



PARKLAND AFTERMATH

School walkouts may help students regain some measure of control. • [PAGE 4](#)



FORTNITE FREE-FOR-ALL

Skyrocketing interest in online combat game means parents should take heed • [PAGE 6](#)



NEWEST NIGHTINGALES

Four BHN nurses named as honorees for annual nursing awards. • [PAGE 7](#)

Hartford HealthCare 
Behavioral Health Network

BHINews

Battling the opioid crisis

Using a multi-faceted approach, the BHN is doing its part to get a handle on the epidemic

The statistics are startling and they seem to be getting worse every day.

According to the Connecticut Office of the Chief Medical Examiner, Connecticut once again saw a year-over-year increase in the number of fatal drug overdoses with 1,038 in 2017 compared to 917 in 2016. It's the first time the state has had more than 1,000 opioid-related deaths in a single year. The number has tripled since 2012. And, while the number of heroin related deaths decreased in 2017, deaths attributed to the powerful synthetic opioid fentanyl were on the rise with 677



Rushford Medical Director J. Craig Allen and Connecticut U.S. Rep. Rosa DeLauro (D-3rd District), center, listen to local addiction experts and patients during a roundtable on combating the opioid crisis at Rushford's Silver Street facility in Middletown on March 12.

reported last year.

This year isn't looking much better. Since the beginning of 2018, suspected drug overdoses have led to more than 1,300 visits to emergency departments in Connecticut, according to a report by the state Department of Public Health released March 12.

Despite the grim news, there is hope

that the tide could be turning in the battle against opioid addiction and overdose deaths. Recovery coaches in emergency departments, continued expansion of the MATCH (Medication-Assisted Treatment Close to Home) program, advocacy for needed state and federal funding for programs, and promotion of safe prescribing practices for physicians are just a few ways the Hartford HealthCare

..... [Continued on page 2](#)

'The onus is now on us to get them in the door and keep them engaged'

continued from page 1

Behavioral Health Network is taking the lead in addressing the crisis.

Recovery coaches coming to Hartford Hospital

With the continued rise in opioid related deaths in Connecticut, Hartford Hospital and the Hartford HealthCare Behavioral Health Network (BHN) are taking action to help those battling addiction find recovery.

Hartford Hospital will soon have recovery coaches available seven days a week in its emergency department to help patients connect with services after they receive care in the ED. The successful program, a partnership with Connecticut Community for Addiction Recovery (CCAR), the Department of Mental Health and Addiction Services (DMHAS) and the BHN, is already in place at Backus Hospital, MidState Medical Center and Windham Hospital.

Recovery coaches work directly with patients after they receive emergency care for a substance use disorder, such as opioid addiction, or if they come in seeking treatment for a substance use disorder. They do everything from providing support in the ED to driving patients to their appointments. Recovery coaches have "lived experience" with substance abuse, which helps build trust with patients.

Through February, coaches in emergency departments have helped link 920 of 947 (97 percent) patients to care, which includes detox, community support, inpatient, outpatient, intensive outpatient and medication-assisted treatment.

"If a person isn't interested in getting into treatment at that time, the recovery coach will give them their business card and will call the next day if the person is willing. And they'll call for days, if the patient is willing to let them, to offer support and to try to get them into



Karen Kangas, EdD, is the Behavioral Health Network's Director of Recovery and Family Affairs. Part of her role is to assess Behavioral Health Network programs and services to ensure they are recovery focused, including the recovery coaching program.

treatment," said Hartford HealthCare Behavioral Health Network President Pat Rehmer. We realize that people don't have to be jumping for joy to come into a treatment program; sometimes they're still ambivalent. The onus is now on us to get them in the door and keep them engaged. The days of individuals 'hitting rock bottom' or 'proving that they are motivated' are really over. We need to design our programs to engage the individual."

"Opioid addiction has truly become a health crisis in our state, particularly in the communities Hartford Hospital serves," said Hartford Hospital President Bimal Patel. "Immediately connecting patients to treatment and services when they are at their most vulnerable is essential to long term recovery. The recovery coach program is a perfect example of collaboration with our community partners and coordination across Hartford HealthCare to address a major population health issue and give patients the care they need and deserve."

Suboxone treatment coming to Backus, MidState EDs

Thanks to a grant from the state

Department of Mental Health and Addiction Services, patients addicted to opioids will soon be able to begin Suboxone treatment in emergency rooms at Backus Hospital and MidState Medical Center.

Under the program, providers can start Suboxone treatment for people who come to the emergency department for an opioid overdose or if they come with an unrelated problem and mention they have an opioid addiction and are seeking recovery. The patient would then get a next-day referral to one of the Behavioral Health Network's MATCH program sites where they would continue their treatment.

