



NATIONAL BACKING

The American Board of Medical Specialties recognizes addiction medicine as a specialty. • [PAGE 3](#)



HERE'S TO YOU!

Give a shout out to your co-workers in our employee recognition feature. • [PAGE 4](#)



CHANGING OF THE GUARD

Natchaug's Dr. David Klein returns to his roots. • [PAGE 4](#)

Hartford HealthCare 
Behavioral Health Network

BHINews

Bringing resources to primary care

Effort to integrate behavioral health making great strides

The Behavioral Health Network is making great progress in its efforts to integrate behavioral health services into primary care practices across the region — so much so that plans are now underway to expand the program to an additional four to six primary care practices over the next several months.

The decision to continue expanding the program is based on data showing that patients who have been referred to BHN specialists within the primary care setting are much more likely to show improvement in their condition — and may well improve their overall health. Data also shows that such patients are less likely to utilize a nearby hospital emergency department for their health needs — in some cases, patients have reduced their emergency department utilization by as much as 30 percent.



Janine Fonfara, LCSW, right, collaborates with Erica Lussier, APRN, at the Colchester Backus Family Health Center.

“We have made such great strides integrating behavioral health into our primary care settings,” said

Susan Barrett, Hartford HealthCare Vice President, Primary Care Operations. “Our physicians and staff are leaders in this effort, and our patients are benefitting immensely. This is a testament to what we can accomplish working together.”

“The results that we are seeing so far have been very encouraging, and we see this trend continuing as we expand

to other practices across the state,” said James O’Dea, PhD, MBA, Vice President of Operations for the BHN. “A lot of our success is due to the great teamwork that is developing between our behavioral health specialists and the primary care physicians they have been collaborating with.”

Currently, the BHN has behavioral health specialists working in primary care offices in Colchester, Norwichtown, West Hartford, South Windsor and Manchester. The goal of the program is to

..... *Continued on page 2*

‘The results that we are seeing so far have been very encouraging’

continued from page 1

overcome traditional barriers that have made it difficult for primary care providers to easily refer their patients for care when they suspect they may be suffering from a behavioral health issue.

BHN social worker Janine Fonfara, LCSW, works out of the Norwichtown and Colchester Backus family health

centers. In West Hartford, Institute of Living psychologists Jennifer L. Ferrand, PsyD, and Ila Sabino, PhD, have been working out of two separate primary care practices under the auspices of the Hartford HealthCare Medical Group. In South Windsor and Manchester, Stephen Lee, PA, has been working to provide behavioral health services to primary care practices, also through HHCMG.

Last week, Ferrand and Sabino met in Fonfara’s office along with Victoria Samolis, the administrative site coordinator and manager of the Backus Medical Center office in Colchester. The four stakeholders spoke about the progress they are making in helping primary care physicians identify and refer patients for a wide range of issues including addiction, anxiety and depression, sleep disorders and psychosis.

The team agreed that great progress is being made in connecting with primary care physicians and working collaboratively to ensure the best care for patients.

Fonfara pointed out that she has received an increasing number of referrals as the physicians in the practice have grown more comfortable with her role.

O’Dea said he was pleased that the team members were able to share their observations, which will go a long way in expanding the effort in the future.

“This is a critically important process for the BHN and the patients we serve, and I’m thrilled to have such a dedicated and capable team leading the way,” he said.

Restraint protocol finding success

In the month of February, Backus Hospital and Natchaug Hospital’s adult unit had no incidents of physical restraints. The Institute of Living also had a significant decrease with an almost 70 percent reduction in the number of hours in restraint.

The Behavioral Health Network has been collaborating to reduce the use of physical restraints with initiatives such as the implementation of Nonviolent Crisis Intervention Training and a restraint committee project focused on six core strategies.

Great job to everyone involved!

In case of Emergency Just Say It!

Listen for these messages and follow your local emergency plans, policies and procedures. It's Simple. It's Safe. It's Plain Language.

