



### A FRIEND IN NEED

Opioid dependencies can afflict people from all walks of life.

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### IS THIS THE REAL LIFE?

Virtual reality has us on the verge of a digital sexual revolution. • PAGE 6



### MEET THE NEW BOSS

Natchaug names new director of inpatient services.

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Hartford HealthCare   
Behavioral Health Network

# BHINews

## Making the grade

### Recent graduates of Recovery University bask in their accomplishments

**O**n the darkest days of his weeklong hospitalization at Natchaug, Robert Belenchia talked to people.

Diagnosed with general anxiety, attention deficit hyperactivity disorder (ADHD) and major depressive disorder, Belenchia had checked himself into the hospital after isolating himself for weeks in his Norwich apartment. Many of the people around him at Natchaug, though, did not want to be there.

"I told myself, 'I'm going to start talking to people — everyone! I'm going to get everything I can out of this experience,'" he remembers.

Belenchia also talked to staff, asking whether they ever invited people in to share their personal stories. One staffer suggested he look into peer counseling and, with a little research, he found Recovery University, a state-wide program that trains people with a substance abuse and/or mental health background to work with people new to recovery.

Recently, Belenchia and others



*Karriem Holness, left, beams as he gets his graduation certificate from Recovery University instructors Paul Acker, center, and Karen Kangas, Ed.D. A ceremony for participants in the Recovery University and its RSS graduates took place Monday, Feb. 25, at the East Region System Support Office in Norwich.*

graduated from Recovery University in a ceremony at Hartford HealthCare's System Support Office in Norwich.

"Achieving this certificate is one of the biggest things I've ever done for myself in my life," Belenchia said, noting

that before he knew he had ADHD, he enrolled in and dropped out of college and massage therapy school.

It's a feeling Karen Kangas, Ed.D, director of recovery and family affairs

••••• See **GRADE** on page 2

## GRADE, *from page 1*

for the Behavioral Health Network, completely understands. Diagnosed with bipolar disorder and struggling with alcohol addiction, Kangas lost her career as a school principal and was told she would never be able to work again. She now works at Rushford and facilitates Recovery University, which she developed, through Advocacy Unlimited.

“There are several keys to recovery — especially the patient/clinical relationship and compassionate care, which includes kindness, dignity and respect,” she said. “Recovery University is a way for people to develop relationships with others who are going through mental health and addiction struggles, and give them the tools to succeed going forward, tools that haven’t always existed.”

The 57-year-old Belenchia is now creating a resume and applying for jobs, having retired from the pharmaceutical industry to pursue peer counseling full time.

“At Natchaug, the biggest breakthrough was finding out I wasn’t alone with this depression and feeling of isolation,” he said. “It’s a new life and it’s a little scary, but I always felt that if there was someone who was suffering, who needed help, I’d be there.”

Devon Lawless graduated with Belenchia and shares his feeling of excitement at the possibilities now available to her. In her 39 years, she had several hospitalizations for bipolar disorder and its psychotic features and paranoia. During a spate of personal change — buying a house and starting a business — she neglected her medica-



*I couldn’t believe there could be a job where you have a hospitalization in your background and they want you!*

■ **Devon Lawless | Recent Recovery University graduate**



*Graduate Tamara Smith-Dupont gets a big hug from Recovery University Instructor Paul Acker as she gets ready to receive her graduation certificate.*

tions and found herself at Natchaug.

Always artistic, Lawless said she was inspired by art therapy sessions in the hospital.

“I was not progressing at all until I took art therapy,” she remembered. “It totally opened doors for me and I was able to show my family my art when it was hard to explain my feelings.”

Sitting with paper and colored pencils or markers is therapeutic for her.

“I just lay it all out there. It’s as impulsive as it gets — it just flows out of me,” Lawless explained. “The self-reflec-

tion afterward is so important — to look for clues and meaning from the creative conversation I have with myself.”

A Natchaug therapist mentioned peer counseling to her and she said, “I couldn’t believe there could be a job where you have a hospitalization in your background and they want you!”