Suboxone is a medication that helps reduce symptoms of withdrawal and cravings from opiates for patients with opioid addiction. In the past, patients with opioid addiction wouldn't start on Suboxone until they began a treatment program.

"Ensuring a next-day linkage to the MATCH program where patients can get ongoing Suboxone treatment and maintenance is key," said Carrie Pichie, PhD, Hartford HealthCare Behavioral Health Network East Region Director of Ambulatory Care — which includes Natchaug Hospital and the psychiatric services departments at Backus. "The value of doing it right in the ED is that there is less likelihood that the person will use if they're given that immediate transition over to Suboxone."

Recovery coaches in Backus and MidState's emergency departments help educate patients about the benefits of Suboxone and entering a MATCH program.

"All of our social workers and nurses are well-versed in Suboxone," said Jessica Collins, RN, LPC, Director of Behavioral Health Services for MidState and The Hospital of Central Connecticut. "The recovery coaches and Suboxone treatment become an option when the patient is ready to begin their recovery journey.

••••• Continued on page 3

'Multiply our success and start to curb the number of deaths we're seeing.'

continued from page 2

Some people simply aren't ready. But for the people who are ready, the recovery coach can talk to them more about the benefits of treatment like avoiding that feeling of being sick and some of the withdrawal symptoms by starting the medication immediately."

Hartford HealthCare has MATCH locations for patients 16 and over in Enfield, Mansfield, Old Saybrook, Killingly, Groton, Norwich, Glastonbury, and Meriden.

U.S. Rep. Rosa DeLauro hears concerns at Rushford roundtable

Better care coordination, job training for social workers and expansion of the recovery coach program were some of the suggestions during a roundtable discussion on March 12 led by Connecticut U.S. Rep. Rosa DeLauro (D-3rd District) at the Rushford facility in Middletown. The event was attended by more than 30 addiction experts, law enforcement officials and recovering addicts.

Although there is \$7 billion allocated in the current two-year federal budget to help fight the crisis, the Trump administration is planning to cut the budget of the Office of National Drug Control Policy, or ONDCP, by \$340 million. The administration has said the ONDCP would remain as the White House drug policy agency, but the money would be funneled through grants from larger agencies.

DeLauro, who told the crowd she would "fight like hell" to ensure funding for crucial programs remains in place, said she was attending the meeting to hear where resources would go best. "Tell me what I don't know," she said.

Some advocates suggested expanding the successful recovery coach program from beyond hospital emergency departments. Recovery coaches are assigned to respond to requests for sub-

stance use treatment on an on-call basis in the emergency departments at Backus Hospital, Windham Hospital, MidState Medical Center and soon Hartford Hospital. The results have been impressive with patients connecting to care more than 95 percent of the time.

Rushford Medical Director J. Craig Allen, MD, said it's crucial to keep patients engaged in their recovery after they begin treatment.

"We have effective treatments and capacity in our programs; it's sustaining engagement that's the challenge. Easy availability of low cost, super potent fentanyl means lapses in treatment can be fatal," said Allen. "With better care coordination utilizing recovery coaches, peer supports, and/or navigators, we'll be able to multiply our success and start to curb the number of deaths we're seeing."

Rushford's Dr. Dinakar first to be certified in addiction medicine

Rushford psychiatrist Hassan Dinakar, MD, is the first Hartford HealthCare provider to be certified in Addiction Medicine (ADM) under the American Board of Preventive Medicine (ABPM). The ADM subspecialty was approved by the American Board of Medical Specialties (ABMS) in 2016.

"The new designation by ABMS reinforces the recognition of addiction as a preventable and treatable disease, helping to shed the stigma of misunderstanding that has long plagued this line of medical work. This provides another ABMS option for physicians interested in specializing in the treatment of addiction," according to the American Society of Addiction Medicine website.

"In addition to the new ADM designation, providers specializing in addiction

treatment can be certified in Addictions as a Psychiatry sub-specialty or by the American Board of Addiction Medicine," said Rushford Medical Director J. Craig Allen, MD, "Dr. Dinakar is now certified under all three, and with Psychiatry I guess you can say he is quadra-boarded."

"To be accredited by the ABMS is a big step," said Dr. Allen. "For patients, it means they are assured that the provider has demonstrated an expertise in prevention, treatment and ongoing management for addictive disorders. It may also mean that some insurance companies and regulatory agencies will require this type of certified expert status to be eligible for reimbursement."

Hartford HealthCare to host American Society of Addiction Medicine event

Hartford HealthCare will host the seventh annual "ASAM Educational" on Thursday, May 17, at 6 p.m. in Heublein Hall at the Hartford Hospital Education and Resource Center.

