and other psychiatric disorders throughout the lifespan.

## Senator speaks on ACA



*Dozens of Rushford staff members, community providers and healthcare consumers attended a roundtable discussion about the Affordable Care Act led by U.S. Sen. Chris Murphy, foreground center, and Pat Rehmer, MSN, ACHE, Hartford HealthCare senior vice president for behavioral health and president of the Behavioral Health Network, foreground left, at Rushford's Meriden campus on Monday, Jan. 7.*

## Four BHN physicians named among national list of Best Doctors in Psychiatry

Four Hartford HealthCare Behavioral Health Network doctors were named to the Best Doctors in Psychiatry list for 2018.

Joanna Fogg-Waberski, MD, interim medical director at the IOL; Evan Fox, MD, assistant medical director for consultation liaison services at the IOL; Harold I. Schwartz, MD, psychiatrist-in-chief emeritus at the IOL; and Samuel Silverman, MD, medical director of addiction services at Rushford were among the seven Connecticut psychiatrists selected for the annual listing.

Founded in 1989 by Harvard Medical School physicians, Best Doctors is a global benefits provider and medical information services company that connects individuals facing difficult medical treatment decisions with the best doctors, selected by impartial peer review in over 450 specialty and subspecialty combinations, to review their diagnosis and treatment plans.

# MATCH methodology applies to alcohol as well

Long before the opioid overdose epidemic hit the news, alcohol-related deaths were taking nearly 90,000 American lives a year.

Despite being the third-leading cause of preventable death in the United States — after tobacco and obesity — alcohol use is often overlooked as an opportunity for life-changing intervention. Decreasing or stopping alcohol intake can have significant benefits for physical and psychological health and, in some cases, even be life-saving.

J. Craig Allen, MD, vice president for substance abuse services for the Behavioral Health Network, said people who drink regularly and heavily may find it challenging when they try to stop.

“If you are physically dependent on alcohol, withdrawal can include stomach cramps, vomiting, sweating, tremors, hypertension, hallucinations, and, for some, can be life-threatening,” he explained. “If you experience physical or psychological symptoms when cutting down on alcohol, a medical assessment is essential. Some people need medically-monitored assistance and specific withdrawal medications to get through the initial period safely.”

When combined with counseling and behavioral therapies, Dr. Allen said there is scientific evidence supporting the use of pharmacologic intervention to treat alcohol use disorders (AUDs). Millions of Americans suffer from an AUD and high-risk binge drinking that can lead to health-related issues as well as financial and personal problems.

However, while they are beneficial, AUD medications are grossly underutilized, he said. To help increase their use, the American Psychiatric Association (APA) in 2018 issued guidelines for the pharmacologic treatment of AUD. The Hartford HealthCare BHN Medication Assisted Treatment Close to Home (MATCH) program includes services for

## New ad campaign focuses on alcoholism

As we continue to expand our MATCH (Medication Assisted Treatment Close to Home) program with new locations and new services, we are launching a new advertising campaign. In the past, the focus has been on opioids, but the new campaign zeroes in on an issue that doesn't always make headlines, but statistically speaking may be a larger problem — alcoholism.

The campaign includes two styles of ads — one that is straight forward with an immediate call to action, and another that is more emotional and subtle. The ads promote all 12 of the Behavioral Health Network's MATCH locations, and will include cable TV commercials, radio, billboards, digital advertising, social media, e-newsletter stories and more.



**Can't stop Drinking?**  
Help is closer than you think.

**If your drinking is out of control, we can help.**  
The Hartford HealthCare Behavioral Health Network offers Connecticut's most comprehensive program to help you recover from alcohol addiction, including 12 MATCH™ facilities. MATCH (Medication Assisted Treatment Close to Home) has the care you need.

**Recovery never stops. Neither do we.**  
Call us today at 1.855.825.4026  
MatchRecovery.org/alcohol

Hartford HealthCare Behavioral Health Network



**You're not the only one with a drinking problem.**  
If your drinking is out of control, we can help. The Hartford HealthCare Behavioral Health Network offers Connecticut's most comprehensive program to help you recover from alcohol addiction, including 12 MATCH™ facilities. MATCH (Medication Assisted Treatment Close to Home) has the care you need.

**Recovery never stops. Neither do we.**  
Call us today at 1.855.825.4026  
MatchRecovery.org/alcohol

Hartford HealthCare Behavioral Health Network

people with AUD and drug dependency.

The patient-centered approach offers evidence-based medications including those the APA identified, such as:

- Naltrexone (ReVia® or Depade®) is given in pill form. Naltrexone extended release (VIVITROL®) is given in monthly injections.

