



### WELLNESS CREDIT

It's not too late to earn up to \$500 through your HHC medical plan.

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### WINTER TIPS

The weather may be frightful, but you can still stay safe.

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### TAKING THE LEAD

Multiple sites join forces to honor police for Law Enforcement Appreciation Day. • PAGE 8

Hartford HealthCare  Behavioral Health Network

# BHINews

## Working as a team

*Behavioral health clinicians join primary care setting*

**I**ntegrating behavioral health with primary care is more than just a concept: it is becoming a reality within Hartford HealthCare (HHC) with the advent of a pilot project that places behavioral health clinicians in the offices of primary care physicians in order to improve patient-centered care delivery. This system initiative is led by HHC's Integrated Care Partners (ICP), in partnership with the BHN. The target locations for the new service are the Hartford HealthCare Medical Group (HHCMG) and CONNCare (affiliated with Backus Hospital), the two primary care arms of HHC.

Using an evidence-based model of care delivery called Primary Care Behavioral Health (PCBH), a behavioral health clinician serves as an on-site member of the primary care team, providing consultations to other members of the practice, assisting with diagnosis and assessment of patients' behavioral health-related problems, conducting brief treatment, and facilitating referrals to community resources as necessary.

"Co-locating behavioral health



*Behavioral health clinician Janine Fonfara will split her time between Backus health centers in Norwichtown and Colchester.*

clinicians with primary care providers means easier patient access to care and allows us to improve health outcomes for patients with co-occurring medical and physical conditions, as the two are known to be strongly linked," said Stephen W. Larcen, PhD., HHC Senior Vice President and President of the BHN.

Treating behavioral health separately from physical health — which is the traditional model — often proves expensive.

"Psychiatric disorders can lead to physical ailments and vice versa; it's bi-

directional," said Henry Chung, MD, vice president and chief medical officer for Montefiore Care Management, a national leader in the integration movement.

"Depression costs employers \$44 billion in indirect costs, such as absenteeism and lost productivity," said Dr. Chung, adding that people who are depressed but not receiving care use two to four times the health care resources of other individuals and have twice the risk of having a stroke.

..... Continued on page 2

## Have you earned your wellness credit? Up to \$500 is waiting

Employees who completed their wellness requirements by Oct. 31, 2014 will find a little something extra in their first paycheck of the New Year — a wellness credit of \$250 for single coverage and \$500 for those who cover their spouse/partner/children or family under an HHC medical plan.

But there is still time to complete the requirements, and those who do by March 31, 2015, will see the credit in their checks as soon as it can be processed.

To earn the full credit, here's what you must do by March 31:

- Complete a 15-minute online health assessment at our wellness partner website, RedBrick Health or call RedBrick at **1-877-207-0136**.

- If you have not seen your doctor since Jan. 1, 2014, make an appointment for a preventive care visit. If your care is up to date, Aetna will provide verification directly to RedBrick Health. If for some reason your information is not automatically transmitted, all you have to do is complete and submit this form.

If you need preventive care, don't wait until the last minute to make an appointment. Hartford HealthCare Tier 1

primary care practices can be found on HHC's Aetna Doc-Find directory and on the HHC&Me Employee Service Center website. Find Hartford HealthCare Medical Group providers at [HartfordHealthCareMedicalGroup.com](http://HartfordHealthCareMedicalGroup.com). When you call, remember to tell the scheduler that you are an HHC employee or spouse/partner in need of an exam to complete your wellness requirements.

To find out if you have completed your requirements, visit RedBrick Health or call RedBrick at **1-877-207-0136**. When you go to the website, it's important to know that the "welcome" page shows only your progress. To find out if a spouse/partner has completed the requirements you may call **1-877-207-0136**.

Employees and their spouse or partner covered by a Hartford HealthCare medical plan must complete both requirements by March 31, 2015, to qualify for the full \$500 credit for employee and spouse/partner/children or family coverage.

For details about the wellness credit, please read our Frequently Asked Questions (FAQ) at the HHC&Me Employee Service Center website or at the RedBrick Health website.