The event is a competition between medical residents challenged to illustrate how substance use disorders (SUDs) impact their patients and their practice. Each contestant submits their 10-slide, 10-minute presentation. During the dinner portion of the evening, a poster board session allows the audience to talk informally with each entrant about their projects. The top three early career doctors go head to head live on stage in front of the panel of judges for monetary awards and an all-expense paid trip to the Cape Cod Symposium on Addictions held in September in Hyannis, Mass.

Eligible contestants must be in a Connecticut medical/surgical residency or fellowship and should email their intention to compete to ctchapterasam@gmail.com. All are welcome to attend, and it is free with prior registration. To register as an attendee, send an email to the same address ctchapterasam@gmail.com.



Dinakar

School walkout could help ease children's fears of gun violence

If your kids participated in the nationwide school walkout to protest gun violence, they weren't just taking a stand. They might also be helping their mental health and easing anxiety they feel about a mass shooting happening at their school.

A month after 17 students were gunned down at Marjory Stoneman Douglas High in Parkland, Fla., high school students and teachers across the country, including thousands in Connecticut, walked out of class March 21 in the first coordinated, student-led protest calling for tougher gun laws to protect students from tragedies like Parkland and Sandy Hook. The mass protest was held at 10 a.m. local time and lasted 17 minutes, one minute for each of the victims.

"Participating in an event like the nationwide walkout makes people feel like they have regained some control and that you're not just passively letting things happen. And, there's that realistic feeling that they're doing something that will increase safety in their school," says Carrie Pichie, PhD, Hartford HealthCare Behavioral Health Network East Region Director of Ambulatory Care — which includes Natchaug Hospital and the psychiatric services departments at Backus and Windham hospitals.

Another way to ease anxiety for students is to remind them that with 55 million children enrolled in schools in the United States, shootings are rare and that they are unlikely to experience one, Pichie says. Pichie says it's also a good idea to turn off the news coverage for these types of events.

"People can become very anxious if they continue to watch or read about them. If someone is concerned about these types of events, doing something positive like taking part in peaceful protest or writing a letter to an elected official can help lesson anxiety," Pichie says.

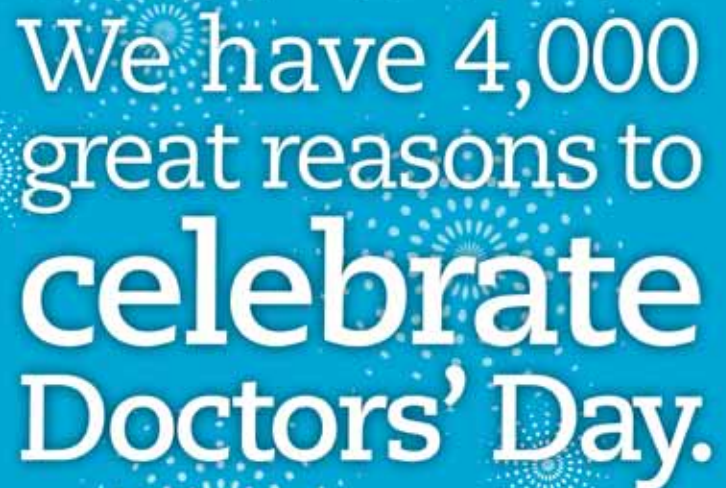
On March 24, thousands of people are expected to participate in "March for Our Lives" rallies across the country to call for gun control in the wake of the Parkland shooting. Another national walkout is planned for April 20, the 19th anniversary of the shooting at Columbine.

To connect with services for helping to manage anxiety visit www.instituteofliving.org/adc.

About BHNews

BHNews is published every other Friday. Story ideas or submissions may be sent to amanda.nappi@hhchealth.org or steve.coates@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, April 3, at noon



We have 4,000
great reasons to
celebrate
Doctors' Day.

On National Doctors' Day, we're thanking the 4,000 doctors who practice throughout Hartford HealthCare. Their skills, expertise and compassion make a difference every day in the lives of our patients and families. We hope you'll thank them as well.

To connect with our great physicians, call 1.855.HHC.HERE (1.855.442.4373).

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HOCC mental health program caters to older adults

As adults age, they undergo major changes in their lifestyle. Retirement from their career, the loss of spouses or other social supports, and new or worsening health conditions can all take their toll on emotional well-being. When those changes are compounded with existing mental health issues, a moderate bout of depression or anxiety can suddenly have a huge impact on day-to-day functioning.

For adults 55 and older in the New Britain area who are struggling with mental health, the Hospital of Central Connecticut's Older Adult Intensive Outpatient Program offers a unique mix of treatment and lifestyle development.