Emergency Event	Plain Language Emergency Communication
Fire	“Fire Alarm Activation” + Location
Severe Weather	“Severe Weather” + Description
Missing person, child, infant or abducted child	“Missing Person/Child/Infant” + Age + Description + Last Location
Combative patient	“Assistance Requested” + “Behavioral Intervention” + Location
Active criminal event (i.e. active shooter, violent theft)	“Armed Intruder” + Description + Location
Patient medical response	“Medical Response” + Description (choose one): Rapid Response, Cardiac, Respiratory, Stroke, OB, Pediatric, Trauma + Location + estimated time of arrival (if applicable, stroke/trauma)
Non-patient medical response	“Non- Patient Medical Response” + Location
Emergency operations plan activation	“The hospital’s Emergency Operations Plan has been activated for” + Describe Emergency/or Annex

Hartford HealthCare
Connect to healthier.™

BHN applauds recognition from national certification board

Behavioral Health Network leaders and physicians who specialize in the treatment of those suffering from addiction and substance use disorders applauded this week's announcement by the American Board of Medical Specialties (ABMS) to recognize addiction medicine as an official medical subspecialty eligible for board certification.

"This is a significant development for people in Connecticut who are suffering from addiction who want to make sure they are seeing a doctor who is upholding the highest standards in care," said Patricia Rehmer, MSN, ACHE, BHN President.

The decision by ABMS means that addiction medicine is now recognized as a medical specialty and that certification in this discipline ensures a specific clinical knowledge base and high quality standards of practice. Rushford's Addiction Medicine Fellowship program has been training physicians in prevention, diagnosis and treatment of substance use disorders under the guidelines set forth by the American Board of Addiction Medicine, whose goal has been to achieve ABMS status. Rushford's program, one of only a handful in the

United States, will now transition to the ACGME-approved ABMS designation.

"We are enormously pleased that ABMS has recognized the increasingly vital role that addiction medicine plays in all areas of medicine. With nearly 120 million Americans meeting criteria for a substance use disorder or risky substance use, there is no part of healthcare untouched by substance use issues," said J. Craig Allen, MD, medical director at Rushford.

Deborah Weidner, MD, medical director at Natchaug, said the announcement will help the effort to connect with people who need care. "Currently, only one in 10 people with addiction to alcohol and/or drugs report receiving any treatment compared to 70 percent of those with hypertension or diabetes," she said. "The ABMS announcement not only enhances the status of addiction medicine within the medical community, but more importantly, helps address the growing public health crisis in heroin, opioid and other forms of addiction."

Over the past year, the rate of addiction-related deaths from overdose has skyrocketed in Connecticut and

throughout the country. It is estimated that more than 40 million people currently meet the medical criteria for addiction in the United States — a greater number than those diagnosed with cancer, diabetes or heart conditions.

Along with the addiction medicine fellowship, the BHN has led the effort to bring rigorous, evidence-based addiction medicine care to Connecticut by offering specialized Medication Assisted Treatment facilities across the state which provide access to medicines, including Suboxone, which are known to reduce dependency on heroin and opioids. The BHN has also been at the forefront in the fight to enhance public access to Naloxone, or Narcan, which can reverse the effects of an overdose.

Within Hartford HealthCare, Dr. Allen and other BHN experts have taken a leading role in training physicians across all ranges of specialties about standards and guidelines for opioid prescriptions. Training has centered around legal developments and implications surrounding opioid prescriptions, effective strategies for prescribing opioids and best practices for management of patients on opioid medications.

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Join the BHN team for the NAMI Walk

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.

Contact Amanda Nappi at amanda.nappi@hhchealth.org or Matt Burgard at matt.burgard@hhchealth.org for additional help or with questions.

Hartford HealthCare

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.

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David Klein stepping down from leadership role at Natchaug

David C. Klein, PhD, is stepping down from his leadership role as Vice President of Clinical Operations at Natchaug to return to his clinical roots after more than 37 years of service to both Natchaug Hospital and the Behavioral Health Network. Klein has held numerous administrative and leadership positions at Natchaug and the BHN over the course of his career, including Natchaug Vice President and Chief Operating Officer. He is stepping down to take on a new role as a clinical psychologist in the Partial Hospitalization Program in the psychiatric services department at Backus Hospital.