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## Behavioral health clinicians join primary care setting

*continued from page 1*

"The pilot projects this year are to learn, to make changes, to find out what's going to work best for HHC and its patients, and to begin to collect outcome data," according to James P. Cardon, MD, Integrated Care Partners CEO and HHC Executive Vice President and Chief Clinical Integration Officer. "Based on this data, our long-term goal would be to expand the number of primary care sites with integrated behavioral health clinicians to include not only HHCMG and CONNCare, but to all primary care providers who are affiliated with Integrated Care Partners."

The program is already up and running at HHCMG sites in Windsor and Manchester, with five more sites preparing to come onboard in the next 60 to 90 days.

A partnership between the IOL and ICP will bring a 20-hour-a-week psychologist to each of the two HHCMG locations in West Hartford (Bishop's Corner and South Main Street), while Enfield's HHCMG practice will be supported 20 hours a week by an LCSW from Community Health Resources, a local community mental health center. Backus health centers in Norwichtown and Colchester will be served by a full-time LCSW, who will split her time equally between the two locations.

## New Natchaug hires

- **Laura Douglas**, Student Support Specialist, JC Thames Valley CDT
- **June Foley**, School Clinician, Hickory Street School
- **LaTonya Manu**, Primary Therapist, JC Enfield
- **Melissa Persaud**, Psychologist, Psychological Services
- **Shanae Plummer**, Secretary, Rivereast
- **Kimberly Scaplen**, Intern, CRS
- **Kerri Sisson**, Primary Therapist, JC Thames Valley
- **Caitlyn Sousa**, Intern, Inpatient
- **Jahmarrah Thomas**, Mental Health Worker, JC Old Saybrook
- **Amanda Watkins**, Nurse Manager, Child/Adolescent Inpatient
- **Sara Winchester**, Case Manager, IICAPS

# 1 BHN First

## Latino Intensive Outpatient Program offers Spanish alternative

Rushford at Meriden's Latino Intensive Outpatient Program (IOP) offers group therapy to individuals in need of consistent support throughout the week. Clinicians facilitate all groups in Spanish for those clients who are either monolingual or prefer to receive treatment in Spanish. Group treatment concentrates on helping



clients develop the skills and confidence they need to cope with their mental illness and/or co-occurring substance use issues. The program is designed to prevent and avert hospitalization, or to transition clients from acute care back into the community.

The Latino IOP is staffed by a multi-ethnic, bilingual and bicultural (Spanish and English) group of mental health professionals with decades of experience working with the Hispanic population. They are dedicated to helping clients recover

from mental illness and/or substance use and dependence.

The Latino IOP offers clinical treatment three days per week (Monday-Wednesday-Friday) from 9 a.m. to 12:30 p.m. at Rushford's Meriden facility at 883 Paddock Ave. Clients attend three groups per day.

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■ 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!

### About the Latino IOP

#### ELIGIBILITY

- Adults aged 18 and older
- At acute risk for hospitalization due to the presence of acute psychiatric symptoms
- Require intensive outpatient level of care to facilitate reintegration into the community after discharge from inpatient level of care either at Rushford or another facility
- Spanish-speaking only or those who prefer treatment in Spanish

#### TREATMENT GOALS

- To stabilize acute psychiatric symptoms
- To reduce the need for inpatient hospitalization
- To help each client learn and practice skills for illness management
- To help the client return to an optimal level of functioning

#### SERVICES OFFERED IN SPANISH INCLUDE

- Medication-assisted treatment and management
- Group therapy
- Case management

**For referral or admission information, please call 1-877-577-3233**



## clinicalcorner

### Study links depression and memory loss

Individuals with depressed mood show as much as a 12 percent reduction in memory as compared to individuals without depressed mood, according to a study published online in *Cognition and Emotion*.

Researchers at the Center for Brain-Health at The University of Texas at Dallas discovered the link only when

depressive thoughts were present, while the subjects performed similarly to individuals without depressed mood when depressive thoughts were not present. The study is the first to substantiate memory deficits in individuals with depressed moods, and may have implications for the way cognitive deficits are diagnosed and treated in depression.