"Traditional mental health programs are very focused on developing coping skills, and although that's part of our approach, we also try to help people through the changes in their life," said Samantha Sanborn, MA, LPC, psychiatric clinician for HOCC Outpatient Psychiatry and Behavioral Health. "A major focus in the program is on building up new social supports and connecting to resources in the community."

On any given day, the HOCC clinicians might be helping clients sign up for the Silver Sneakers program, which offers free gym memberships for people 65 and older with certain insurances, or identifying local discounts offered for seniors in the community like Big Y's Senior Savings Club.

For many clients, the group itself has become a source of socialization and support.

"The Older Adult program has become a little community, more so than some of our other groups," Sanborn said. "They have their own separate space, they have their tea break and lunch together, and are very supportive of one another."

"We had one woman with limited mobility, and everyone in the group made it a point to help her with her coat or her lunch tray. There's a unique dynamic."

The specific age range of the group —

which spans from 55 to over 80 years old — is a primary reason the clients are able to connect as well as they do.

"It can be tough for older adults to sit in a group with a 27-year-old and try to find common ground," said Danielle Marinucci, LCSW, psychiatric clinician for HOCC Outpatient Psychiatry and Behavioral Health. "This group is a great place for them to feel comfortable with people who are facing similar challenges and are able to relate based on their life experiences."

The topics covered in group therapy are catered to the age group and include

loneliness, health changes, shifts in employment, sense of identity, and medication management. Each client also works directly with a board-certified geriatric psychiatrist who is trained in understanding the impacts of various medications on older adults.

"We want them to draw on their skills and talents, relive good memories, and feel empowered for as long as possible," Marinucci said.

For more information or to schedule an intake appointment, call the HOCC Counseling Center at **860.224.5267**.



WW Weight Watchers Webinar Schedule

Join us!
Below is a list of live, interactive webinars hosted by Weight Watchers in the next few months. Make sure to check them out!

When: Available On Demand (1 hour)
Topic: Introducing WW Freestyle™ Webinar to Employees
Register Here: webinar.weightwatchers.com/e/WWFreestyle

When: Tuesday, April 17 at 2:00pm EST (1 hour)
Topic: **New!** Cooking with Julie: Meal Prep Solutions for the Work Week
Register Here: webinar.weightwatchers.com/s/MPS2018

When: Thursday, May 10 at 4:00pm EST (1 hour)
Topic: Chef Ryan: Wholesome Cooking Techniques
Register Here: webinar.weightwatchers.com/s/WCT2018

When: Tuesday, June 5 at 2:00pm EST (1 hour)
Topic: At Transformation Story
Register Here: webinar.weightwatchers.com/s/Transformation2018

When: Thursday, June 14 at 1:00pm EST (1 hour)
Topic: **New, in observance of Men's Health Month!** A Transformation Story: Male POV
Register Here: webinar.weightwatchers.com/s/TransformationMalePOV2018

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Fortnite's sudden rise highlights need for oversight

Over the last few months, Fortnite, the wildly popular online multiplayer from Epic Games, has made the jump from video game to pop-culture sensation.

The game boasts more than 45 million players, with an average of 15 million new users each month. Fortnite memes and videos dominate social media feeds and lunch-table conversations at schools and colleges across the country. And on March 14, a record-breaking 600,000 people tuned in to the video-game streaming service Twitch to watch professional gamer Ninja and rapper Drake play the game.

So what exactly is Fortnite, and what is it about the game that has everybody talking?

"Fortnite is a cooperative sandbox survival game, but the most popular way it's played is as a 'Battle Royale' where 100 players essentially fight to the death until there's one player surviving," said Paul Weigle, MD, a child and adolescent psychiatrist and associate medical director at Natchaug Hospital. "The game incorporates elements of games such as Minecraft and Call of Duty. In addition to shooting opponents with military style weapons, players must mine for resources and build forts and structures to defend themselves against their opponents."

Part of the game's appeal is its accessibility — the Battle Royale version of the game is free to download on any computer, Xbox One or Playstation 4. Epic Games released the iOS version of Fortnite, bringing the popular game to Apple iPhones and iPads, the same week as the Twitch event.

"Fortnite has a number of elements that make it very engaging," Dr. Weigle said. "It's a sandbox game, so players have a lot of choice and creativity as



■ For a free mental health assessment, call Natchaug Hospital admissions at **860.456.1311, ext. 7**. For more information on Natchaug and its programs and services, visit www.natchaug.org.

to how they play the game. It's easy to learn and to get into and is played competitively with other players, which encourages users to vie for status and upgrades."