Klein

A memo was sent to Natchaug staff this week by Patricia Rehmer, MSN, ACHE, President of the Behavioral Health Net-

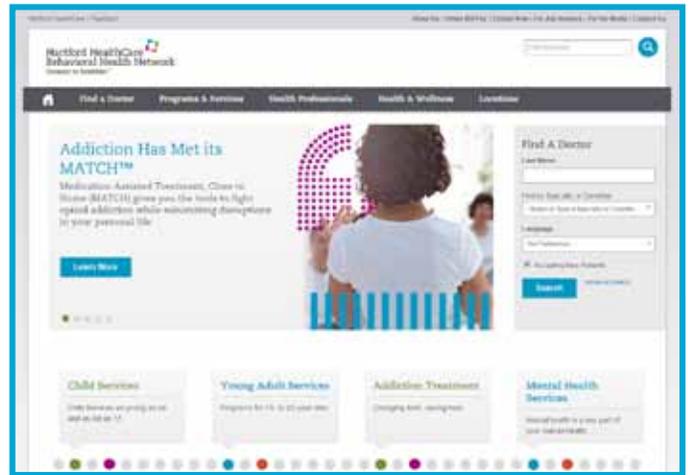
work, and James O’Dea, PhD, MBA, Vice President of Operations for the Behavioral Health Network, informing them of Klein’s transition. “David is a widely known and respected figure within the Natchaug community, and he has been highly effective in establishing long-lasting relationships with staff, patients and the surrounding communities to further the organization’s mission of care,” the memo said. Rehmer and O’Dea praised Klein for his numerous contributions to the development and growth of both Natchaug and the BHN as centers for excellence in the behavioral health field. “He has improved access to care for patients throughout the region,” they said. “We are pleased he will continue to make a positive on patients, and wish him well with the transition.”

The search process has begun to identify Klein’s successor.

New look for BHN Web sites

On Wednesday, March 9, the Hartford HealthCare Behavioral Health Network unveiled redesigned websites for the BHN, the Institute of Living, Natchaug Hospital and Rushford.

The new sites were created utilizing a new content management system shared across all of Hartford HealthCare. The modern website platform will be easy to navigate for clients, families, and providers and more easily updated with current content and information. Additionally, the websites offer access to tools for employees including HHC portals, mail, ePay and more.



Here's to you!

■ A weekly roundup of kudos from staff and patients. Please email your submissions to matt.burgard@hhchealth.org. Editors reserve the right to edit submission for length and grammar.

Great work, Enza

Here in the development office, we repeatedly ask Enza for various pieces of financial data in order to meet the requirements for a number of grants. We’re always applying for funding to support programs and services that aren’t reimbursable, and without Enza’s help we wouldn’t be able to meet our deadlines. She’s always so nice and so helpful, she makes the work we do in the development office so much more pleasant with her positive attitude. We love working with Enza and just want to thank her for being so awesome!

— Kate McNulty,
Regional Director of Development & Philanthropy

Backus Psychiatric Services duo going out on a high note

Donna Swanson and Elaine Brooks have a lot in common.

They both started their careers in psychiatry at Backus Hospital when the inpatient unit opened in 1984.

They eventually took on managerial roles as leaders in the department of psychiatric services. They have had a profound impact on the people who came into their care, and the people they work with.

And now, they are both retiring.

"It has been a pleasure to work in Psychiatric Services with the staff that we have here as many of us have been together since we opened," said Swanson, who is retiring as Psychiatric Services Coordinator after 31 years at Backus. "I know I will miss all of my colleagues, since we have all shared so much time together."

For her part, Brooks, who is retiring as program coordinator in the Partial Hospitalization Program after 35 years, said her decision to step down is bittersweet because of the connections she has developed with patients and colleagues.



Swanson



Brooks

"I'm looking forward to this next chapter of my life, but I will miss the people I have come to know so well," she said.

Swanson echoed those comments, saying she is looking forward to moving on and making a difference in people's lives.

"I already have made plans to volunteer in the community at several different places and look forward to spending more time with my new little grandson," she said.