She is also working on a resume and job applications, but has another endeavor stemming from her Natchaug stay. On the first floor of her Willimantic home, she opened Make or Break Art Studio where she offers classes and art mentoring for children and adults. The schedule includes a monthly group for women with bipolar and a SPAH — Soberoke, Potluck and Art Hang — Night every other Friday.

“The name has more than one meaning, but I say I need to make art so I don’t break down again,” Lawless said. Her passion is evident in a post on the studio’s Facebook page, “When you’re brave, you empower others around you to be brave too.”

“It’s a privilege to be able to make a difference in someone’s life and lead them to a path that’s similar to mine, show them that it’s possible,” Lawless said.

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*For more information about help for mental illness and addiction, go to [www.hhbehavioralhealth.org](http://www.hhbehavioralhealth.org).*

## About BHNews

BHNews 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 BHNews is Tuesday, March 25, at noon**

# Opioid dependencies can strike in all walks of life

A grim lesson of the opioid epidemic is that addiction can happen to anyone, including working people.

The Professionals Addiction Recovery Program at the Institute of Living helps those in the workforce successfully address addiction issues. An intensive outpatient group therapy program designed to facilitate recovery efforts, the Professionals Program has expanded its medically-assisted treatment options to include suboxone.

Suzanne Eschenbach, MD, a specialist in medically-assisted addiction treatment, recently joined the program and can treat appropriate patients with medications to reduce cravings and enhance recovery.

Suboxone therapy can now be initiated and continued for patients with opioid use disorders. The program continues to offer group therapy for

patients struggling with other substance use disorders.

The focus of the Professionals Addiction Recovery Program is to help working patients recover and return to their careers.

“Our sessions put people with similar work-related demands together so they can talk through their stressors and learn healthy ways of coping in recovery,” said Program Manager Lee Albert,

LCSW, LADC.

In addition to treatment for professionals struggling with drug or alcohol addiction, the Professionals Program also offers treatment for depression, anxiety, stress management and other mental health issues.

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For more information on the Professionals Program, go to [www.instituteofliving.org/professionals](http://www.instituteofliving.org/professionals).



## Epic system upgrade set for early April

On April 6, Hartford HealthCare will begin using an upgraded version of Epic.

Customization options that will be temporarily unavailable from April 1-6 include: creating or editing SmartPhrases, SmartLinks, NoteWriter macros, Quick Actions in In Basket, personalizing dashboards, moving activities to a sidebar or floating window and saving SlicerDicer sessions.

Training is available in HealthStream. If you have questions, please send an email to [CareConnectTraining@HHHealth.org](mailto:CareConnectTraining@HHHealth.org).



## 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@hhhealth.org](mailto:amanda.nappi@hhhealth.org).

Hartford HealthCare   
Behavioral Health Network

## 2019 BHN Career Fair

*For interns and students interested in careers in mental health and addiction treatment*



**Tuesday, March 26, 2019 | 3-7 pm**

**61 Pomeroy Avenue, Meriden, CT**

Join representatives from Rushford, Natchaug Hospital, Institute of Living, Backus Hospital, Charlotte Hungerford, MidState Medical Center, the Hospital of Central Connecticut and St. Vincent's at the 2019 BHN Career Fair. Connect with staff and recruiters to learn about available programs and job opportunities. Some employers will even be conducting on-spot interviews!

**For more information, contact Anu Baghel at [Anubhuti.Baghel@hhhealth.org](mailto:Anubhuti.Baghel@hhhealth.org) or call 203.238.6895**

# BHN joins partnership with HHC, CT Mirror

On Wednesday, March 6, Hartford HealthCare launched a new partnership with *The Connecticut Mirror* called HealthCare Matters. The Behavioral Health Network will play a role in the content, which includes columns, videos and podcasts.