To read more on the study, visit <http://bit.ly/1xXjPtQ>

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■ Do you have an article, study, or case study you'd like to share with the Behavioral Health Network? Send your submissions to [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org) or [carol.vassar@hhchealth.org](mailto:carol.vassar@hhchealth.org) for consideration.

## Drexel University introduces mental health screening kiosks

Students at Drexel University have a new option for diagnosing mental health issues with the installation of mental health screening kiosks on campus.

The kiosks require a person to anonymously answer 10 to 15 basic questions and gives feedback as to whether they meet a clinical threshold and provides them with information on national, local and school resources.

To read more about the initiative, visit <http://bit.ly/14vbAJG>

## Natasha Bedingfield song proceeds to benefit mental health

Partial proceeds from the sale of Natasha Bedingfield's new single, "Hope" will benefit mental health organizations as part of beauty brand Philosophy's Hope & Grace initiative.

The song, which is available on iTunes, is a tribute to people battling mental illness. The Hope & Grace initiative was introduced last year and commits 1 percent of Philosophy's sales to mental health organizations.

To read more about the initiative or hear the song, visit <http://yhoo.it/1DFMfMf>



**If you could take one person to a desert island, who would it be and why?**



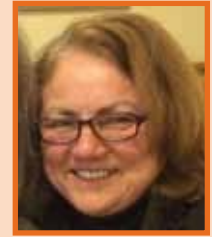
"My son, because I think I have to say that! Seriously though, it would be a pleasure watching him grow up living the island life."

— **Danielle Siedsma,**  
HOCG Outpatient Behavioral Health



"My best friend, Luz, because she's fun. She'd be fun on a desert island."

— **Carmen Rodriguez,**  
Administrative Assistant, Health Psychology and Neuropsychology Department, IOL



"My 27-year-old nephew Michael. Why? He is the happiest person I know. He is inventive and fearless — he once caught a shark with his bare hands!"

— **Sandi Voogd,**  
Natchaug H3W Facilitator



"My husband. He's been a habit for 49 years."

— **Becky Lissan, RN,**  
Backus D-1



"My husband, because I could depend on him, I trust him and I wouldn't feel lonely."

— **Mayra Santana-Robles,** Unit Clerk, Natchaug Child and Adolescent Unit



"I would take my wife. She's my best friend,"

— **Hassan Dinakar, MD,**  
Rushford

## 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. 20, at noon.**

## IOL Grand Rounds to feature NIDA Director Nora Volkow, MD



Volkow

On March 5, IOL Grand Rounds will feature Nora Volkow, MD, Director of the National Institutes of Drug Abuse (NIDA), a division of the National Institutes of Health. She is the 2013 recipient of the IOL's distinguished Burlingame Award, and her work has been instrumental in demonstrating that drug addiction is a disease of the human brain.

According to her NIDA biography, Dr. Volkow

“pioneered the use of brain imaging to investigate the toxic effects and addictive properties of abusable drugs.”

Her March IOL talk is entitled “Imaging Drug-Effects in Human Physiology.” It will be held in the Hartford Room of the Commons Building from noon – 1:15 p.m., followed by a luncheon in her honor.



Institute of Living  
A Division of Hartford Hospital

The Family Resource Center

**On Campus:**  
Helping College Students with their Mental Health

Tuesday, March 24, 2015  
9 AM TO 4 PM

Institute of Living, Commons Building,  
Hartford Room



## BrainDance deadline Feb. 1

Feb. 1 is the submission deadline for the 12th annual BrainDance Awards, sponsored by IOL. This mixed media and arts competition encourages high school students to gain knowledge about psychiatric diseases and develop a more tolerant and realistic perspective toward people with severe psychiatric problems. The competition also aims to promote students' interest in careers in mental health care.



12<sup>th</sup> Annual BrainDance Awards  
Step The Dance

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)



## On The Horizon helps with clothing

“On the Horizon” provides free clothing to individuals attending IOL programming who are in need of clothing for employment-related purposes or have other general clothing needs.

