



**HERE'S TO YOU!**

Give a shout out to your co-workers in our employee recognition feature. • [PAGE 6](#)



**STRIKING, BUT HAUNTING**

IOL's Dr. Harold Schwartz leads panel discussion on trauma and art.

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**SLEEK AND POWERFUL**

The jaguar wins Joshua Center Northeast's contest to pick new school mascot. • [PAGE 9](#)

Hartford HealthCare   
Behavioral Health Network

# BHINews

## Opioid awareness growing

*A full house turns out for BHN panel discussion*

**A** standing-room-only crowd of more than 200 people filled the Community Health Center in Middletown on Tuesday to learn more about the opioid and heroin epidemic in the state and discuss ways to address the problem.

"I'm so glad to see so many people here tonight. Perhaps this is a sign that people are receiving more education about this very serious issue," said Patricia Rehmer, MSN, ACHE, President of the Hartford HealthCare Behavioral Health Network, who was one of six panelists to lead the discussion. The event was co-sponsored by the BHN as well as Rushford, the Middlesex County Substance Abuse Action Council and the Connecticut Division of Criminal Justice, with funding from The Community Foundation of Middlesex County.

Along with Rehmer, the panel of experts included J. Craig Allen, MD, Medical Director at Rushford; Matthew Huddleston, MD, a family care physician at the Community Health Center;



*Behavioral Health Network President Patricia Rehmer, left, speaks as Middlesex Judicial District State's Attorney Peter McShane looks on during a community discussion about opioid abuse Tuesday, Jan. 19, at the Community Health Center in Middletown.*

Peter McShane, State's Attorney for the Middlesex Judicial District; and Statewide Narcotics Task Force Sgts. Keith Graham and Chris High. Panelists provided expertise and insight on numerous aspects of the ongoing crisis in opioid abuse, which has contributed to a sharp increase in opioid and heroin-related overdose deaths in Connecticut

and the rest of the country in recent years.

The event was also attended by several state political leaders, including U.S. Rep. Rosa DeLauro (D-3rd District), who said the issue is getting the attention of leaders at the national level.

Rehmer said she is pleased to see  
..... [Continued on page 2](#)

# Deaths from overdose continue to rise at a very alarming rate

continued from page 1

the growing awareness of the issue, pointing out that those suffering from addiction may have been reluctant to seek help because of the discrimination they may experience.

“A lot of that reluctance is because of discrimination,” she said. “We can’t continue to tolerate this because the numbers of deaths from overdose continue to rise at a very alarming rate.”

Dr. Allen, who is a nationally recognized addiction medicine specialist, said the rise in opioid-related abuse is due to a number of factors, including an increase in those who become addicted to pain medication after undergoing surgery, dental work or another major medical procedure.

He pointed out that, while opioid abuse is predominantly connected to adolescents and young adults, there is also a noticeable increase among middle-aged women who become addicted after being prescribed pain medication.

“No one chooses to become addicted to these substances,” he said. “It’s a chronic disease.”



The discussion was moderated by Amy DiMauro, left, Rushford director of adolescent and adult services and prevention programs, and Thayer Talbott, with the Middlesex Community Foundation.

The discussion also featured a perspective from law enforcement officials who said they have noticed the increase in opioid abuse, and try as much as possible to connect offenders with programs for treatment.

“We need to be tough on crime, but we also need to be smart on crime,” said McShane.

The panel also responded to several questions from the audience, including an inquiry about the possibility of establishing a special high school for

young people who are in recovery. Such “recovery high schools” are already in place in Massachusetts, and Rehmer said they make sense.

“It removes them from the obstacles and allows them to continue with their recovery in a regular high school setting,” she said. “Most of these kids graduate and go on to college. And many colleges across the nation have recovery dorms for students who want to live in a recovery-oriented environment.”

## Dr. Allen takes lead on opioid and heroin addiction education

J. Craig Allen, MD, medical director at Rushford, is introducing this year’s Medical Risk Management (MRM) training that is focused on safe prescribing and proper documentation when using opioid analgesics to treat pain.