*HealthCare Matters*, which you can find at <https://ctmirror.org/sponsored/introducing-healthcare-matters>, is produced by Hartford HealthCare and resides on the *CT Mirror* web site. It launched with a column by HHC Chief Executive Officer Elliot Joseph, and on March 13

will feature a video and column about e-cigarettes and vaping by BHN Vice President of Addiction Services and Rushford Medical Director J. Craig Allen, MD. Other topics from BHN leaders will follow in the weeks and months ahead.

Hartford HealthCare created *HealthCare Matters* to bring *CT Mirror's* information-seeking readers additional perspectives on a rapidly changing healthcare landscape as a supplement its healthcare reporting.

Every week *HealthCare Matters* will explore a new topic, showcase a new trend,

or highlight an emerging innovation in medicine and wellness. It will offer Hartford HealthCare's ideas for how to build on what is great about our healthcare system and how to address opportunities for improvement.

*The Connecticut Mirror*, a digital newspaper read by legislators, state leaders and the general public, and Hartford HealthCare invite you visit *HealthCare Matters* each week to engage in this conversation about a vision for the next era of American healthcare, including behavioral health.

## Healthy Family FunFest



The 10th annual Healthy Family Funfest drew more than 4,000 attendees to the Aqua Turf Club in Plantsville on Sunday, Feb. 24. The health-themed event, which featured community vendors and 50 HHC service lines, including the Behavioral Health Network, Rushford, the Institute of Living and the Hospital of Central Connecticut Counseling Center, featured interactive activities, games, education and information.

## Bonus cash on select vehicles

Did you know that Hartford HealthCare employees are eligible to receive up to \$500 cash back when they purchase or lease certain vehicles?

Eligible manufacturers include Chrysler, Dodge, Jeep, Ram, Fiat and Hyundai.

For more information, visit [www.bonusdrive.com](http://www.bonusdrive.com), choose Hartford HealthCare as your organization, and complete the application.



## IOL Psychiatry Grand Rounds

NOW available on HealthStream® for all HHC staff and privileged providers

### To Access IOL Grand Rounds in HealthStream®:

1. Go to [HHC Connect Intranet](#)
2. Click on the [Professional Education](#) icon on the right
3. Select [Login to HealthStream®](#)
4. Select [CATALOG](#) from the tool bar
5. Use any of the following [keywords](#) to access the presentation:
  - a. [IOL Grand Rounds](#)
  - b. [Speaker's last name](#)
  - c. A subject word from a [specific GR title](#)
6. Click the [magnifying glass](#) to search the available offerings
7. You can also locate ALL HealthStream® classes accredited by HHC for CME by using the [Categories](#) filter on the left side of the screen
  - a. Click on [Show More](#) to expand the list
  - b. Select the [HCC CME](#) option to view all of the Grand Rounds available

### To Earn CME Credit:

- Each Grand Rounds will be followed by a 4 question post-test
  - A grade of 100% is needed to earn CMEs or contact hours
  - The test is not timed
  - The test can be taken more than once if necessary
  - After successful completion, a certificate is available for printing
    - CME credits are also entered into your CME Portal approximately 6-8 weeks after you complete the class in HealthStream®

IOL Grand Rounds are recorded going back to 11/29/2018, and will available on HealthStream® for up to 3 years. There are also many other classes there, including topics to assist you in completing [state-mandated CME for relicensure](#).

Not ALL IOL Grand Rounds may be recorded due to a technical issue or presenter preference.

There will always be a lag time from when a Grand Rounds occurs live to the time the recorded version is available on HealthStream® of 2-4 weeks; keep checking back for it in the CATALOG.

## Help for those in financial need

Do you know a patient who is in need of financial assistance? Hartford HealthCare can provide help to patients in need.

Learn more about the program at <https://intranet.hartfordhealth-care.org/inside-hhc/patient-support>.