Treatment managers who have patients in need of clothing/winter apparel can send their patients with a completed voucher (located on the intranet under IOL - Psychiatric Rehabilitation Services) to the store.

“On the Horizon” is located in the IOL gift shop (Carolina Cottage) and is open Monday through Friday from 9 a.m. to 3 p.m. Questions can be answered by emailing [tammy.petrik@hhchealth.org](mailto:tammy.petrik@hhchealth.org) or calling the store at **860-545-7781**.

## 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 through June is as follows:

- **Bipolar: An Introduction To The Disorder.** Jan. 20, March 24, June 23, 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, April 28, June 30, 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, April 21, 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, May 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.
- **The Truth About Electroconvulsive Therapy and Transcranial Magnetic Stimulation.** Feb. 10, May 12, 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.** Feb. 5, Feb. 19, March 5, March 19, April 2, April 16, May 7, May 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. 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. 28, Feb. 11, Feb. 25, March 11, March 25, April 8, April 22, May 13, May 27, June 10, June 24, (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, April 7, May 5, June 2 (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, April 1, May 6, June 3 (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.** Feb. 5, Feb. 19, March 5, March 19, April 2, April 16, May 7, May 21 (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, April 15, May 20, June 17 (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.

## Be safe during winter weather

Now that winter is upon us, it's important to watch your step around campus. While our maintenance staff does a great job clearing the snow and ice, there can still be some slick spots. Here are some things to consider:

### Prevention

- Wear proper footwear with good traction. Rubber soles work best.
- Take smaller steps when walking.
- Walk slowly and never run on icy ground.
- Keep both hands free for balance rather than in your pockets.
- Use handrails if available.
- Test potentially icy spots by tapping the area with your foot.
- Step carefully out of your vehicles.
- Keep walkways clear.
- Avoid carrying large loads that limit your line of vision.

### Safe Winter Walking

- Plan ahead; allow sufficient time and plan your route.
- Walk in designated walkways.
- If the walkway is covered with ice, travel along grassy areas for traction.
- When entering buildings, remove snow and water from shoes to prevent slipping.

### When It's Icy

- Take short steps or shuffle.
- Bend slightly, walk flat-footed with your center of gravity over your feet.
- Be prepared to fall.
- If you fall, avoid using your arms to protect against breaks
- Roll with the fall. Try to twist and roll backwards, rather than falling forward.

- Drop your load. Protect yourself instead of the objects being carried.

— *Courtesy of Sue Zachary and the Natchaug Hospital Environment of Care Committee*

## Nurse manager named for child and adolescent inpatient unit

Welcome to Amanda Watkins, RN, BSN, CCRN, CLC, who has been named Nurse Manager for the Child and Adolescent Inpatient Unit at Natchaug Hospital.



Watkins

Watkins comes to Natchaug from Hartford Hospital, where she was responsible for the coordination, scheduling, curriculum and education of nursing staff. Prior to that, she served as a nurse for the Pediatric Intensive Care Unit and Medical Surgical Nursing at Connecticut Children's Medical Center.

Before becoming a registered nurse, Watkins served for nine years in the Connecticut Army National Guard's Medical Command. She has a Bachelor's of Science in Nursing from the University of Connecticut.

## H3W update

When Natchaug employees participated in the last employee engagement survey, we learned that many employees did not know senior leadership, and wanted the opportunity to see and interact with them.

Those of you at the main campus in Mansfield have had a chance to speak with senior leaders during the Rounding with Purpose pilot, and another step that leadership has taken is holding Town Hall Meetings. At these meetings, which are available in-person or



How Hartford HealthCare Works

electronically, staff can ask questions or voice opinions directly to senior leaders. So far, two Town Hall Meetings have been

held and a third is planned for **Thursday, Jan. 29 from 2:30-3:30 p.m.** in the Community Room at the main hospital. As with previous meetings, there will be a webinar option set up for those of you at satellite locations. If you have a question or topic you would like addressed, let your H3W facilitator know, either at your next Work Group meeting or by e-mail.