James O'Dea, PhD, MBA, Vice President of Operations for the Behavioral Health Network, has worked closely with Swanson and Brooks for decades during this time as director of psychiatric services at Backus. He said both were integral assets who helped guide the department's growth into a center for excellence in psychiatric care.

"We will miss them greatly," he said. "They both brought tremendous dedication, vision and teamwork to their roles. I think I speak for everyone in the psychiatric services department when I say, thank you, and good luck Donna and Elaine!"

MATCH campaign gets word out

The Behavioral Health Network launched its MATCH advertising campaign starting on Saturday, March 12, with print ads in many of the major newspapers across the state.

MATCH, short for Medication-Assisted Treatment, Close to Home, advertises the BHN's seven opioid treatment facilities run by The Hospital of Central Connecticut, Natchaug Hospital and Rushford. A balanced score card item and focus for fiscal year 2016, medication-assisted treatment helps people struggling with opioid addiction into recovery using medications such as Suboxone® or Naltrexone in combination with relapse-prevention groups and support services.

The MATCH campaign is the first BHN-wide marketing effort and will continue with radio and digital advertising over the next few months.



Addiction has met its MATCH™

Hartford HealthCare's Behavioral Health Network now offers Medication Assisted Treatment Close to Home (MATCH™) for people struggling with opioid and other addictions. MATCH™ makes treatment convenient, with schedules built for the working professional. The program, with Suboxone®, Naltrexone and other medications, also includes confidential, private support services and small relapse-prevention groups.

Call 1.855.825.4026

Hartford HealthCare
Behavioral Health Network
Connect to healthier.™

hartfordhealthcarebhn.org

MATCH™ LOCATIONS INCLUDE:

- CHESHIRE**
Rushford | 680 South Main St., Suite 204
- DAYVILLE**
Natchaug | 11 Dog Hill Rd.
- GLASTONBURY**
Rushford | 110 National Dr.
- GROTON**
Natchaug | 1353 Gold Star Hwy.
- MANSFIELD**
Natchaug | 189 Storrs Rd.
- NEW BRITAIN**
The Hospital of Central Connecticut
73 Cedar St.
- VERNON**
Natchaug | 428 Hartford Tpke.

1.855.825.4026

Addiction experts appear at community forums across state

Addiction and emergency medicine experts from throughout the Behavioral Health Network and Hartford HealthCare appeared at community forums on the growing crisis in opioid and heroin addiction over the past few weeks. Here is a look at some of the events where BHN and HHC experts helped lead the discussion in educating the public about the crisis and ways to address it.

■ On March 8, Samuel Silverman, MD, director of Rushford's Fellowship Program for Addiction Medicine, presented at the first meeting of the North Central Opiate Addiction Task Force in Enfield, a conglomeration of community education, health, law enforcement and other agencies in the area. Dr. Silverman discussed the clinical factors that contribute to addiction, and how the availability of prescription opioids and street heroin are broadening the population of people who fall victim to addiction. "Nobody chooses to develop an addictive disorder," Dr. Silverman said, pointing to the more than 450 people who died of opioid or heroin-related overdoses in 2015 in Connecticut.

■ On March 10, Karen Butterworth-Erban, RN, East Region Director of Emergency Services, presented at a community forum at Norwich Free Academy in Norwich sponsored by various local prevention and human services agencies. Butterworth-Erban spoke on the progress of a pilot program, started at Backus in partnership with the state Department of Mental Health and Addiction Services, in which mobile units with

crisis outreach specialists intercept overdose patients before they leave the ED to offer support and encourage follow-up treatment. "They are able to do things that unfortunately we in the emergency room cannot do, and that is follow up with these patients several times until they get the care they need," she told an audience of more than 160 people. "It's these kind of partnerships and collaborations that can have the biggest impact."

■ On March 14, J. Craig Allen, MD, Medical Director at Rushford, presented at a community forum at Westbrook Public Library in Westbrook sponsored by the Middlesex County Substance Abuse Action Council. Dr. Allen spoke on the medical community's evolving understanding and recognition of addiction as a chronic and recurring disease of the brain. He said that addiction to heroin and opioids differs from most other substance abuse disorders in that, in many cases, they can lead to addiction instantaneously. "One in four people develop an addiction after using heroin just one time," Dr. Allen told an audience of more than 60 people.