■ Mirela Loftus, MD, of the Institute of Living discussed the new medication approved by the FDA for treatment of depression in a story on Channel 3. <https://www.youtube.com/watch?v=ecR1utNSEzo&feature=youtu.be>

■ James O’Dea, PhD, MBA, vice president of the Behavioral Health Network, talked about the emotional impact of Luke Perry’s death for middle-aged people in a story on Channel 3. <https://www.youtube.com/watch?v=GBPuuA-D90g&feature=youtu.be>

Behavioral Health Network Senior Vice President Patricia Rehmer, MSN, ACHE, discussed seasonal affective disorder for a story that aired on March 4 on Channel 3. <https://www.youtube.com/watch?v=Ubcee3J9V4k&feature=youtu.be>

■ Laura Saunders, PhD, ABPP, of the Institute of Living was interviewed for a story on the internet Momo Challenge and the dangers of YouTube for kids as part of a story that aired on Channel 3 on Feb. 28. <https://www.youtube.com/watch?v=f9Kum1KvofE&feature=youtu.be>

■ After a number of high-profile teen suicides this year, Fox 61 reporters interviewed Dr. Saunders for a piece that aired on Feb. 27. <https://www.youtube.com/watch?v=VxNlzWRKBhg&feature=youtu.be>

■ On Feb. 25, the Brad Davis Show on WDRC AM 1360 aired an interview with Rehmer on the therapeutic effect of Legos for adults. <https://soundcloud.com/hartford-healthcare/the-brad-davis-show-with-patricia-rehmer-feb-25-2019/s-FuhNH>.

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



Join us for a luncheon and presentation  
**E-Cigarettes, Vapes,  
 & Juuls** in the  
**Playground of Good and Evil**

Hosted by

**Elsa M. Núñez**

President of Eastern Connecticut State University

**Pat Rehmer**

President of the Hartford HealthCare Behavioral Health Network

Guest Speaker

**J. Craig Allen, MD**

Medical Director, Rushford

Chief of Psychiatry, Midstate Medical Center

Vice President of Addiction Services, Behavioral Health Network

**E-Cigarettes, Vapes, and Juuls in the Playground of Good and Evil**

E-cigarettes, vapes and JUULS have been touted as tools to treat cigarette addiction in adults. Although this may be true, the rapid increase in teen and young adult use of these products compels us to examine the consequences of nicotine exposure on the developing nervous system. This presentation will review the evidence base and discuss potential strategies for parents and providers concerned that we may be witnessing the birth of a new generation of tobacco addiction.

**Tuesday, March 12, 2019**

**Noon - 1:30 PM**

Betty R. Tipton Room

Student Center

Eastern Connecticut State University

Willimantic, Connecticut

Minimum donation \$100 per guest

Sponsored tables of ten available

RSVP by March 1 to Sherry Smardon

860.465.5910 or [sherry.smardon@hhchealth.org](mailto:sherry.smardon@hhchealth.org)

Luncheon sponsored by The ECSU Foundation, Inc.

All proceeds from this luncheon will benefit Natchaug Hospital educational programs.

## On the verge of a sexual revolution in the digital age

Human brains are wired to connect and the digital age has only expanded the ability to make liaisons of all kinds from romantic to robotic.

Robotic? Indeed, the science of love, lust and intimacy has expanded beyond the human realm to such electronic connections as digisexuals and teledildonics, according to Les Lothstein, PhD, who retired from the Institute of Living but still maintains a private practice and lectures and consults on human sexuality. He spoke at a recent IOL Grand Rounds.

“Sexuality is a basic form of maintaining social contact,” he said, adding that evolution has predisposed humans to connect in order to continue the species. “We are connected to the attachment phenomena linking arousal, desire, attraction, love and lust as fundamental components of a reward system and the pairing bonds that assist in child rearing.”

The digital age and societal advances, however, has thrown a few “game changers” into the traditional study of relationships and love, he continued.

Those include internet porn, an increase in sexual addictions, the introduction of sex enhancing drugs like Viagra and even feminism and the #MeToo movement.

“One out of every three keyboard strokes in the world is to internet porn,” Dr. Lothstein noted. “We’re all sexual beings and we’re all curious.”

He predicted the world’s digital connections are about to introduce an entirely new layer to human sexuality and partners. Digisexuals result from advanced technology in robotics and virtual reality that can lead humans to form romantic and even intimate connections with non-humans.