The same elements that make Fortnite appealing can also be habit-forming, particularly for school-aged players.

"The more players who engage in the game, the greater the chance the players will be hooked," Dr. Weigle said. "Communities form around play, and kids talk about it in school and play with their friends."

"These games are challenging, and players who put their full focus into the game and devote a lot of time to it are more likely be rewarded with greater status in the community. So when players reach accomplishments in the game, they feel rewarded even though the real

world payoff is minimal."

Because Fortnite has addictive qualities, parents should be proactive in monitoring their children's usage of the game, said Dr. Weigle.

"With all video games, parents should supervise the amount of time their kids are playing and limit total combined screen time to a reasonable amount — for example, two hours on a school day," Dr. Weigle said. "That ensures that kids have adequate time for other activities such as academics, exercise, socializing and sleep."

"Parents who feel unable to adequately and safely place limits on their children's screen entertainment should consider seeking help from a qualified mental health professional."

Fortnite or other games don't have to be a divisive issue in the home, said Dr. Weigle, and can even be a chance for parents and children to spend time together.

"If parents try playing Fortnite with their kids, it will give them a better idea of what it's about," Dr. Weigle said "It's also an opportunity to share an enjoyable experience with your kids and understand something that's exciting for them."



BHN staff offers insight into opioids, nicotine levels

■ On March 22, Hartford HealthCare Behavioral Health Network President Pat Rehmer was interviewed for a story in the *Meriden Record Journal* about analyzing ED visit data to better respond to opioid overdoses.

<http://www.myrecordjournal.com/News/State/State-tracking-numbers-ER-s-see-new-overdose-trends.html>

■ On March 20, Rushford Medical Director J. Craig Allen, MD, was interviewed for a segment on News8 about a new report on overdoses in Connecticut and a new tracking system to monitor opioid overdoses.

<http://wtnh.com/2018/03/20/more-than-1300-overdoses-in-first-two-months-of-2018/>

■ On March 19, Dr. Allen was featured in a story on NBC Connecticut about the FDA decision to lower nicotine levels in cigarettes. https://youtu.be/CZ_TuCqqeAw

■ On March 12, the IOL's Laura Saunders, PsyD, ABPP, was featured in a Fox 61 story about children and video games. <https://youtu.be/hD0TkIZS7Ss>

■ On March 8, Dr. Allen was on WTIC-AM radio to talk about a new opioid study. <https://soundcloud.com/hartford-healthcare/wtic-craig-allen-march-8-2018/s-3wTyG>

For more behavioral health news updates, subscribe to the BHN's e-newsletter on www.healthnewshub.org.

Nightingale News

■ Four nurses from the Behavioral Health Network are being honored as part of the 2018 Nightingale Awards for Excellence in Nursing on Thursday, May 3, at the Mystic Marriott. They include:

■ **Valerie Walton, RN, Rushford, Meriden and Durham.** Behavioral health nursing can be a challenging profession, but for Walton, it's all about attitude. "I strive to have fun or instill a little humor throughout the day with both my coworkers and clients, which helps show that I am human too," Walton said. Even when she encounters tough situations, Walton keeps a positive outlook. "I like to utilize each one as a learning opportunity and a chance for growth." Walton, who goes above and beyond her nursing duties as an H3W workgroup leader, Zero Suicide champion, and member of the policy and procedure and health and safety committees, would recommend the nursing profession to anyone who might be interested.



Walton

■ **Janice Ash, RN, Natchaug Hospital, Inpatient Units.** As a supervisor with more than 20 years of nursing experience, Janice Ash is often called upon when staff members are handling a client on the verge of crisis or aggression. "I think it's important to empower the nurse to take the lead in those situations," Ash said. "I'll speak to them and ask how they think we should handle the situation. I let the nurse make the decision and give input when asked or if necessary." Her approach to mentoring has made her a trusted resource for her coworkers. "I try to be a good listener, and my peers often ask for my opinions on how to handle situations, both at work and at home."



Ash

■ **Klari Esmaili, RN, Natchaug Hospital, Adult Inpatient Unit.** Many clients who arrive on the Natchaug inpatient unit come directly from the emergency room, wearing only a hospital gown and socks. When the hospital ran out of donated clothing, Esmaili was ready and willing to purchase clothing and shoes for several adult inpatient clients. "Klari treats her patients like family," said Susan Woodman, nurse manager for the adult unit. "She listens and lets them know that she truly cares, even when she is busy." Esmaili, who has been a nurse for more than 13 years, volunteers in her free time for breast cancer awareness, the American Heart Association, and at a women's shelter where she helped organize a skin cancer prevention program.