This program will reach over 9,000 physicians within Hartford HealthCare and begins by reviewing the opioid and heroin overdose epidemic that has plagued communities across the state. Dr. Allen will also cover community-based treatment resources available within the HHC service area including the seven medication assisted treatment (MAT) programs currently offered through the Behavioral Health Network (BHN).

“The goal is maximize appropriate management and minimize medical risk to our patients and legal risk to our prescriber.



Dr. Allen

One component of this is to identify patients across HHC who may be at risk or have already developed these substance use issues,”

Dr. Allen said. “The evidence is clear, integrating screening, and intervention for behavioral health and addiction issues leads to the best medical outcomes for our patients.”

Dr. Allen, who is a leading expert on addiction issues in Connecticut

and the country, has been meeting with HHC healthcare providers across a wide range of specialties to encourage educating patients on the risks involved with opioids and encouraging prescribing of naloxone (Narcan), the opioid overdose reversal medication. He was also instrumental in developing the training for pharmacists who wish to be certified to provide pharmacist generated naloxone prescriptions and he testified in favor of the legislation that was signed into law last summer.

HHC medical providers will receive an automated email from the ARKS™ system in February. The email will include an educational video.

## Christy Calkins: A dedication to all things Natchaug

Christy Calkins joined Natchaug in 1992 and, in that time, she has pretty much done everything an employee can do to support the organization — including a few years maintaining the hospital grounds.

“I was a mental health worker when I first started and over the years, I felt like I wanted to try something different so I took on a job in facilities,” said Calkins. “I knew I wanted to stay with the organization, so it turned out to be a good fit.”

But after three years working on the maintenance staff from 2004 to 2007, Calkins found out about an opening as assistant manager at the Journey House, which provides services for adolescent girls — a community that Calkins has always cared about.

“I was literally on the tractor mowing the lawn when I took a break to interview for the job,” she said with a laugh. “I’m so glad I did, it’s been a tremendous experience.”



*Assistant Program Manager Christy Calkins*

As assistant program manager, Calkins said she does just about any task required to help support the program, whether it’s direct interaction with the clients, an administrative task

that needs accomplishing or helping with overall strategy and planning.

“That’s one of the things I love most about the job, it’s always something different every day,” she said.

But it’s interactions with the girls that Calkins enjoys most, she said.

“I love the fact that the kids are here long enough so you can really get to know them and develop relationships with them,” she said. “You really feel like you’re making a difference when you spend a lot of time with them, and help them realize their successes.”

Her supervisor, Jonathan Simpson, said Christy is a tremendous asset to the program.

“She puts 100 percent into everything she does,” he said. “She consistently models high performance.”

The work is so enjoyable that Christy said she never thinks about returning to the maintenance staff.

“I love doing what I’m doing,” she said.



## Get to know the Natchaug and Rushford Development team

Are you looking to fund a project? The Development Department oversees and coordinates all fundraising and solicitation activities at Rushford and Natchaug.

The development team is made up of Regional Director of Development and Philanthropy Kate McNulty and Manager of Philanthropy and Community Benefits Sherry Smardon.

While the Development Department oversees fundraising activities at both sites, all money raised for activities or programs at Natchaug stays at Natchaug, and all money raised for activities or programs for Rushford stays at Rushford. Fundraising activities and charitable donations must be



*The development team is made up of Kate McNulty, left, Regional Director of Development and Philanthropy; and Sherry Smardon, right, Manager of Philanthropy and Community Benefits.*

filtered through the Development Department, and Kate and Sherry look forward to hearing from your depart-

ment. All donations need to be sent to the Development Department before being disbursed to intended programs or locations, and it’s key to keep in mind that fundraising activities that aren’t developed through the department can create conflicts with ongoing grant requests or other development efforts.

The BHN is committed to providing clients with the best care and experience possible. Working together to raise funds is part of how we support ourselves as a nonprofit. Please work with your development team on any fundraising or charitable solicitation proposals. Contact Kate at **katherine.mcnulty@hhhealth.org** or Sherry at **sherry.smardon@hhhealth.org**.



