



### BUDGET BATTLE

State takes aim at health care (again). Here's what you can do about it.

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Hartford HealthCare  Behavioral Health Network

# BHINews

## Shatterproof CEO leads the charge against addiction

*Featured Natchaug speaker lost son, vowed to change perception*

**M**ore than 10 years ago, a boy from Easton, Conn., named Mikey was diagnosed with cancer. Although the situation was challenging, the town rallied to support both Mikey and his family. Parents offered home-cooked meals and carpools. Local elementary schools organized bake sales and car washes to raise money for the newly formed "Mikey's Way" charity. And most importantly, Mikey had access to the highest quality medical care.



Gary Mendell

Just across town, Gary Mendell's son was also diagnosed with a disease.

"For [my son] Brian and our family it was different," Mendell said. "Our town did not rally behind Brian or our family. There were no calls, no bake sales, no home-cooked meals. We couldn't find

medical care based on scientific research."

The difference was that the disease Brian struggled with was addiction. On Oct. 20, 2011, after being clean for 13 months, Brian took his own life. He was 25.

"Ever since that day, I wake up every morning asking the same question — if both boys had a disease, why are their stories so different?" Mendell said. "Science tells us that the causes of these diseases are the same, but many in our soci-

Brian Mendell lost his life to addiction at the age of 25. His passing inspired his father, Gary, to found Shatterproof.



ety disagree. They say those with addiction or mental health issues have character flaws or weak character."

"In the end, Mikey was a patient and Brian was an outcast."

For Mendell, the guest speaker at Natchaug Hospital's annual ECSU Foundation luncheon on March 19, Brian's death marked a turning point in his life. Up until 2011, he served as founder and CEO of HEI Hotels and Resorts, which manages more than 40 hotels and is valued at \$3 billion. Prior to that, he was president of Starwood Lodging Trust, the largest hotel

..... Continued on page 4

# State budget takes aim at health care

The Connecticut General Assembly is working on a state budget that, if passed, will hurt Connecticut hospitals and behavioral health providers. Together, we believe we can turn this around.

Will you help?

The governor's proposed budget would cut \$380 million in state funding to hospitals — including a reduction of nearly \$41 million (over two years) to Hartford HealthCare. Our system and its peer organizations across the state have had to cope with a series of staggering cuts in government funding in recent years. HHC lost \$111 million in 2013 and \$16 million from additional federal reductions. We've had to make many difficult choices as a result of these past cutbacks, including closing programs, reducing hours of service and cutting staff.

The BHN is being cut nearly \$1 million, with greatest impact on DMHAS grants to Rushford (outpatient & detox) and the clinics at IOL and Backus. There is also significant risk to Medicaid rate reductions throughout the BHN.

Here is how you can help. Lawmakers must approve a final budget by early June. We don't want these cuts to be part of that budget. Please email your legislator at the link provided. The link will

## How to get involved

The link for emailing your local legislators is: <https://votervoice.net/hhc/campaigns>

Here are additional points you can use when speaking with or emailing your legislators:

- We understand the complexity and the tough choices required when creating budgets. We know that health care makes up a big chunk of the state budget.
- These cuts to hospitals that continue every year are too deep. They would reduce Medicaid payments to our hospitals by \$41 million over the next two years. They include:
  - ☞ Reduction of the Medicaid provider rates
  - ☞ Elimination of the low-cost hospital provider pool
  - ☞ Increase in the hospital provider tax
  - ☞ Reduction in DMHAS grants
- These are cuts to state money that help us care for our poorest residents – families and individuals who need us most.
- The result will be difficult decisions affecting programs, services and jobs.
- Our hospitals are major employers in their regions. As a whole, Hartford HealthCare is the fourth largest employer in the state. It's important for our hospitals to be financially healthy to support our state's economy.

bring you to a website that will automatically identify your state representatives, based on your address and zip code. It also includes a pre-written message that we hope you will customize with your own opening and closing comments.

Thank you for stepping up as mem-

bers of the Behavioral Health Network and the Hartford HealthCare family. I appreciate your participation in an effort that is truly system-wide and aimed at reducing cuts to funding that would affect our ability to care for our neediest patients



## Manic Days gives SXSW moviegoers a look at mental illness

Director Paul Dalio's first ever feature film, Mania Days, premiered at last week's South by Southwest festival in Austin, giving moviegoers a glimpse into the world of those with bipolar disorder. The movie, which stars Katie Holmes and Luke Kirby, tells the story of a manic-depressive man and woman working through their relationship and mental illness diagnoses.