“Sex as we know it is about to change, something of a sexual revolution,” he said.

Some of the allure of digital relationships might be human insecurity.

“The bedroom is a place of uncertainty — our brains are filled with our past experiences and we might have our parents or ex’s in mind. Then, we worry about expectations, all of which can negate intimacy and sexuality,” Dr. Lothstein said.

The Intimacy-Desire Paradox, he explained, uses evidence of hormonal changes in dopamine and oxytocin to describe how the greater intimacy a person experiences in a long-term relationship, the more stifled their sexual desire and passion.

While hormones and other influences can direct human relationships and electronic relationships are increasing, he stressed that romance is not dead.

“Love at first sight takes about 200 milliseconds for facial attraction,” he said. “It has to be quick because it’s evolutionary!”

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For more information, go to [www.instituteofliving.org](http://www.instituteofliving.org).

  
**Institute  
of Living**  
A Division of Hartford Hospital

### Our Stories: Raising the Volume on Mental Health in the Black Community



This group offers a safe space for discussion and support for Black families and individuals with their own connection to mental illness and mental health challenges as well as an opportunity to foster community and encourage healing through shared experiences. Meetings will incorporate psychoeducation in an effort to stop mental health stigma in the Black community.

#### **Mondays – first and third of each month**

March 4, 18

April 1, 15

May 6, 20

June 3, 17

**4:00-5:15 pm**

#### **Institute of Living**

200 Retreat Avenue, Hartford

Massachusetts Cottage, 1<sup>st</sup> floor group room

**For more information or to RSVP, contact Kimesha  
at 860.972.7127.**

## 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:

- **Support Group For Those Coping With A New Or Chronic Medical Condition.** March 8, 15, 22, 29, April 12, 19, 26, May 10, 17, 24, 31, June 14, 21, 28. (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, and build a positive, future-oriented focus with realistic goals. To RSVP, please email [marissa.sicley-rogers@hhhealth.org](mailto:marissa.sicley-rogers@hhhealth.org).
- **Depression Bipolar Support Alliance Group (DBSA).** March 11, 18, 25, April 1, 8, 15, 22, 29, May 6, 13, 20, June 3, 10, 17, 24. (Every Monday), noon - 1 p.m. in the Todd Building, Bunker Room, March 13, 20, 27, April 3, 10, 17, 24, May 1, 8, 15, 22, 29, June 5, 12, 19, 26. (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.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** March 13, 27, April 10, 24, May 8, 22, June 12, 26. (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.
- **Substance Use Educational And Support Group.** 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.
- **Hearing Voices Network (HVN).** March 14, 21, 28, April 4, 11, 18, 25, May 2, 9, 16, 23, 30, June 6, 13, 20, 27. (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.
- **Al-Anon Parent Group.** March 14, 21, 28, April 7, 14, 21, 28, May 2, 9, 16, 23, 30, June 6, 13, 20, 27. (Every Thursday), 7 - 8 p.m. One-hour topic discussion.
- **Our Stories: Raising The Volume On Mental Health In The Black Community.** March 18, April 1, 15, May 6, 20, June 3, 17. (First and third Monday of each month), 4 - 5:15 p.m. This group offers a safe space for discussion and support for black families and individuals with their own connection to mental illness and mental health challenges as well as an opportunity to foster community and encourage healing through shared experiences. Meetings will incorporate psycho-education in an effort to stop mental health stigma in the black community. Snacks and refreshments will be provided. To attend, please RSVP to Kimesha at [860.545.7127](tel:860.545.7127).
- **Dementia Lecture: An Introduction.** March 19, May 21, 6:30 - 7:45 p.m. This program is for family members and friends of individuals who have dementia 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. To attend, please RSVP to Laura at [860.545.7324](tel:860.545.7324).
- **Autism Spectrum Support/Educational Group Meeting For Parents.** 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](tel:860.560.1711) or [gmorales@spedconnecticut.org](mailto:gmorales@spedconnecticut.org).
- **It's Hard To Be A Mom.** March 21, April 4, 18, May 2, 16, June 6, 20. (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](tel:860.545.7324).
- **Support Group For Families Dealing With Major Mental Illness.** March 21, April 4, 18, May 2, 16, June 6, 20. (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.