# BHN making great strides in cross-collaboration

Over the past six months, organizations across the Behavioral Health Network have made great strides in working collaboratively to achieve goals and objectives that benefit the entire network, as well as Hartford HealthCare as a whole. “We’re much more efficient and productive when we are coordinating resources and working together”, said Olga Dutka, RN, MSN, MBA, CHC, Director of Professional and Clinical Education for the BHN. “We had been discussing greater standardization and collaboration for a while. Over the past six months especially, we’ve accelerated the coordination and sharing of institu-

tional knowledge, staff, resources and programming.”

Some recent examples of shared collaboration among BHN entities include:

- Training by a Crisis Prevention Institute (CPI) instructor from the Institute of Living who taught Non-Violent Crisis Intervention classes to staff at the Backus behavioral health unit, which had no CPI instructors on staff at the time.

- Arrangements to take advantage of classroom space available within The Hospital of Central Connecticut behavioral health program, where Mental Health First Aid (MHFA) instructors from Rushford and IOL provided training to

staff from both HOCC and Rushford.

- Rushford and Natchaug alternating training in Non-Violent Crisis Intervention for new employees during orientation at both sites.

- Combined training in MHFA at Natchaug, for both Natchaug and Backus staff, with additional instructor assistance from IOL.

- Scheduled certification of six Rushford staff to be instructors in American Heart Association Cardio Pulmonary Resuscitation (CPR) with training to occur via the Hartford Hospital EMS Department of Education. A Natchaug AHA CPR instructor will be assisting the new Rushford CPR instructor team to transition from the current American Red Cross CPR to AHA CPR.

- The IOL currently has numerous CPI instructors who are certified in specialty courses including autism, trauma-informed care and, soon, dementia care. CPI refresher courses are being scheduled at the IOL this year which will be open as training options to any BHN staff. CPI refreshers in Non-Violent Crisis Intervention and Applied Physical Training are additionally being offered at each BHN site by their local CPI instructors.

- Hartford HealthCare currently has 34 CPI instructors, 26 of whom work in the BHN. An HHC CPI instructor meeting took place in November for the purposes of standardization and collaboration within this group, and similar meetings will be scheduled quarterly.

- The IOL Department of Nursing sponsored several speakers (Kevin Huckshorn, Butler Hospital DEAT Team) to conduct seminars on restraint reduction over the past several months, and numerous staff members from across BHN were invited/attended.

“We’re very excited about these trends and finding new ways of working and learning together, with many more collaborations being planned,” said Dutka.

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### MEN'S BASKETBALL

Wed., Dec. 23	12:30 PM	CCSU	XL Center	<b>\$15</b>
Tue., Jan. 19	7:00 PM	Tulane	XL Center	<b>\$15</b>
Thu., Jan. 28	7:00 PM	Cincinnati	XL Center	<b>\$15</b>
Thu., Feb. 18	TBA	SMU	XL Center	<b>\$15</b>
Sun., Mar. 6	2:00 PM	UCF	Gampel	<b>\$15</b>



### WOMEN'S BASKETBALL

Sat., Nov. 28	1:00 PM	Nebraska	XL Center	<b>\$10</b>
Mon., Dec. 21	7:00 PM	LSU	XL Center	<b>\$10</b>
Sat., Jan. 16	6:00 PM	Temple	Gampel	<b>\$10</b>
Sat., Jan. 30	12:00 PM	Memphis	XL Center	<b>\$10</b>
Wed., Feb. 24	7:00 PM	SMU	Gampel	<b>\$10</b>

visit

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For additional information, please contact UConn Marketing at 860-486-8499.

## BHN leaders spread message of awareness and education

Leaders across the Behavioral Health Network have made numerous appearances on Connecticut media outlets in recent weeks to educate the public on issues related to addiction, especially the ongoing crisis in opioid and heroin abuse.