Dalio, who is diagnosed with bipolar disorder, used his own personal experience in creating the two characters. To read more, visit: <http://reut.rs/1xdorh1>.

## Student-athlete mental health issues challenge NCAA

In the wake of the suicide of University of Pennsylvania runner Madison Holleran, the NCAA has been challenged to find new ways to address mental health issues amongst student athletes.

Issues of eating disorders, anxiety and depression are becoming increasingly prevalent among athletes, especially females who are twice as likely to develop the disorders. To read more, visit: <http://foxs.pt/1y6cBk4>

# BHN testifies in support of mental health proposal

On March 18, the Connecticut Hospital Association (CHA) and leadership from Connecticut hospitals and health systems — including the Behavioral Health Network (BHN) — testified before the General Assembly’s Public Health Committee in support of SB 1089, An Act Concerning Mental Health Services.

The bill includes several recommendations developed by the CHA Subcommittee on Mental Health of the Committee on Government.

The bill would call on state agencies to work with hospitals to create a shared savings model for behavioral health services, as well as develop transparent health outcomes and quality measures for state-operated and state-funded facilities. It would increase

reimbursement rates for Medicaid, fund coordinated community care, and address the need for patient beds for mental healthcare.

Stephen W. Larcen, PhD, BHN President and co-chair of the CHA Subcommittee on Mental Health, testified in support of a Medicaid shared savings program as an incentive to healthcare providers to improve the quality and decrease the costs of care, including requirements that quality standards ensure the improvement and coordination of care.

James O’Dea, PhD, MBA, Regional Director, Hartford HealthCare Behavioral Health Network, addressed the need for funding intermediate care beds. “Intermediate care is much more than

simply extending the length of time that a patient is treated on an inpatient setting. While a lengthier time is part of this level of care... that time allows for the deployment of specialized individual, group, and family therapies that are not customarily available in standard inpatient care.”

CHA would like to thank the organizations that provided testimony, which included Bristol Hospital, Connecticut Children’s Medical Center, Day Kimball Healthcare, Hartford HealthCare Behavioral Health Network, Johnson Memorial Hospital, Lawrence + Memorial Hospital, Middlesex Hospital, St. Francis Hospital and Medical Center, Western Connecticut Health Network, and Yale-New Haven Health System.

## staff speaks out

### What did you want to be when you were growing up?



First woman president because I wanted to be in control!

— **Trish Hayward-Paige**,  
Natchaug pharmacy technician



I honestly don’t remember. Probably a teacher or something like that.

— **Michelle Scott**,  
Child and Adolescent Recreational Therapist, IOL




Professional soccer player  
— **Jose Scarpa**, Natchaug Director of Pharmacy



I wanted to be a firefighter.  
— **Bryson Sanderson**,  
Food Assistant, IOL

**FAMILY RESOURCE CENTER** \*\*\*\*\*

### Autism Awareness Month Event




Tuesday, April 14, 2015  
5:00 pm – 7:00 pm

Empowering parents to advocate for their children.

You will hear from a professional special education advocate, parents who are actively advocating and adults who have benefited from their parents’ work on their behalf.

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

For more information or to RSVP by April 11, please contact Goviana Morales at 203.886.9958, or email [goviana.morales@hhhealth.org](mailto:goviana.morales@hhhealth.org)



Institute of Living  
A Division of Hartford Hospital

Hartford HealthCare   
Behavioral Health Network

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

## Leading the charge against addiction

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investment trust in the country.

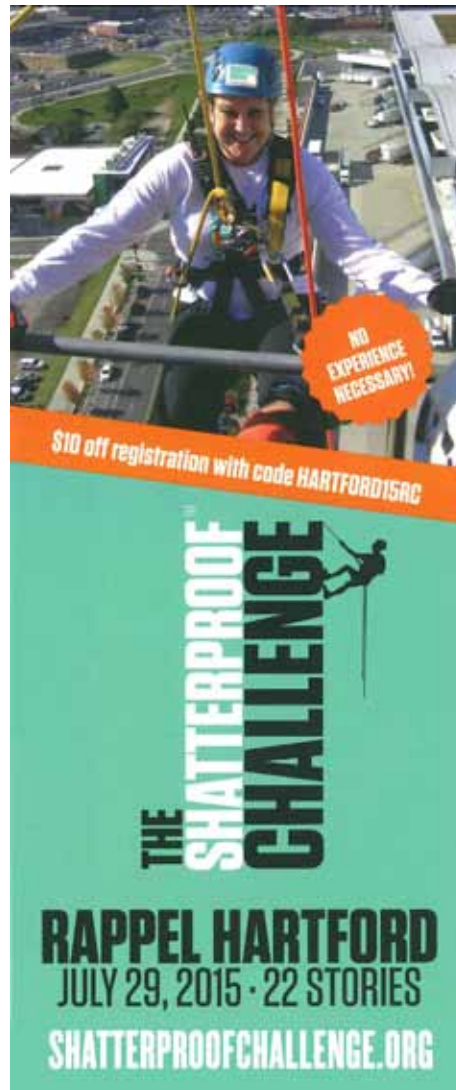
But after Brian's death, Mendell took his passion and business acumen and set out to found a charity in his son's memory. After months of investigation and research, what started as an idea for an eight-bedroom halfway house turned into something bigger.