- Acamprostate Calcium (Campral®)

- Disulfiram (Antabuse)

- Gabapentin

- Topiramate

Other medications that may have less evidence but have been effective for some populations are also considered.

“Our goal is to make patients as comfortable as possible so they can use the strategies and therapies that will be

••••• See **ALCOHOL** on page 5

■ The Record Journal published a story about a recent roundtable on the Affordable Care Act held at Rushford involving U.S. Sen. Chris Murphy. <http://www.myrecordjournal.com/News/Meriden/Meriden-News/Murphy-tells-advocates-%E2%80%98precarious-time-for-the-ACA.html>

■ In a story published on Channel 3 on Jan. 8, J. Craig Allen, MD, vice president for substance abuse services for the Behavioral Health Network, spoke to the public health ramifications of raising the age to buy tobacco products in one Connecticut town. <https://www.youtube.com/watch?v=OmkaFLtj5H0&feature=youtu.be>

■ Channel 3 tackles New Year’s resolutions (<https://www.youtube.com/watch?v=d7yGl2HRUU&feature=youtu.be>) in a story that includes an interview with Pat Rehmer, president of the Behavioral Health Network.

■ The Heroin Opioid Prevention and Education initiative expanded to Newington as noted in this article <http://www.newbritainherald.com/NBH-Berlin+News/341708/newington-to-join-hope-opioid-education-initiative>

■ After the stabbing death of a child right before Christmas, Laura Saunders, PsyD, ABPP, a child psychologist with the Institute of Living, was featured in stories airing on Chan-

nel 3 (<https://www.youtube.com/watch?v=rR8cEmk4egs&feature=youtu.be>). Channel 8 (<https://www.youtube.com/watch?v=R1j9xnm0R2k&feature=youtu.be>) and FOX 61 (<https://www.youtube.com/watch?v=zwH211dA8lY&feature=youtu.be>).

In addition, Lisa Namerow, MD, of the Institute of Living authored an opinion piece in the Hartford Courant on Dec. 22 (<http://www.courant.com/opinion/op-ed/hc-op-west-hartford-talk-to-children-1222-20181222-77r24minfzhsbles3gzjglu7qq-story.html>), on ways parents can talk to their children about such tragedies.

■ After a mother took to social media to discuss her child’s mistreatment in a Rocky Hill school, Dr. Saunders was also featured in a story on bullying that aired on Dec. 18 on Channel 3 [https://www.youtube.com/watch?v=8gQhVnU\\_poU&feature=youtu.be](https://www.youtube.com/watch?v=8gQhVnU_poU&feature=youtu.be).

■ On Dec. 14, Dr. Allen discussed the dangers of Fentanyl in a story that aired on Channel 3 <https://www.youtube.com/watch?v=FYsSt54TpdK&feature=youtu.be>.

For more behavioral health news updates, subscribe to the BHN’s e-newsletter on [www.healthnewshub.org](http://www.healthnewshub.org).

## ALCOHOL, *from page 4*

long-term tools in their recovery,” Dr. Allen said.

The National Institutes of Health defines high-risk drinking as more than four drinks a day or 14 per week for men and three drinks a day or seven per week for women. High-risk drinkers are at enhanced risk for having or developing an AUD and/or the physical results of alcohol exposure

like hypertension, liver disease, gastrointestinal issues and cancers.

“It can be very difficult to stop drinking but the help many patients find through the MATCH program gives them the added assistance they may need to achieve sobriety,” Dr. Allen said.

For more information, visit <https://matchrecovery.org/alcohol>

## BHN looking to boost social media presence

Are you interested in joining the BHN Social Media Squad? You can help the BHN improve its social media content and engagement as a member of the Social Media Squad. Participants will:

- Write Health News Hub stories from your professional perspective (i.e. thought leadership pieces, consumer friendly clinical pieces, highlights of published research).

- Take photos/videos at employee and public events for posting to social media sites.

- Lead and monitor support for private Facebook support groups across all institutes and service lines.

For more information or to join, contact [socialmedia@hhchealth.org](mailto:socialmedia@hhchealth.org).

### About BHNNews

BHNNews is published every other Friday. Story ideas or submissions may be sent to [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org) or [susan.mcdonald@hhchealth.org](mailto: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 BHNNews is Tuesday, Jan. 22, at noon**

## Olin Center docs recognized

Three Olin Center doctors were recently recognized by their respective professional organizations with memberships and awards.

At the 2018 American College of Neuropsychopharmacology (ACNP) annual meeting in December, Michael Stevens, MD, was elected as a full ACNP member and Alecia Dager as an associate member.