## 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.

## Team Rushford at ‘Ginger-bury’ H3W group goes ‘Acupuncture Sweet’

Team Rushford at Glastonbury had many laughs and many hours of amazing team building while creating our building replica, “Rushford at Ginger-bury” featuring an “Acupuncture Sweet.” The building featured gummy bears receiving red-sprinkle auricular acupuncture while sitting on graham cracker acupuncture chairs in a suite stocked with Smartie candles, a jelly bean fountain and a red taffy “sharps” container.

Gumdrop clients held blue, orange and purple-taffy clipboards lined with graham cracker-bulletin boards and a tortilla board, complete with H3W reminder for the next meeting. Gumdrop staff typed on licorice laptops, and while sitting on gummy and licorice



chairs. Candy clients could peruse 12-Step meeting lists made of chewing

gum sticks on cookie-bulletin boards. Rooms were decorated with spearmint leave-plants, Buddha statue and a set of drums, all made of candy. The outside of the “building” was expertly-iced by one of our staff members.

Although we didn’t win a prize at the Silver Street holiday party in December (the competition was FIERCE!), we enjoyed working together as a team to promote our Acupuncture program that we strongly support and encourage everyone to try. Please call us at **860-657-8910** to set up your 45 minute acupuncture session for only \$15. You will get to relax in a zero-gravity reclining chair, listening to calming sounds, and focus on your well-being to start your year off right!

### Naloxone in the news

Rushford’s Naloxone Saves Lives! crowdfunding campaign didn’t just raise money, it also raised awareness in the community through local media attention:

- Experts: Broader availability of Narcan would help save lives, Norwich Bulletin, <http://bit.ly/1HiWXN>

- Stu Bryer Show with Jim O’Dea, WICH, <http://bit.ly/1IwQoCh>

### Crowdfunding campaign concludes

The crowdfunding campaign to raise money for naloxone rescue kits has concluded, with \$5,330 raised over a 40-day span. Thanks to all who donated so that we can place these kits into the hands of family and friends of those with an opioid dependence.



Rushford’s Felicia Goodwine-Vaughters, left, and Jackie Coney, right, with Middletown PD’s Sean Moriarty

### Goodies for the good guys

Jan. 9 was Law Enforcement Appreciation Day (LEAD), and Rushford, working with the Middletown Substance Abuse Prevention Council and the Meriden Healthy Youth Coalition, honored the men and women of local police departments for all they do to

support drug and alcohol prevention programs in the city by dropping off coffee and baked goods from Fusion Bakery (Middletown) and Café Dolce (Meriden). Krystle Blake and Felicia-Goodwine-Vaughters headed up this effort.



# events

- **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: “*The Sandy Hook Murders: Adam Lanza and the Mind of the Mass Shooter.*” Harold I. Schwartz M.D., Psychiatrist in Chief, Institute of Living and Regional Vice President, Behavioral Health, Hartford Health Care
- **Feb. 12 - May 25 with an opening reception on March 7 from 4 - 6 p.m.:** *The Talking Cure Project: An Interactive Exhibit by artist Melissa Stern, Real Art Ways, 56 Arbor St., Hartford.* With a background in anthropology, artist Melissa Stern has collaborated with twenty-four writers, poets, novelists, screenwriters, playwrights and actors to create art that inspires audiences to upload their own narratives on-site. Sponsored by Hartford Hospital’s Institute of Living and Hartford HealthCare’s Behavioral Health Network. For more information, visit [www.realartways.org](http://www.realartways.org).
- **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, Feb. 26 from noon – 1:15 p.m.:** IOL Grand Rounds: “*Medical Marijuana: Legal Considerations for Providers.*” Maya Prabhu, M.Sc., MD, LL.B. Assistant Professor of Psychiatry, Yale School of Medicine
- **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
- **Wednesday, March 25, from 9 a.m. to 5 p.m.:** On Campus: Helping College Students with the Mental Health, IOL, Hartford Room, Commons Building, 200 Retreat Ave., Hartford. Designed for administrators and health care providers working with college students, this day-long session will emphasize suicide prevention. Cost: \$50. 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, 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. To learn more, contact [Nancy.hubbard@hhchealth.org](mailto:Nancy.hubbard@hhchealth.org).