■ On March 15, Dr. Christopher Reveley, an Addiction Medicine Fellow at Rushford, presented at a community forum at the Haddam Volunteer Fire Company in Higganum sponsored by state Sen. Art Linares.

■ Upcoming community forums in which BHN experts are scheduled to participate include appearances by Dr. Allen at a forum March 23 in Old Saybrook; a forum March 29 in Branford; a forum April 26 in Meriden; and a forum April 28 in Hebron.



Presenters at the Enfield forum included, from left: Len Mason, spokesperson for Community Addiction Awareness Project; Mirriam Delphin-Rittmon, Commissioner of DMHAS; Phillip Valentine, Executive Director of Connecticut Community for Addiction Recovery; and Samuel Silverman, MD, Medical Director of the Addiction Medicine Fellowship Program at Rushford.



Karen Butterworth-Erban, RN, HHC East Region Director of Emergency Services, speaks at a March 10 community forum on opioid and heroin addiction at Norwich Free Academy.



J. Craig Allen, MD, Medical Director at Rushford, speaks at a March 14 community forum on opioid and heroin addiction at Westbrook Public Library.



HHC Connect Treasure Hunt under way

The HHC Connect Intranet is a treasure trove of information about everything you need to maintain your work/life balance at Hartford HealthCare.

To have some fun and help you find your way around the site, we've planned a little treasure hunt.

Every two weeks or so, look for a new clue in BHNews. To find the buried treasure, log into HHC Connect (intranet.hartfordhealthcare.org from work or your mobile device) and use the clue to find the treasure chest icon (shown here) buried on a page deep within the Intranet. Once you find it, click on the treasure chest to reveal the secret question. The answer to the question will be located on the page or a subpage in the section of where the treasure chest was found. Submit the correct answer and be entered to win a prize.

To unlock this week's buried treasure search the HHC&Me Employee Service Center section of HHC Connect. Good luck and happy hunting!



Despite effectiveness, buprenorphine remains underprescribed

Experts say buprenorphine is the ideal medication for opioid addiction—the partial agonist satisfies cravings without the same level of euphoria that drives drug-seeking behavior. Yet, the medication is underused and underprescribed, according to experts who spoke with Psychiatric News.

According to statistics from the Substance Abuse and Mental Health Services Administration (SAMHSA), there are just 31,862 physicians certified to prescribe buprenorphine—and 40 percent of these physicians do not prescribe buprenorphine at all.

A recent Psychiatric News article explored several factors that may deter physicians from prescribing the medication and create access challenges for patients. To address this access problem, APA supports incrementally expanding the number of patients that certified buprenorphine providers are permitted to treat at one time.

“I like to think of buprenorphine as a pharmacological platform that takes away withdrawal,” said John Renner, M.D., vice chair of the APA Council on Addiction Psychiatry and president of the American Academy of Addiction Psychiatry. “It does not resolve whatever problems led an individual to seek out drugs in the first place, but what does change is that the patient’s life is not dominated by drug-seeking. The pharmacological platform makes recovery possible.”

While buprenorphine is a highly effective treatment for opioid addiction, experts agreed that it should be prescribed as part of a total addiction treatment plan including participation in 12-step recovery and/or psychotherapy.

Knowledge is power



You are invited to a private webinar presented by a Weight Watchers® digital tools expert.



Join us and unlock the power of digital tools!

Take a detailed, guided tour of our digital tools and learn:

- How to calculate and track **SmartPoints™** on the go
- Customize thousands of recipes or create your own from scratch
- Navigate **Connect**, a great place to draw from the power of the Weight Watchers Community

And much more!

Learn about the Weight Watchers digital tools and take advantage of this unique, private setting to ask the questions you always wanted to ask.