Patricia Rehmer, MSN, ACHE, President of the Behavioral Health Network and Hartford HealthCare Senior Vice President for Behavioral Health, appeared live on Fox 61 TV on Jan. 7 to discuss the continuing epidemic in opioid and heroin-related overdose fatalities. She was interviewed by Fox 61 anchorman Brent Hardin about why more people are becoming addicted to opioids

and heroin, and what treatment options are available. A link to her appearance can be found here at <https://youtu.be/z6W7eD-iCqo>.


Fox 61 also covered a special community discussion on opioids and heroin on Tuesday that was co-sponsored by the BHN and Rushford, and which featured comments and observations from Rehmer and J. Craig Allen, MD, Medical Director at Rushford. The event drew a full house of people who wanted to learn more about the topic and explore ways for community stakeholders, such as healthcare providers and law enforcement, to work together to tackle the problem. Before the event began, Fox



O'Dea

61 featured a preview discussion with James O'Dea, PhD, MBA, Vice President of Operations for the BHN, who was interviewed live about the extent of the problem in Connecticut. A link to Fox's coverage of the event can be found here at <https://youtu.be/ubdSbgTM54Y> and at <http://fox61.com/2016/01/19/packed-room-for-forum-on-opiate-addiction-in-middletown/>. The event also was previewed on NBC 30 on Jan. 14 with an appearance by Rehmer which can be viewed at <https://youtu.be/r9NXtrxGXoU>.

As Powerball mania gripped the state and the nation last week, Dr. Allen also made an appearance on WTNH Channel 8 to talk about the dangers of gambling addiction. His appearance can be seen here at <http://wtnh.com/2016/01/11/how-can-you-tell-if-someone-you-know-has-a-gambling-problem/>.





**SAVE THE DATE**

# The Fourth Annual Hartford HealthCare Patient Experience Showcase

Connecting Patients to Healthier

Friday, April 8, 2016 | 7:30 AM to 12:15 PM

*Heublein Hall, Education & Resource Center (ERC), Hartford Hospital, 560 Hudson Street, Hartford*

Learn, network and collaborate with colleagues and patients to advance the HHC patient experience.

.....

Here's  
to you!

■ A weekly roundup of kudos from staff and patients. Please email your submissions to [matt.burgard@hhhealth.org](mailto:matt.burgard@hhhealth.org). Editors reserve the right to edit submission for length and grammar.

### Great staff

Kudos to the staff at Joshua Center Shoreline for all of their dedication and hard work with our clients and each other! We have had several interpersonal challenges recently and have worked our way through them as a team. We have done so by discussing them openly and honestly, and strengthened our communication with each other in the process.

So Kudos to Kena Hicks, Jen Staehly, Barbara Pringle, Antonella Sferrazza, Jahmarrah Thomas, Andrea-na McKinzie, Terry Dunn, Debbie Faulkner and Jewels Willing for your "courageous conversations" and the positive results for having the courage to demonstrate this important Leadership Value!

— **Angela Hernandez MSW, LCSW**  
Program Director, Joshua Center Shoreline

### School is cool!

Here are some of the things that were said about our teachers on our inpatient school surveys at the Mansfield CDT & Inpatient School (Natchaug). These comments come directly from our students!

*The teachers are so nice. They are so helpful.  
10 days is too long to miss school (over break). I love it here.*

*I like it. Don't fix it.*

*I like how the staff helps me here.*

*☺ <- Me (Note: Yes, that is how it was written!)*

*You guys are great. Thank you for everything!*

Here's to our teaching staff Kathy Gerardi, Irene Calvo, Paul Secker, Elizabeth Flannery, Dan Still and Kathy Serrell!

— **Shawn Cyr, CAGS, Principal,**  
**Mansfield CDT and Inpatient School,**  
**Asst. Director of School Programs**

### Thank you, Pablo!

I would like to give recognition to Pablo Sanchez (MHW second shift adult unit) on his completion of nursing school. He graduated with high honors. We are all very proud of him!

— **Adult unit staff, Natchaug**

## Join the BHN team for the NAMI Walk for Awareness

The National Alliance on Mental Illness (NAMI) in Connecticut will be hosting its annual NAMI Walk to support mental health awareness on Saturday, May 21, at Bushnell Park in Hartford.