**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@hhhealth.org](mailto:carol.vassar@hhhealth.org) or [amanda.nappi@hhhealth.org](mailto:amanda.nappi@hhhealth.org).

The deadline for submissions to be included in each Friday's BHNNews is Tuesday at noon. BHNNews 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**

**MISC. ITEMS** — All items new or like new. Vera Bradley bag, \$40. Liz Claiborne leather handbag, \$8. Men's XL Columbia jacket, \$30 or best offer. L.L. Bean women's blazer, \$10. J.Crew small light jacket, \$15 or best offer. Snake print leather like zip up jacket, size S, \$10 or best offer. Size 8 women's leather boots, \$10 each. Dora tent with a detachable tunnel, \$25. Girls, size 6X-8, Gap/L.L. Bean/Children's Place dresses/skirts/uniform. Call **860-222-6630**.

**WANTED**

**CAREGIVER** — Seeking mature, responsible, dedicated individual to provide support to a woman with significant disabilities in her home two nights per week, 6 p.m. to 6 a.m. Ambulatory and uses supported typing to communicate, semi-awake position involves personal care, monitoring during night and significant assistance with all areas

of daily living. Responsibilities include cooking, laundry and household tasks. Part of a 24/7 team. Must be reliable, able to work independently and have sound judgment, \$10-\$13 per hour, will train the right person. Call **860-245-5714** to apply or for more information.

**EVENTS**

**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.

**DAVE RAMSEY'S FINANCIAL PEACE UNIVERSITY** — Sunday, Jan. 25, 6:30-8:30 p.m. at Norwich Worship Center, Lawler Lane, Norwich. Nine-week class, \$120 includes class materials, audio CDs, online budget tools. Norwich Worship Center is non-profit and receives 100% of the proceeds. For

more information or to register email [mjacobik@comcast.net](mailto:mjacobik@comcast.net).

**NORWICH LIONS WINTER PANCAKE BREAKFAST** — Sunday, Feb. 1, 8 a.m. to noon at Rose City Senior Center, 8 Mahan Drive, Norwich. Tickets are \$5 in advance and \$6 at the door, children 5 years of age and younger are free, pancakes, sausage, scrambled eggs, hash browns. Tickets may be purchased in advance from any member of the Norwich Lions Club, Rose City Senior Center or Norwichtown Shell, West Town Street, Norwich. View [www.norwichlionsclubinc.com](http://www.norwichlionsclubinc.com) or call **860-237-4330**.

**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**.

**BHN tweet draws eyes of Ashley Judd**

You just never know who's going to tweet, retweet or respond to a BHN tweet — this time it was actress Ashley Judd, responding to a BHN tweet in which she was featured.

Follow our Twitter feed @stopthestigmact, and like us on Facebook, too, at [www.facebook.com/stopthestigmact](http://www.facebook.com/stopthestigmact).




**Healthy Family Funfest**

Join us for an incredibly exciting and fun day filled with health information, speakers, screenings, demonstrations, and activities for everyone from children to seniors.

- Kids activity area, with obstacle course, virtual gym, and lots of other fun stuff!
- Senior screenings, giveaways and info
- Drawings
- Amber Alert
- Car seat safety info
- Blood pressure, cholesterol, glucose and bone density checks
- Balance screenings
- Brain fitness
- Speakers and demonstrations

**Sunday, February 22, 2015**  
**10:30 a.m. - 3:30 p.m.**  
**The Aqua Turf Club**  
**556 Mulberry Street**  
**Plantsville, Connecticut**

**FREE ADMISSION!**

Thanks to our sponsors:   

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For information on sponsoring or exhibiting, call Nicole Spagnoletti at 860-378-1268 or [spagnolettin@ctseniorcare.org](mailto:spagnolettin@ctseniorcare.org)  
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