"For every major disease in this country, there is one large, well-funded, national organization that does three things really well — research, advocacy and getting information that is proven to work out into our communities," Mendell said. "Think of American Cancer Society, American Heart Association, Autism Speaks. But there was nothing for addiction."

So in 2013, after two years of planning, Mendell launched Shatterproof, the first ever national organization dedicated to protecting children from addiction and ending the stigma and suffering of those affected by the disease.

Over the past year and a half, Shatterproof lobbied for mental health parity regulations, good Samaritan acts and Naloxone laws across the country. The organization also launched a unique grassroots fundraising effort where 1,000 participants at 14 events nationwide rappelled down hotel buildings.

"The vision that came out was the national organization, but the key is



uniting millions of people around that cause," Mendell said. "We can change the way addiction is treated; we can change the way we talk about addiction; we can end the silence and shame and stigma associated with the disease."

"We can make our families and our loved ones shatterproof."

## 1 BHN First

### One Breath at a Time launches in Glastonbury April 2

Yoga has made its way to Rushford at Glastonbury. Yoga, One Breath at a Time, brings the practice of yoga and mindfulness to those in recovery. In this 60-minute class, participants will gather to share experience, strength, hope and courage.

Classes are led by Pamela Mirante, a licensed clinical social worker and certified yoga teacher with experience in the field of addiction.

"The journey from addiction to recovery starts with separation from others and ends with connection to self, serving others and connection with the community," said Mirante. "Through yoga, our union with ourselves allows us to recognize addictive behaviors and old patterns that may lead to destructive behaviors and lives. Rushford at Glastonbury's yoga practice guides participants to find their inner strength by awakening peace and joy that already exists within."

Yoga, One Breath at a Time, will be offered to Rushford clients, staff, and the surrounding community on Thursdays at 1:30 p.m. at the Glastonbury facility located at 110 National Drive.

Classes are offered at \$60 for a 6-week session, starting April 2, with mats and materials provided. Spots are limited, so reserve yours today by calling Denise at **860-657-8910**.

■ BHN First is a regular feature of BHNNews designed to help readers become more familiar with the unique service offerings across the network, and provide staff with the information to refer within the BHN FIRST!

## Check out the Treasure Trove

BHNNews offers employees a way to reach almost 2,000 of their co-workers for nothing. The Treasure Trove is a free classified section in each issue of BHNNews.

Advertise items for sale or community events that are open to the public by Tuesdays at noon via e-mail to [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org) or [carol.vassar@hhchealth.org](mailto:carol.vassar@hhchealth.org).

## IOL On Campus event highlights suicide prevention

Health leaders from more than 35 colleges across the region were present at the IOL's annual "On Campus: Helping College Students with Mental Health" forum on March 24.

Featured speakers included Leah Nelson and Marisa Giarnella-Porco, LCSW, from the Jordan Porco Foundation, which seeks to prevent suicide in the young adult population. It was formed after Giarnella-Porco's son Jordan died by suicide during his freshman year of college.

"Four years ago, my son died by suicide. He was a freshman at St. Michael's College in Vermont," said Giarnella-Porco "He was there with six buddies (from his hometown). He grew up in a house with a social worker. Ours was an intact family. Those are some of the protective factors we look at when working with kids. Nothing was a taboo subject in our home. There was open communication. Mental health was part of everyday conversation. Yet this horrible thing happened to our family."

"What we didn't find out until after he died was that his behavior was changing," she continued. "In talking to his friends afterward, he was talking about suicide. Thinking he'd be better off dead. He was a little bit more paranoid. He was not eating. Jordan just wasn't Jordan."