The Hartford HealthCare Behavioral Health Network will be a sponsor for this event, and we are looking for employees at each of the entities within BHN (Backus and HOCC behavioral health units, Institute of Living, Natchaug and Rushford)

to sign up as captains to encourage staff to join the BHN walking team. We are hoping for a strong BHN representation at the event. If our team captains are among the first 10 to sign up for the event, they will receive a \$5 Dunkin Donuts gift card!

Contact Amanda Nappi at [amanda.nappi@hhhealth.org](mailto:amanda.nappi@hhhealth.org) or Matt Burgard at [matt.burgard@hhhealth.org](mailto:matt.burgard@hhhealth.org) for additional help or with questions.

Hartford HealthCare  
Behavioral Health Network

[www.hartfordhealthcare.org/services/  
behavioral-mental-health](http://www.hartfordhealthcare.org/services/behavioral-mental-health)





## Dr. Schwartz leads discussion on art and trauma

Photojournalist Paul Watson has taken numerous disturbing photos in his career covering wars and conflicts across the globe. But it was a 1994 photo of a lifeless U.S. soldier being dragged through the streets of a city in Somalia that earned him a Pulitzer Prize — and haunted him like no other.

Watson remembers watching the scene on a dusty street in Mogadishu, pulling out a camera and distinctly hearing a voice in his head saying, “If you do this, I will own you forever.”

Watson discussed the emotional and psychological impact of his photo at a special Jan. 11 discussion at Hartford Stage that was moderated by Harold I. (Hank) Schwartz, MD, Psychiatrist-in-Chief at the Institute of Living. Watson’s photo is the subject of a play that is now appearing at the theater, written by Dan O’Brien, which explores the nature of emotional trauma as well as the relationship that developed between O’Brien and Watson.

In the discussion, Dr. Schwartz asked O’Brien and Watson to explore the common bonds they share as friends and artists who use their respective talents



Harold I. (Hank) Schwartz, MD, left, psychiatrist-in-chief at the Institute of Living, moderates a discussion at Hartford Stage with playwright Dan O’Brien, center, and photojournalist Paul Watson, right.

to grapple with the “ghosts” of trauma. At one point, Watson said he can still hear the voice that spoke in his head the day he took the photo, and insisted it was not just his own conscience or fear.

“The only thing I heard at that moment was the sound of my breathing and that voice, which still scares the life out of me” said Watson, fighting back tears. Despite flying from his native Canada to take part in the discussion, Watson said he prefers to avoid thinking too much about the photo or the career he has chosen for himself.

Dr. Schwartz said the incident in Somalia clearly had a traumatic impact on Watson.

“A good therapist, I think, would not take on an argument about whether or not the voice you heard was really the voice of the soldier’s ghost, but rather, would want to know what do those words mean,” he said.

O’Brien’s play, called *The Body of an American*, continues at the Hartford Stage through the end of January before moving on to a scheduled run in New York City.

## Feb. 1 deadline looms for BrainDance Award submissions

The Institute of Living/Hartford Hospital is sponsoring an academic and art competition designed to decrease the stigma of mental illness. The 13th annual BrainDance Awards encourage 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.

The projects will be judged by expert clinicians and researchers in the field, based on:

- Relevance to the issue of stigma
- Creativity
- Accuracy of information
- Scientific rigor.

Projects on any theme related to severe mental illness will be considered for an award. The categories are: Academic, Art, and Mixed Media.

All applicants, their teachers, families and classmates will be invited to an awards day celebration hosted by the Institute of Living on April 21. Winners are encouraged to present a brief synopsis summarizing their projects. The student lecture and presentations are designed so all participants can cite their BrainDance projects on future school or job applications.

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. Submission deadline is Feb. 1.