LEARN HOW WEIGHT WATCHERS DIGITAL TOOLS CAN HELP YOU KEEP YOUR WEIGHT-LOSS JOURNEY ON TRACK

**THURSDAY, MARCH 31
12:30 TO 1 P.M.
REGISTRATION REQUIRED:**
https://weightwatcherswebinars.adobeconnect.com/dlghhc/event/event_info.html

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weightwatchers

School study looks at academic pressures

In an effort to help children dealing with school-related stress, the Institute of Living's Anxiety Disorders Center has developed a new questionnaire called the Screener for Academic Distress (SAD), which asks questions about things like pressure to do well in school and anxiety about going to school. The center is inviting students ages 13-18 in grades 7-12 and their parents to participate in the research study to help them understand how well this questionnaire works. You do not have to have problems with school or anxiety to participate in this study. To participate, parents and students can go to the website: www.instituteofliving.org/SADstudy.

After completing this study, you will have the chance to enter into a raffle for a \$25 gift card to Amazon.com.

Grace Webb students to participate in art field trips

Selected students from the Grace Webb School at the Institute of Living will go on field trips to the Mattatuck Museum in Waterbury this spring, featuring an art show tour and related activities funded by a Kennedy Center access grant. Students at the Webb at Cheshire school will experience the Vasarely ("father of Op Art") exhibit in April. Students at Webb at Hartford will see a show titled, "Marking Her Mark" by diverse women artists in May. This is the second year that teacher Anne Sheffield's art classes have been invited to visit the museum at no charge.

Sheffield has also selected artworks by her students for display at the Youth Art Celebration in Farmington. Students from all over Connecticut will share their creativity for three weeks at the West Woods Upper Elementary School opening March 14; works can be seen only during regular school hours. There will be a closing reception for the young artists, family, and friends on Saturday, April 2.

The Grace Webb School offers programming for kindergarten through 12th grade. Besides the locations in Hartford and Cheshire, a new branch called Webb in the Valley recently opened in Avon.

Autism Awareness Month Event

All are welcome.

Wednesday, April 6, 2016 | 5:00 pm – 7:00 pm



Get to know your child's IEP

(Individual Education Program)

Presented by the CT Parent Advocacy Center (CPAC)

Developing the Individualized Education Program (IEP)

This discussion focuses on how parents can be actively and effectively involved in the development of the IEP. Participants will learn the key components of an IEP and will become familiar with current Connecticut IEP forms. The workshop will offer guidance about developing measurable goals and tips for monitoring a student's progress.



Commons Building, Hartford Room,
Second Floor, The Institute of Living,
200 Retreat Avenue, Hartford

For more information or to RSVP by
March 28, 2016, please contact
Goviana Morales at 203.886.9958,
or email
goviana.morales@hhchealth.org

Institute of Living
A Division of Hartford Hospital

Reminder: All Clinical Staff



Issues of Suicide Support Group

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Last Tuesday of Every Month

Date: Last Tuesday of Every Month

Time: noon – 1 p.m.

Place: Family Resource Center
Massachusetts Cottage
Group Room - 1st Floor

.....
Offering the opportunity for discussion
with clinical staff who have experienced issues
related to suicide in their work.

Facilitator: Nancy E. Hubbard, LCSW

Light lunch will be provided
RSVP required to 860.545.7665



Institute of Living
A Division of Hartford Hospital

Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. For additional information, please contact the FRC at **860-545-7665** or **860-545-1888**. 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:

- **Yoga.** *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 patriciaac.graham@hhchealth.org
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** *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.** *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**.
- **Schizophrenia: An Introduction To The Disorder.** *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.
- **Survivors Of Suicide Support Group.** *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.** *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 those who have schizophrenia, bipolar or other related disorders. Learn to care for yourself while you are caring for others.
- **Youth Psychosis Family Support Group.** *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.
- **Substance Use Educational And Support Group.** *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.** *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.

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 or 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, March 29, at noon.