*Marisa Giarnella-Porco, LCSW, from the Jordan Porco Foundation, speaks at IOL's annual "On Campus: Helping College Students with Mental Health" forum last week.*

But a planned intervention by his circle of friends never happened, and Jordan died by suicide soon after the start of his second semester of college. He was 19.

After his death, Marisa and her husband, Ernie, asked themselves what they could have done — and can do now — to prevent such tragedies. After much research, she discovered many great suicide prevention programs, but none that quite fit the college-age group.

Thus was born the Jordan Matthew Porco Foundation with programming including the "Fresh Check Day," which builds a bridge between students and

campus resources in a fun, engaging way.

"This is not your typical suicide prevention event," said Nelson. "It's a fair-type atmosphere that includes interactive booths, free food and entertainment, prizes and giveaways."

Fresh Check Day was piloted with great success at Eastern Connecticut State University in 2012. Stephen Taylor, who attended the IOL On Campus Event as the coordinator of the ECSU Pride Room, was a student at the Willimantic state university at the time and attended the first Fresh Check Day.

"From a student perspective, it was so refreshing to have a conversation about this," Taylor said. "Usually when you have a conversation like this there is a lot of stigma associated with it. Creating incentives and making this a fun thing to go to while internalizing the message was one of the most important things that I experienced and that my peers experienced."

Fresh Check Day has grown to include 30 schools in six states, with a national pilot now under way in the state of Texas.

IOL presenters at On Campus included Linda Durst, MD, Medical Director; Mallory Fergione, MSW; Michael Dewbery, MD; Patricia Graham, MHFA Coordinator; and Nancy Hubbard, LCSW.

## IOL to hold blood drive in honor of Red Cross Month

March is Red Cross Month, and the American Red Cross is encouraging people to discover their inner hero by giving blood.

If you are 17 or older, weigh 110 pounds or more, are in generally good health, and have not donated whole blood in the previous 56 days, please consider rolling up your sleeve to help restock Connecticut blood sup-



ply at the IOL blood drive on Tuesday, March 31 from 11 a.m.-3:45 p.m. in the Clark Social Room.

To schedule an appointment: call **1-800-RED CROSS (1-800-733-2767)**, visit [www.redcrossblood.org](http://www.redcrossblood.org) or email [peter.adelsberger@hhchealth.org](mailto:peter.adelsberger@hhchealth.org).

Questions? Contact Kola at **860-972-4595**.

## Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. All programs are free of charge and, unless otherwise noted, are held in the Massachusetts Cottage, First Floor Group Room at the IOL Campus, 200 Retreat Ave., Hartford. For additional information on these support groups, please contact the FRC at **860-545-7665** or **860-545-1888**. The IOL FRC Support Group schedule through June is as follows:

- **Survivors Of Suicide Group.** April 1, May 6, June 3 (First Wednesday of the month), 7 – 8:15 p.m. at the Hartford HealthCare’s Avon Satellite Location, 100 Simsbury Road, Second Floor Suite. For those who have lost someone close to them by suicide. Please call the RSVP numbers with questions or concerns. **860-545-7716** or **860-545-7665**.
- **Sibling Support Group.** April 2, April 16, May 7, May 21 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room. This group will provide support for siblings of those struggling with mental illness, create a safe place to discuss and process feelings, and connect with others.
- **Support Group For Families Dealing With Major Mental Illness.** April 2, April 16, May 7, May 21 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room. For family and friends of individuals who have schizophrenia, bipolar or other related disorders.
- **Dementia Support/Educational Group Meeting.** April 7, May 5, June 2 (First Tuesday of each month), 11:30 a.m. to 12:30 p.m. in the Donnelly Conference Room, First Floor. Please join us as we bring together experts and those who want guidance, direction, and support through this journey. Let’s work together, help each other and exchange ideas. Space is limited — reservations are required by calling **860-545-7665**.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** April 8, April 22, May 13, May 27, June 10, June 24, (Second and fourth Wednesday of each month), 5 – 6:15 p.m. in the Center Building, Young Adult Service Group Room. Support group for 16- to 23-year-olds who identify LGBTQ issues as being prominent in their lives. The goal is to discuss support strategies to manage life challenges.
- **Substance Use Educational And Support Group.** April 9, May 14, June 11 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.
- **Peer Parent Support Group For Those With Children On The Autism Spectrum.** April 15, May 20, June 17 (Third Wednesday of each month), 6– 7 p.m. Facilitated by Goviana Morales, Family Resource Center Peer Volunteer and parent of a child on the autism spectrum. This group is open to any parent who has a child on the spectrum.
- **Depression: An Introduction To The Disorder.** April 21, 6:30 – 7:45 p.m. This program is for family and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment and ways family members might better cope with the illness.