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

## 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 upcoming IOL FRC Support Group schedule is as follows:

- **Yoga.** Jan. 26, Feb. 23, March 22, April 19, May 24, June 21, 5 - 6 p.m. in the Commons Building, Hartford Room. Open to adult staff and family members. Mats are provided or bring your own! The class begins with breathing exercises and gentle stretches, followed by a series of poses and ends with relaxation and meditation. Instructor: Valerie Raggio, LCSW, Yoga Fit, Level 1 Certified. To RSVP or inquire, call the FRC at **860-545-7716** or email [patricia.c.graham@hhchealth.org](mailto:patricia.c.graham@hhchealth.org)
- **Schizophrenia: An Introduction To The Disorder.** Jan. 26, April 5, 6:30 – 7:45 p.m. This program is for family and friends of individuals who have schizophrenia or a related disorder. It will present a basic understanding of the disorder, its treatment, along with suggestions to help family members and friends cope with the illness.
- **Peer Support Group.** Jan. 27, Feb. 3, 10, 17, 24 (Every Wednesday of each month), 12:30 - 1:30 p.m. in the Carolina Cottage, Lower Level Conference Room. A peer run support group for those who have a mental illness.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Jan. 27, Feb. 10, Feb. 24, March 9, March 23, April 13, April 27, May 11, May 25, June 8, June 22 (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. 2, March 1, April 5, May 3, June 7 (First Tuesday of each month), 11:30 a.m. to 12:30 p.m. in the Donnelly Conference Room, First Floor. Please join us as we bring together experts and those who want guidance, direction, and support. Space is limited — reservations are required by calling **860-545-7665**.
- **Survivors Of Suicide Support Group.** Feb. 3, March 2, April 6, May 4, June 1 (First Wednesday of the month), 7 – 8:15 p.m. For those who have lost someone close to them by suicide. Please call the RSVP numbers with questions or concerns. **860-545-7716** or **860-545-7665**.
- **Support Group For Families Dealing With Major Mental Illness.** Feb. 4, Feb. 18, March 3, March 17, April 7, April 21, May 5, May 19, June 2, June 16 (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.
- **Youth Psychosis Family Support Group.** Feb. 4, Feb. 18, March 3, March 17, April 7, April 21, May 5, May 19, June 2, June 16 (First and third Thursday of each month), 5:15 - 6:30 p.m. For parents with youth up to age 18 who have psychotic symptoms such as: hallucinations, delusions, paranoia, disorganized thoughts and behavior or are diagnosed with Schizophrenia and other related disorders. Join us to receive support, guidance and education on how to cope with and help your young person.
- **Bipolar: An Introduction To The Disorder.** Feb. 9, April 26, June 14, 6:30 – 7:45 p.m. This program is for family members and friends of individuals who have bipolar or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness.
- **Substance Use Educational And Support Group.** Feb. 11, March 10, April 14, May 12, June 9 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.
- **Anxiety Disorders: An Introduction.** Feb. 23, April 19, 6:30 – 7:45 p.m. This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and suggestions to help them better cope with the illness.
- **Managing Schizophrenia.** March 8, May 10, 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.
- **An Introduction To Mental Health Benefits and Services.** May 24, 6:30 – 7:45 p.m. This presentation will provide an overview of benefit programs available for individuals with mental health disabilities.





## JC Northeast adopts new mascot

Recently, students at the Joshua Center Northeast held a mascot contest. Students were asked to design a mascot that would best represent the school through both images and words. The winning design as voted on by staff and students was a jaguar that was created by Danielle, Vanessa and Cashay. The students chose this animal as a mascot as the jaguar is sleek, powerful and independent.