Godfrey Pearlson, MD, was awarded the American Psychiatric Association's (APA) 2019 Mentorship Award, which will be presented at the May 2019 APA annual meeting.

## Sounds of the season



The talented "Just4Fun" Barbershop Quartet, including retired Hartford Hospital internist Carl Braren, MD, second from left, came for their annual visit to the IOL, rounding on patient units and the campus, singing lovely holiday songs. All enjoyed them very much!

## Family Resource Center Support Groups

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

- **Depression Bipolar Support Alliance Group (DBSA).** Jan. 14, 21, 28, Feb. 4, 11, 18, 25, March 4, 11, 18, 25. (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room, Jan. 16, 23, 30, Feb. 6, 13, 20, 27, March 6, 13, 20, 27. (Every Wednesday), 7 – 8 p.m. in the Staunton Williams Building, Clark Social Room. Peer-run support group for those who have been diagnosed with depression or bipolar disorder.
- **Autism Spectrum Support/Educational Group Meeting For Parents.** Jan. 16, Feb. 20, March 20, April 17, May 15, June 19. (Third Wednesday of the

month), 6 - 7:30 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](mailto:gmorales@spedconnecticut.org).

- **It's Hard To Be A Mom.** Jan. 17, Feb. 7, 21, March 7, 21 (First and third Thursday of each month), 10 - 11:30 a.m. Peer-led group that acknowledges the inherent challenges with modern-day mothering and offers an opportunity for mothers to come together, share experiences, and support each other. This group welcomes expecting mothers and mothers with babies to discuss any and all challenges associated with motherhood. Babies welcome! Please RSVP to Laura at **860.545.7324**.

- **Support Group For Families Dealing With Major Mental Illness.** Jan. 17, Feb. 7, 21. March 7, 21. (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. Learn to care for yourself while you are caring for others.

- **Hearing Voices Network (HVN).** Jan. 17, 24, 31, Feb. 7, 14, 21, 28, March 7, 14, 21, 28. (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.

Continued on next page

Family Resource Center Support Groups (continued)

- **Al-Anon Parent Group.** Jan. 17, 24, 31, Feb. 7, 14, 21, 28, March 7, 14, 21, 28. (Every Thursday), 7 - 8 p.m. One-hour topic discussion.
- **Support Group For Those Coping With A New Or Chronic Medical Condition.** Jan. 18, 25, Feb. 8, 15, 22, March 8, 15, 22, 29. (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](mailto:marissa.sicley-rogers@hhchealth.org).
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Jan. 23, Feb. 13, 27, March 13, 27. (Second and fourth Wednesday of each month), 5 - 6:15 p.m., in the Center Building, Young Adult Service Group Room. Support group for 16- to 23-year-olds who identify LGBTQ issues in their lives. The goal is to discuss support strategies to manage life challenges.
- **Introduction To Mental Health Benefits and Services.** Jan. 29, May 7, 6:30 - 7:45 p.m. This presentation will provide an overview of benefit programs available for individuals with mental health disabilities. To attend, please RSVP to Laura at **860.545.7324**.
- **Bipolar: An Introduction To The Disorder.** Feb. 5, April 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 sug-

gestions to help cope with the illness. To attend, please RSVP to Laura at **860.545.7324**.

- **Substance Use Educational And Support Group.** Feb. 14, March 14, April 11, May 9, June 13. (Second Thursday of each month), 4 - 5 p.m. For family members impacted by loved ones with substance abuse.
- **Managing Schizophrenia.** Feb. 19, 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**.

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](mailto: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.



Recognize moments that matter in four categories:

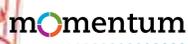


- Nominate a colleague who you caught doing the right thing for someone in our care.
- Nominate a colleague mentioned in a letter, comment, or media story that came from someone who had such an exceptional experience that they felt compelled to share.
- Nominate a colleague who found a way to improve the experience for someone in our care through one of the Lean/H3W continuous improvement venues.
- Nominate a colleague who did the safe thing by catching an error and preventing harm to someone in our care.



Nominations due no later than Feb. 15, 2019

Eight regional finalists and one winner from each category will be honored at an awards ceremony in April. Visit HHC Connect for nomination and eligibility details. Nominations submitted through Momentum.



## JC-Enfield club spreads community cheer

The Joshua Center Enfield CDT school leadership club participated in a few community events in December.

The students made more than \$300 at their craft sale fundraiser to adopt a family for Christmas at the domestic abuse shelter in Enfield.

Through their can and bottle drive, they were able to give 11 children at the Hope Center gift bags for Christmas.

The students also visited the Evergreen nursing home in Stafford to sing Christmas carols and made more than 80 holiday cards to send to recovering vets and to some of the nursing home residents.