Join us for a luncheon and presentation
A Public Health Approach to Addiction:
Connecticut's Second Chance Society

Natchaug 
Hospital
Connect to healthier.™

Hosted by:

Elsa M. Núñez

President of Eastern Connecticut State University
and

Pat Rehmer

President of the Hartford HealthCare
Behavioral Health Network



Guest Speaker

Connecticut's Second Chance Society:
A public health approach to addiction

Featuring

Mike Lawlor

Connecticut Under Secretary for
Criminal Justice Policy and Planning



Thursday, March 24, 2016 | Noon-1:30 pm

Betty R. Tipton Room
Student Center, Eastern Connecticut State University
Willimantic, Connecticut

Minimum donation of \$100 per guest.

Sponsored tables of ten available.



RSVP to Sherry Smardon

860.465.5910 or sherry.smardon@hhchealth.org

Luncheon sponsored by

The ECSU Foundation, Inc.

All proceeds will benefit Natchaug Hospital's
educational programs.

Natchaug 
Hospital
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You are invited to an

OPEN HOUSE

at Rushford's new adult outpatient treatment center in Cheshire

.....

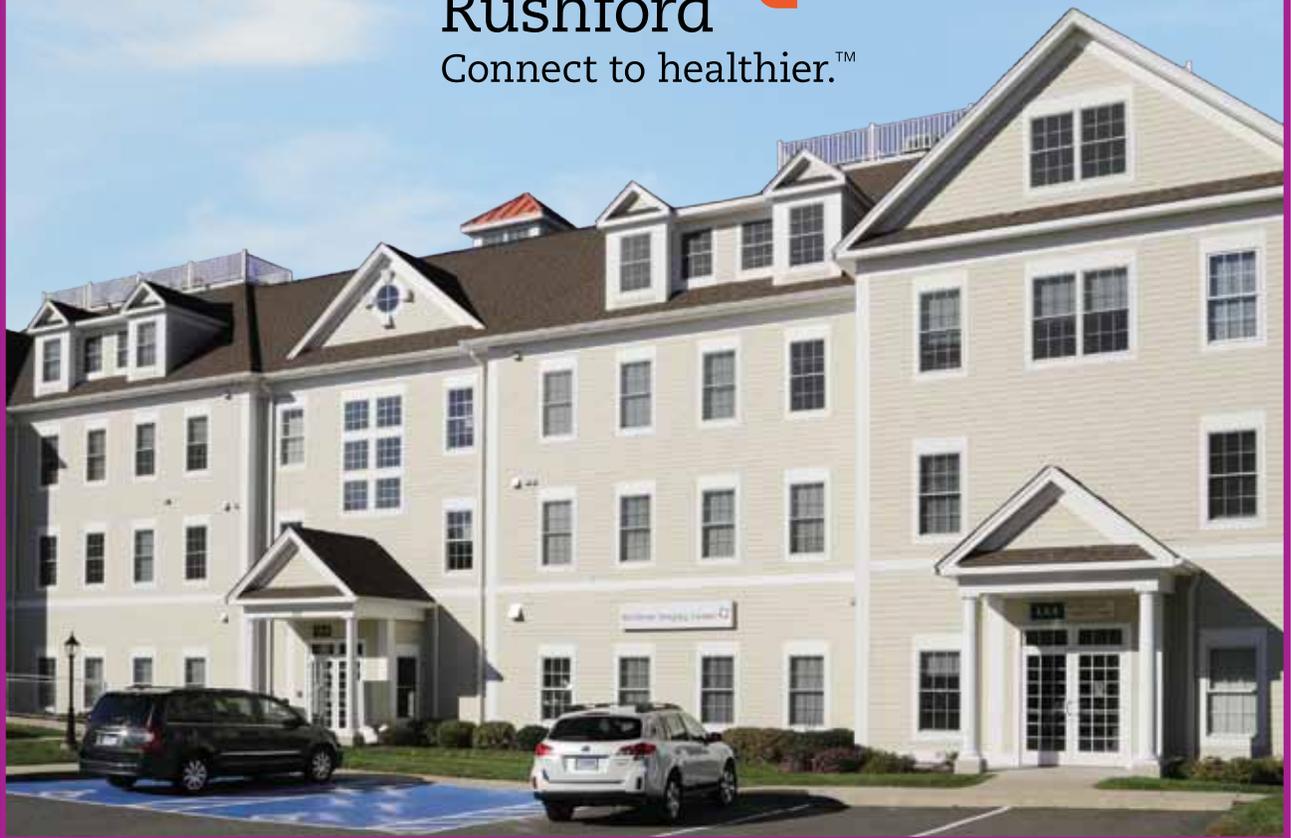
Friday, April 22 | Noon to 5 pm

680 South Main St., Suite 204, Cheshire

.....