Esmaili

■ **Jennifer Smith, MS, BSN, RN, Backus Hospital, D-1 Inpatient Unit.** A member of the American Psychiatric Nurses Association, Jennifer Smith believes "a feeling of empowerment and desire to learn in an ever-changing profession allows us to be great as nurses." She can measure success by getting a patient to smile, another to paint a picture featuring her or still another to call after discharge to tell her she misses her. Jennifer is always eager to help patients. When one asked about alternative therapies, she pulled together an interdisciplinary workgroup to create a program designed for psychiatric patients, gauging pain and anxiety levels before and after treatment. Earning grant support, the program has evolved to include regular visits from a nurse who does group and individual sessions with patients, one of whom said, "I have never been touched in a positive way before. The meditation is something I will continue to pursue on my own outside of here."



Smith

New intranet coming soon for IOL

The current Hartford Hospital intranet site, which includes the Institute of Living, was developed more than 20 years ago and has not changed significantly over time.

In order to make the intranet more efficient, functional and user-friendly, we will be transitioning the Hartford Hospital intranet to a new site on HHC Connect. The site is scheduled to go live on Wednesday, April 11.

Efforts were made over the past several months to update existing content on the current site, but the old intranet will remain active for two weeks after the transition so users can check the new site and ensure content was migrated successfully. There will be a link on each page to provide that feedback.

After two weeks, policies will be the only content still available on the old intranet. Once Hartford Hospital policies have been transitioned to the new policy platform, PolicyTech, the old intranet will be turned off. PolicyTech is expected to go live on May 15.

The new intranet will greatly improve the user experience and bring much needed reorganization to the site, including search capability. If you have any questions, please contact Pamela Cruz, Marketing Manager, at **860.681.8161** or **pamela.cruz@hhchealth.org**.

Retirement celebration for Karen Blank

Please join us for Dr. Karen Blank's retirement celebration on Thursday, March 29. The celebration will be held in the Commons Building's Litchfield Room from 2:30-4:30 p.m. Light refreshments and dessert will be served.



Blank



Dr. Elizabeth Burch delivered a Grand Rounds lecture to a full house at the IOL on March 15. Dr. Burch's talk focused on motives behind hate crimes.

Grand Rounds event centers on hate crimes

Elizabeth Burch, DO, from the Institute of Living, delivered a Grand Rounds lecture on understanding the motives behind hate crimes.

Burch's lecture, held on March 15 in the IOL Commons Building, focused on the legal definition and scope of hate crimes, bias motivations in relation to hate crimes, and identifying social and economic factors that contribute to hate crimes.

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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 23, 30, April 13, 20, 27, May 11, 18, 25, June 8, 15, 22, 29. (Every Friday except the first of the month), 1 - 2 p.m. in the Center Building, First Floor Conference Room. For young adults ages 17-26 struggling with a new diagnosis, chronic medical conditions, physical symptoms or limitations. The group will help with difficult losses and limitation due to a medical condition, and build a positive, future-oriented focus with realistic goals. To RSVP, please email marissa.sicley-rogers@hhchealth.org.
- **Depression Bipolar Support Alliance Group (DBSA).** March 26, April 2, 9, 16, 23, 30, May 7, 14, 21, June 4, 11, 18, 25. (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and March 28, April 4, 11, 18, 25, May 2, 9, 16, 23, 30, June 6, 13, 20, 27. (Every Wednesday), 7 – 8 p.m. in the Commons Building, 2nd Floor, Litchfield 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 28, April 11, 25, May 9, 23, June 13, 27. (Second and fourth Wednesday of each month), 5 – 6:15 p.m. in the Center Building, Young Adult Service Group Room. Support group for 16- to 23-year-olds who identify LGBTQ issues as being prominent in their lives. The goal is to
- discuss support strategies to manage life challenges.
- **Trauma Support Group.** March 28, April 11, 25, May 9, 23, June 13, 27. (Second and fourth Wednesday of each month), 6-7 p.m. A peer-led group that offers a supportive environment for individuals with any type of trauma history. Attendees will discuss relevant topics and educational materials will be available. To attend, please RSVP to Laura at **860.545.7324**.
- **Hearing Voices Network (HVN).** March 29, April 5, 12, 19, 26, May 3, 10, 17, 24, 31, June 7, 14, 21, 28. (Every Thursday), 5 - 6:30 p.m. in the Todd Building, Bunker Room. Peer run support group based firmly on a belief of self-help, mutual respect and understanding where people can safely share their experiences of voices, visions, unusual sensory perceptions. The groups offer an opportunity for people to accept and find meaning in their experiences that help them regain power over their lives.
- **Al-Anon Parent Group.** March 29, April 5, 12, 19, 26, May 3, 10, 17, 24, 31, June 7, 14, 21, 28. (Every Thursday), 7 - 8 p.m. One hour topic discussion.
- **Managing Schizophrenia.** April 3, 6:30 – 7:45 p.m. This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home. To attend, please RSVP to Laura at **860.545.7324**.
- **Dementia Support/Educational Group Meeting.** April 3, May 1, June 5. (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**.
- **It's Hard To Be A Mom.** April 5, 19, May 3, 17, June 7, 21. (First and third Thursday of each month), 10 - 11:30 a.m. Peer-led group that acknowledges the inherent challenges with modern-day mothering and offers an opportunity for mothers to come together, share experiences, and support each other. This group welcomes expecting mothers and mothers with babies to discuss any and all challenges associated with motherhood. Babies welcome! Space is limited. Please RSVP to Laura at **860.545.7324**.
- **Support Group For Families Dealing With Major Mental Illness.** April 5, 19, May 3, 17, June 7, 21. (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room. For family and friends of individuals who have schizophrenia, bipolar or other related disorders. Learn to care for yourself while caring for others.
- **Substance Use Educational And Support Group.** April 12, May 10, June 14. (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.
- **Dementia Lecture: An Introduction.** April 17, 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**.