## Natchaug names new director of inpatient services

Natchaug Hospital is pleased to announce that Stacy Cruess, PhD, has accepted the position of Director of Inpatient Services for Natchaug Hospital.

In this role, she will oversee the admissions, case management, therapy and the creative rehabilitation services departments, providing administrative and clinical oversight, as well as strategic direction. Working in close collaboration with the medical director and director of nursing, Dr. Cruess will be responsible for supervising all therapy provided on the inpatient units and ensuring that services are delivered in a client-focused manner based on best practices in the behavioral health setting. Dr. Cruess will start in this new

position on March 18.

Dr. Cruess is a clinical psychologist who has been with Hartford Health-



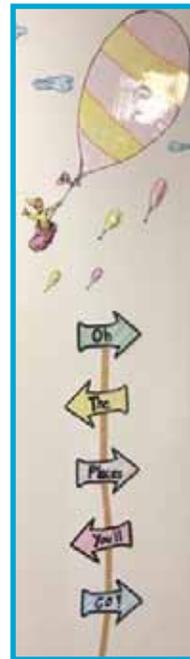
Cruess

Care for the past six years. She has held a number of positions in the Behavioral Health Network, and most recently served as a psychologist in the health psychology division of the Institute of Living. She also worked at Natchaug Hospital in the admissions and care management department and as a primary therapist for the child and adolescent unit. Dr. Cruess has also worked in crisis services at the

Windham Hospital Emergency Department and in a variety of community mental health settings.

As a licensed psychologist for more than 17 years, Dr. Cruess has supervised clinical psychology graduate students, taught courses in empirically supported methods of psychotherapy and abnormal psychology, published numerous scientific articles, and given professional presentations on a variety of behavioral health topics, including a recent Neurology Grand Rounds at Hartford Hospital. Dr. Cruess holds a bachelor's degree from the University of Massachusetts, where she graduated summa cum laude, and a PhD in clinical psychology from the University of Miami.

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## Joshua Center-Groton embraces Dr. Seuss theme

The Joshua Center-Groton recently redecorated with a Dr. Seuss “kid-friendly” theme. Dr. Seuss was picked due to the bright color theme and for his motivational, kid-friendly quotes. For example: “It’s not about what it is. It’s about what it can become.”

In Dr. Seuss stories, the characters overcome obstacles and learn and grow from each other.

Huge shout out to Katherine Hughes and Sarah Del Grosso who did all the art work and painting!



## Suicide prevention bracelets a great idea for discharged clients

Kudos to Audrey Curtis, RN, for this great idea to give our patients a suicide prevention bracelet upon discharge. Thank you to Ben Nazario for the ordering and design, including use of our Hartford HealthCare colors. Simple, but genius!

— Gale Sullivan, RN

## RAMS students make sure ‘No One Eats Alone’

The RAMS in Action students participated in a nationwide “No One Eats Alone” campaign on Feb. 15.

Students went around to all the lunch tables during lunch and played interactive table games to increase communication and demonstrate inclusion. They also asked students to write down examples of how they can help end social isolation on purple paper hearts. They later designed a board outside of the cafeteria showing off their peers’ suggestions and reminding everyone to be kind and include anyone that may be feeling excluded.



Eighth grade RAMS also participated in an online Rx Drug Safety Course and received certificates for passing.

## Rushford names new director of adult services

Rushford is pleased to announce that Mui Mui Hin-McCormick, LMFT, has accepted the position of clinical director for Rushford adult residential services.

In this role, Hin-McCormick will be responsible for overseeing operations at Rushford’s Middletown facility, including both the ACE and ITP units, as well as at the Stonehaven program in Portland. The new adult residential referral liaison will report to Hin-McCormick.