## You Are Not Alone

### Support Group for Children and Families Living With High Functioning Autism Pervasive Developmental Disorder (PDD)



The focus of the group is to provide support and education to parents and families raising children with Pervasive Developmental Disorders. The group will:

- Connect parents with similar concerns
- Help families understand the needs of children with PDD
- Develop strategies to parent and educate children with PDD
- Support family members who live with a PDD child
- Support the children identified as PDD



[www.natchaug.org](http://www.natchaug.org)  
860-456-1311

**Dates:** Feb. 17 - March 16  
**Time:** 5:30 — 6:30 p.m.  
**Where:** Natchaug Hospital, 189 Storrs Road, Mansfield Center 06250

#### Parent Support group

Understand the nature of the disorder  
View things differently  
Poor social skills  
Over stimulated  
Have melt downs  
Develop strategies to provide consistency, predictability and understanding (especially during a meltdown)

#### Client Support Group

Learn conversational skills, social skills and behavioral expectations or "rules of engagement"

#### Sibling Support Group

Provide care and fun for siblings while helping them learn and understand that everyone is different, and therefore, have different needs

#### If interested in attending, please contact:

Stanley Hospod  
860-705-7644  
[Stanley.Hospod@hhchealth.org](mailto:Stanley.Hospod@hhchealth.org)



Please register for these FREE support groups, so we will have enough PIZZA

## About BHNews

BHNews is published every other Friday, except for the weeks of Independence Day, Thanksgiving, Christmas and New Year's.

Story ideas or submissions may be sent to [matt.burgard@hhchealth.org](mailto:matt.burgard@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, Feb. 2, at noon.**

## A night of elegance and cheer

Rushford hosted its annual Holiday Party for all staff on Jan. 8 at the Villa Capri in Wallingford, where employees dressed in festive attire to celebrate the season — and each other! A total of 164 employees turned out for the event, which featured buffet-style dining and music by DJ Rico Lopez. Congratulations to the Rushford Recognition Committee for making the night such a success! Enjoying the event with friends and family are Rushford employees, clockwise from right: Christine Culver; Jessica Matyka, Caitlin Swartz (standing), Hollie Sabetta and Jacquelyn McDaniel; Melissa Hall; and Rhonda Papallo, who oversaw planning for the event as H3W Performance Improvement Facilitator.



## Weight Watchers launch parties set

The Rushford Wellness Committee encourages employees to take advantage of Hartford HealthCare's new relationship with Weight Watchers with free memberships for 2016!

Kick off the campaign Wednesday, Jan. 27 at Rushford at Meriden (Paddock Avenue) from 11:30 a.m. to 1:30 p.m. in the cafeteria and Thursday, Jan. 28 at Rushford at Middletown (Silver Street) from 11:30 a.m. to 1:30 p.m. in the cafeteria.

There will be free giveaways and a Weight Watchers representative will be on hand to answer your questions.

## \$ 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 [matt.burgard@hhchealth.org](mailto:matt.burgard@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.

### FOR SALE

**BRAND NEW ROLLATOR** — This rolling walker would make a great present for a friend in need? Paid \$150. Sale for \$100 or best offer. Please call Joni at 860-416-4705.



5-speed manual transmission, 145,500 miles. Well maintained, reliable, runs well. \$3,200. Call **860-202-4123** after 5 p.m. for information and pictures.

**FOOSBALL TABLE** — Full-sized, good condition. \$50. Call 860-202-4123 after 5 p.m. for info. and pictures.  
**20-gallon fish tank** — Comes with everything. Just add fish and water. Glass tank, pump, filter, stones, castle, plants, all tropical fish chemicals. \$50. Call **860-202-4123** after 5 p.m.

heater, heavy duty, 5600 watts, 240 volts, \$150. Call **860-334-5447**.

### WANTED

**CAREGIVER** — Seeking wonderful caregiver to provide excellent morning care, 7-10 a.m. three days per week, kind hearted nature, personal care experience, Central Village area. Call **860-245-5714**.

### EVENTS

**GRAM** — Every Tuesday and Thursday from 6-7 p.m. Exercise class, low impact aerobics, weights, Pilates, bring mats and weights, open to surrounding towns. Call for more information **860-376-4741**.

**OAKDALE KIDS CENTER** — Early Learning and Childcare Center, 1127 Old Colchester Road. Oakdale. Announcing official opening of the second location, offering full-time, part-time programs, make an appointment for a tour. Call **860-892-8406**.

**2005 NISSAN ALTIMA** — 2.5L,

**COMMERCIAL HEATER** — Garage

**GRISWOLD RECREATIONAL PRO-**