ECSU Foundation luncheon focuses on suicide prevention

Jordan Porco Foundation president and co-founder Marisa Giarnella-Porco presented on suicide prevention in young adults to a crowd of almost 100 people at the 10th annual ECSU Foundation luncheon to benefit Natchaug Hospital on Wednesday, March 14.

The event raised more than \$9,000 for Natchaug's educational programs.



Tom King, vice president of clinical operations for the East Region of the HHC Behavioral Health Network, and Marisa Giarnella-Porco, president and co-founder of the Jordan Porco Foundation.



Lamirra Simeon, principal for Natchaug's Joshua Center Thames Valley CDT School, and other school staff stand as they are recognized for their work with students struggling with mental health.



Betsy Ritter, chair of the Natchaug Development and Philanthropy Council, Gerry Lupacchino, Hartford HealthCare vice president of Experience, Engagement, and Organizational Development, and Pat Rehmer, president of the HHC Behavioral Health Network and senior vice president for Hartford HealthCare.

Have you heard the news?

Introducing Hartford HealthCare's news hub
Hartford HealthCare's new online health news site delivers lively, informative and useful health news in a whole new way. Look for print, video and audio stories produced by HHC's News Service, as well as timely tips on nutrition, fitness, health and wellness, and medical innovations.

Don't miss a single story!
Read the latest health news or sign up for our e-newsletter at:
healthnewshub.org



Second Annual Natchaug Hospital Charity Co-ed

Softball Tournament

Saturday, June 2, 2018

Recreation Park
79 Main St., Willimantic



\$200 per team – 12 team maximum

Limit 15 players per team (minimum of 6 females). All players must be over 18 years old.
Tournament format will be double elimination.

Participating players will receive a t-shirt. First- and second-place teams will receive a trophy.
Families are invited to attend (this is an alcohol-free event).

All proceeds from the event will support the Natchaug Hospital child and adolescent inpatient unit.

For more information,
contact Ashley Laprade at
ashley.laprade@hhchealth.org
or 860.696.9872.



**Natchaug
Hospital** 
Connect to healthier.™

You're Invited

Nightingale Reception

Monday, April 30, 2018

2:30-3:30 pm

Natchaug Community Room

Join us to honor the winners and nominees for the 2018 Nightingale Awards for Excellence in Nursing. Light refreshments will be served.

2018 Natchaug Hospital winners:

- Janice Ash
- Klari Esmaieli

2018 Natchaug Hospital nominees:

- | | |
|----------------------|-----------------|
| Cheryl Armstrong | Leslie Lucas |
| Karen Carter | Stacey Lanoue |
| Janette Cawley | Caroline Morris |
| Audrey Curtis | Kristen Nelson |
| Gino D'Eliseo | Judith Nodwell |
| Jamie Gainor | Maria Patulak |
| Michelle Gardner | Jennifer Pratt |
| Charlene Harrington | Sandra Quezada |
| Alexandra Kosakowski | Kellie Thompson |
| Jennifer Laukaitis | |