Hin-McCormick brings significant experience as a therapist, leader and manager. She spent the past year as director of programs and services for the Connecticut

Council on Problem Gambling, where she directed and coordinated services throughout Connecticut. Prior to that position, she served as the senior special projects coordinator for the legislative commission of the Connecticut general assembly and also as the executive director of the Asian Pacific American Affairs Commission.

Hin-McCormick gained additional leadership and therapeutic experience working for a number of agencies, including the Salvation Army, the Village for Families and Children, Thomaston Counseling Associates and the Community Renewal Team.



Hartford HealthCare Senior Services and McLean present

### Pain Management: Understanding Opioids and Medical Marijuana

In this FREE educational seminar, learn more about:

- Guidelines for use of opioids including risks and benefits
- Non-opioid options for pain management
- Current research findings for use of medical marijuana

Thursday, March 28 | 6-7:30 pm

Hop Meadow Country Club  
85 Firetown Road, Simsbury



**Presenter:**  
**Vincent McClain, MD**  
Assistant Medical Director, Residential Services,  
Rushford Center

A light dinner will be provided.

## Golf Classic scheduled for May 21

Save the date for the 31st annual Rushford Golf Classic on Tuesday, May 21, at Lyman Orchards in Middlefield. Watch BHNews for more information or contact Sherry at [sherry.smardon@hhchealth.org](mailto:sherry.smardon@hhchealth.org) or Kate at [katherine.mcnulty@hhchealth.org](mailto:katherine.mcnulty@hhchealth.org)

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Registration required.

☎ 1.855.HHC.HERE (1.855.442.4373)  
🌐 [Hartfordhealthcare.org/events](http://Hartfordhealthcare.org/events)



## Working with a disability beats not working at all

While some people believe people with disabilities should not work, the fact is research shows there are many benefits from working:

- Improved self-esteem
- Better control of psychiatric symptoms
- Reduced substance use
- Greater life satisfaction
- Improved finances.

The factor that correlates most closely with a person's ability to work is his or her prior work history.

People's mental health status improves as they assume the role of "co-worker" rather than "patient." People benefit from the structure of the workday, the ability to use their earnings for leisure activities, and the self-respect gained from doing what are considered "normal" adult activities.

With a good job match, any stress that might be created by working is always less than the damaging ill-effects of unemployment and poverty.

## Mobile van hits the road for mammograms

The Mobile Mammography van will visit Rushford at Meriden on Wednesday, March 13, from 9 a.m. to 1:45 p.m. The event is for clients, but if there are not enough patient sign-ups, then appointments will be available to staff as well. All insurance will be accepted and if a woman has no health insurance, donated funds are available to cover the cost of her screening.

The following women are eligible for a mammogram:

- Women over the age of 40
- Women whose last mammogram was more than 12 months ago
- Women who have no breast problems such as suspicious lumps, abnormal swelling, bleeding from nipples, or unusual tenderness
- Women who are not pregnant
- Women who have not had any type of breast biopsy or breast surgery since their last mammogram
- Women who have not had a history of breast cancer in the past three years.



Rushford  
Connect to healthier.



### Are you a Teen or Young Adult Struggling with an Addiction?

In the weekly Rushford Self-Management And Recovery Training (SMART) group, teens and young adults work to gain independence from addictive behavior, including:

- Alcoholism
- Drug abuse or addiction
- Eating disorders
- Gambling addiction
- Self-harm or injurious behavior
- Addiction to other activities

Through open discussion and education, participants will build and maintain motivation, learn coping skills to handle urges, work on managing thoughts and behaviors, and live more balanced and satisfying lives.

**Thursdays (Starting March 12) 6:45-8 pm**

**Rushford at Meriden, 883 Paddock Avenue  
Mediquick Room 1 (use main entrance and check in at desk)**

**No registration or cost to participate in SMART Recovery.**

**For more information, contact Megan Fitzsimons at  
203.630.5357 or Megan.Fitzsimons@hhchealth.org.**

Rushford  
Connect to healthier.

### 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