- ◆ Refreshments ◆ Tours ◆ Information on Services ◆ Giveaways
- ◆ Convenient parking in back of the building

Rushford 
Connect to healthier.™



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 or 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

BED AND MATTRESS — Bob's Furniture Power Adjustable Bed with Memory Foam Mattress. Remote, steel frame, \$100 or best offer. Call **860-376-8329**.

FURNITURE — Sofa and Loveseat, each piece contains two recliners, good condition, tan, bone and light blue, \$200 for both. Call **860-428-6339**.

WANTED

BUNK BEDS — Call **860-202-5457**.

BOOKS — The Friends of Otis Library are looking for used hardcover books, in good condition for their Spring Book Sale to be held Friday, April 15, Saturday, April 16, and Sunday, April 17. They can be dropped off at the Library at 261 Main St., Norwich. All proceeds go to the library.

EVENTS

FISH & CHIPS — Friday, March 18, 3:30-7 p.m. at St. James Episcopal Church Poquetanuck, 95 Route 2A, Preston. Baked and fried fish, gift certificates available, cole slaw, fresh bread, desserts, call ahead take out **860-889-0150**.

LENTEN FISH & CHIPS — Fridays through Friday, March 25, 4:30-6:30 p.m. at Saint Joseph Church, 120 Cliff St., Norwich. \$9 for a full meal, \$7 for a 1 piece meal, Chowder is \$4.

MARCH OF DIMES FUNDRAISER — Friday, March 25 in the Backus Hospital cafeteria. Bake sale, basket raffle, donation of baked goods welcome, many Easter treats.

ALL YOU CAN EAT — Sunday, April 3, 7:30 to 10:30 a.m. at the Preston City Fire House, 412 Route 165, Preston. Pancake and French toast breakfast, \$5 for seniors and children, \$8 for adults. This fundraiser is hosted by and all proceeds benefit Boy Scout Troop 75 in Preston.

POWER OF PURPLE — Thursday, April 7, 10 a.m. at the Norwich Holiday Inn. Special luncheon and art exhibition. Cost is \$36 per person, go to SafeFuturesCT.org or call **860-447-0366**.

COURTNEY'S BOSTON MARATHON FUNDRAISER — 100% of the proceeds will be donated to Courtney's Dana Farber Marathon Challenge Team. Please make a donation by calling **860-917-6558** or email courtney.smigiel@gmail.com. Courtney will be running on Monday, April 18 in the Boston Marathon.

COMEDY NIGHT — Saturday, April 23, 5:30 p.m. at the Knights of Columbus, 1017 Riverside Dr., Route 12, North Grosvenordale. This fundraiser supports Natchaug River Young Marines. Tickets \$25, dinner, four entertainers, silent auction, raffles. Doors open at 5:30 p.m., dinner served at 6:30 p.m., show starts at 7:30 p.m. Call for tickets **860-383-6408**.

A TOAST TO SPRING — Saturday, April 30 at the Historic Lyme Art Association. This fundraiser benefits the Old Lyme Town Parks Playground renovation and is sponsored by The Lyme-Old Lyme Junior Women's Club. Call **860-287-1456** for more information.

WALK 2016 — Saturday, May 7, 9 a.m. at Mohegan Park, Norwich. Center for Hospice Care Southeast Connecticut. Visit hospicewalk.kintera.org/2016.

THE THERAPEUTIC FOSTER CARE PROGRAM — This program provides intensive training and support services to mature, stable adults who wish to provide loving homes to children. Our children are typically ages eight to 18 and have emotional and behavioral needs. With our ongoing training, assistance and support you can successfully meet the challenges of foster parenting. Please call the Waterford Country School Foster Care at **860-886-7500** or visit wcsfostercare.org.

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