## 'Tis the season



Clients at the Mansfield campus, including students at Mansfield CDT school and inpatient and Journey House clients, were visited by Santa, two of his elves, and Oliver, the rein-donkey, on Friday, Dec. 21.

## Adding to the cause



After visiting Natchaug Hospital, representatives from iTi, the new HHC translation services vendor, saw that toys were being collected for the child and adolescent inpatient unit and offered to help. Employees from iTi donated dozens of gifts to help make the holidays special for clients who were hospitalized during Christmas.

## Sweaters on parade



Journey House residents and staff participated in a make-your-own ugly sweater contest on Friday, Dec. 14. Residents voted for the ugliest sweater work by staff, and staff voted for residents, with prizes awarded to the winners.

## Diversity council inspires multicultural celebrations



Rushford's Diversity and Inclusion Council invited all departments to participate in a Winter Holiday Celebration where managers were assigned different cultural/religious holidays celebrated in the United States in the winter. Celebrations were held between Thanksgiving and Dec. 31, and included posters with information about the holiday, at least one food dish that represents the holiday, and decoration and/or dress specific to the holiday. Thank you to all the departments that participated, and stay tuned for the announcement of the winner at Rushford Leadership Forum on Monday, Jan. 14.

## CSS/Prevention gifts help family in need

Rushford Community Support Services and the Prevention Department worked together to help a family receiving treatment participate in the Meriden-Wallingford United Way adopt-a-family program.

Henry Thomas, community support specialist, and Krystle Blake, manager of prevention services, met with the client to review the needs for himself and his three children, ages three, six and seven. Shortly after the interview, the family was matched with a local business who "adopted" the family. They enjoyed shopping for the family and dropped off the donations at Rushford where they were wrapped and delivered before the holidays.

The client, who is a single father, and the child's grandmother, who was caring for the child while her son was at MidState with medical concerns, were incredibly grateful for the gifts and support they received from Rushford and the United Way.



## Vasileff gains RN board certification

The Silver Street nursing leadership team would like to congratulate Elizabeth Vasileff, RN, on recently becoming board certified in psychiatric-mental health nursing. Liz has been an integral part of the nursing team in Middletown over the past four years and has remained a valuable resource for both her coworkers and patients. Her journey of professional development has been both exciting and inspirational. Congratulations again and we are so proud to have you on our team!

## Anything to share?

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

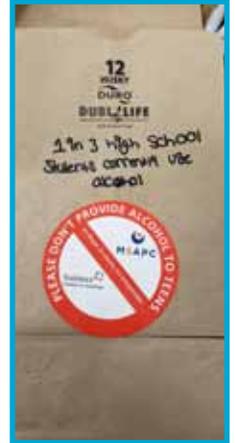
To learn more, e-mail **amanda.nappi@hhchealth.org**.

## Teen groups help spread the word to stop underage drinking

Youth members of the Middletown Substance Abuse Prevention Council and students from RAMS In Action, a peer-leadership group at Woodrow Wilson Middle School advised by Rushford prevention specialist Erica Skoutas, participated in a social marketing campaign — “Sticker Shock” — to help reduce and prevent underage drinking.

Students decorated local package store bags with stickers that remind adults not to provide alcohol to teens and statistics relevant to underage drinking.

With the help of Metro Liquors and CT Beverage Mart students were able to decorate more than 200 bags with prevention messages that will be distributed to customers throughout the holiday season. Sticker Shock was also conducted in Westbrook by the Westbrook SADD Chapter and advisor Lyn Connery from Rushford prevention.



### Multi-Family Group *Allies in Recovery Model*



Join us for a support group focused on helping the parents, family members, caregivers and friends of those with addiction. Find support and understanding while also working to:

- Reduce pain, anger, & worry
- Gain skills proven to work
- Reduce substance use
- Get your loved one into treatment
- Improve your well-being

**Sundays from 10-11 AM**  
Starting Dec. 2, 2018

**Rushford at Stonegate**  
459 Wallingford Road, Durham, CT

**For questions, confirmation, and all other inquires please contact:**

Peter Doria 860-349-2043 x308 or Lareina Lacz 860-349-2043 x303

## White Out Walk



The Middletown Substance Abuse Prevention Council held its 14th annual White Out Walk on Thursday, Dec. 27, to encourage adults and teens to be mindful of the dangers of drinking and driving on New Year’s Eve. Another White Out Walk was hosted by the Meriden Healthy Youth Coalition in Meriden on Friday, Dec. 28. Youth participants in the events made signs and t-shirts to display as they walked through downtown to raise awareness of the dangers of drunk driving.