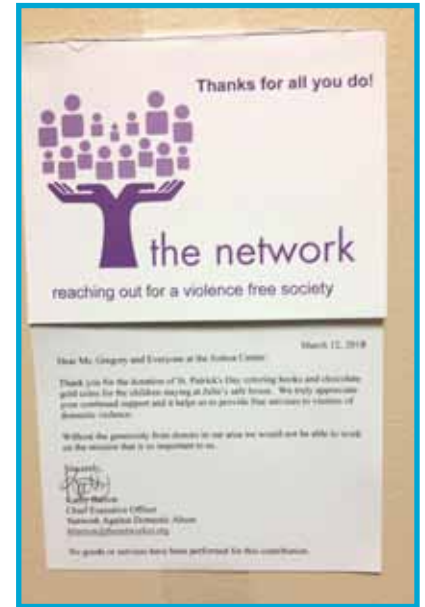


Natchaug Hospital
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Enfield students get involved in the community

The Network Against Domestic Abuse sent a card, shown at right, to the Joshua Center Enfield CDT School leadership club students thanking them for their donation of coloring books and gold coins in celebration of St. Patrick's Day.

In a few weeks, the students will also be delivering chocolate bunnies and coloring books made by the students in honor of the Easter holiday. All of the gifts were fundraised by the students through a bottle and can drive.



Rushfordreport

SMART groups offer help for young adults

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 satisfy-

ing lives.

Group meetings are held at the following times and places:

■ **Rushford at Glastonbury, 110 National Drive:** Tuesdays, 6-7 p.m. — family and friends group; Fridays, 2:30-4 p.m. — 16- to 18-year-olds; Fridays, 4:30-6 p.m.: 19- to 24-year-olds.

■ **Rushford at Meriden, 883 Paddock Avenue:** Thursdays, 2:30-4 p.m. — 16- to 18-year-olds; Thursdays, 4:30-6 p.m. — 19- to 24-year-olds; Thursdays, 4:30-6 p.m. — family and friends group (separate group)

No registration or cost to participate. For more information, contact Krystle Blake at **203.238.6800** or **krystle.blake@hhchealth.org**.

Save the Date!

Rushford
Connect to healthier.™

30th Annual RUSHFORD GOLF CLASSIC

Tuesday, May 22, 2018

Lyman Orchards Golf Club, Middlefield, CT

For more information, please call **860.696.9872**.

Rushford
883 Paddock Avenue
Meriden, CT 06450

Recovery never stops. Neither do we.

MHFA classes now found on HealthStream

In an effort to standardize BHN registration for trainings, Mental Health First Aid (MHFA) training schedules and registration are now found on HealthStream.

MHFA training is offered at the Institute of Living on the third Friday of each month from now through September 2018. A minimum of 10 participants must be registered in order for the course to be run.

If you are interested in scheduling a training outside of the Hartford region, contact MHFA coordinator Patricia Graham at patricia.graham@hhchealth.org.



5K Race & Fun Walk

Saturday, May 12, 2018

Agogliati Field
25 Middlesex Avenue
Portland

8:30AM registration; 9:30AM race start
\$20 pre-registration; \$25 day of event

All proceeds benefit substance use clients in recovery at Rushford's Stonehaven facility in Portland.

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To register, visit lightboxreg.com/RushfordRaceforRecovery.
Questions? contact Ashley Laprade at Ashley.Laprade@hhchealth.org

Volunteers needed for May 5K

Calling all volunteers! We are looking for staff who are willing to help with Rushford's Race for Recovery 5K on Saturday, May 12, in Portland. All proceeds will benefit clients at Rushford's Stonehaven facility.

Please contact Ashley Laprade at ashley.laprade@hhchealth.org if you are interested in planning and/or volunteering for this fun event!

Now seeking **clients** or their **family members** for the Rushford

CLIENT ADVISORY COUNCIL

The **Rushford Advisory Council** is a volunteer collaborative partnership between Rushford staff, clients and their families to help make the client service even better. We are looking for new members that represent all of Rushford's programs, services and locations.

Meetings are held on the **second Wednesday** of every month at 5 pm at Rushford-Meriden at 883 Paddock Avenue.



To recommend a client or family member who may be interested in providing **ongoing constructive feedback** about their experiences at Rushford, please contact Greg.Hogan@hhchealth.org.

Rushford
Connect to healthier.™



Town Hall Meetings

Connect with your Senior Leadership Team at one of two upcoming Town Hall Meetings.

- Receive responses to your feedback from the last Town Hall Meeting
- Share feedback on your work environment
- Celebrate wins and recognitions
- Hear updates on our external environment

Tuesday, April 3, 3-4 pm

Silver Street Cafe

Thursday, April 5, 3-4 pm

Paddock Avenue Cafeteria

Can't make it? Join by VMR:

meet.rushfordoperations@video.hhchealth.org
Call in: 860-972-6338 Access code: 787436732

If you have questions, contact **Laurie Clinton** at 203.238.6894 or laurie.clinton@hhchealth.org