## Spring Flower sales April 2-3

Lilies, tulips and other plants are in bloom and will be on sale as part of the Work Skills Program, Horticulture Services in the Department of Psychiatric Vocational Services

Sales take place as follows:

- Thursday, April 2 from 9 a.m. to 1 p.m., HHC SSO Office Newington Campus, Fifth Floor

- Friday, April 3 from 9 a.m. to 1 p.m., IOL Donnelly Building.

Plants have been seeded and cared for by IOL clients. For more information, contact Pat Wardwell at [patricia.wardwell@hh-health.org](mailto:patricia.wardwell@hh-health.org).

## Blair presents keynote at St. Joe’s Nightingale event

On March 12, Ellen Blair, PMHCNS, APRN-BC, was the keynote speaker for the annual Nightingale Lecture presented at Nursing Research Day at the University of Saint Joseph in West Hartford. Her lecture was entitled, “A Personal Journey of Leadership in Psychiatric Nursing.”



Blair

## New program director at JC Shoreline

Congratulations to Angela Hernandez, LCSW, who has been appointed Program Director for the Natchaug Hospital Joshua Center Shoreline program in Old Saybrook.



Hernandez

Hernandez previously served as the lead primary therapist at JC Shoreline and as a primary therapist for the child and adolescent inpatient unit.

She has also worked as a school social worker and crisis clinician with behavioral health organizations in Arizona.

Hernandez has a Master's in social work from the University of Connecticut and a Bachelor's in sociology from Eastern Connecticut State University. Prior to joining the behavioral health field, she also spent more than 25 years in the food and beverage industry in New York, Vermont, San Francisco and Germany.



Above: Behavioral Health Network Regional Director James O'Dea, Ph.D., MBA, addresses Sen. Chris Murphy. Right: Natchaug Vice President of Operations Justin Sleeper, MSN, discusses issues faced by inpatient providers during the roundtable as BHN Vice President of Quality and Safety and Natchaug Medical Director Deborah Weidner looks on.



## Sen. Murphy visits Natchaug

Natchaug Hospital welcomed U.S. Sen. Chris Murphy and area providers to the main Mansfield campus for a roundtable discussion about behavioral health issues faced by providers and clients. The roundtable, which was one in a series of discussions being held by Sen. Murphy throughout the state, will be used to help guide legislation that will be introduced during this congressional session.

### New hires

- **Heidi Givens, RN** — Per Diem Nurse, Adult Inpatient
- **Suzanne McMahon** — Financial Assistance Counselor
- **Justin Mink** — Primary Therapist, Care Plus
- **Michael Skulczyck** — Educational Assistant, JC Windham CDT

### Carrie Pichie a guest on Stu Bryer radio show

Natchaug Hospital Director of Ambulatory Services Carrie Pichie, Ph.D., was a guest on the Stu Bryer Show on WICH-1310 AM on Tuesday, March 24.

Dr. Pichie discussed the heroin and

prescription pill epidemic affecting eastern Connecticut and the nation. To listen to the full broadcast, visit <http://bit.ly/1N7R8Qu>. Pichie's segment begins at the 66-minute mark.

### Cupcakes arrangements now available

Natchaug Hospital receptionist Antonella Bonesse is offering cupcake arrangements for the upcoming Easter holiday. Orders may be placed by e-mailing [antonella\\_bonesse@hotmail.com](mailto:antonella_bonesse@hotmail.com).



## Open Access now available at Rushford Detox

Effective Feb. 23, the Rushford Admissions team began offering Open Access for detox services. This is an initiative that many recovery organizations in the United States are implementing in an effort to reduce no shows and provide better access to services.

“The goal with Open Access is that no matter when someone calls, they are invited to come in without an appointment, as there is a opportunity for them to be admitted should a scheduled person not show or not meet criteria,” said Darlene Dubowsky, Rushford Admissions Director.

This new Open Access policy takes place at Rushford at Middletown admissions between 2 - 8 p.m., seven days a week. Clients are encouraged to show up, sign in, and wait their turn in order of arrival, unless the order is changed by a nurse, based upon client acuity. Anyone not seen will have the first chance at next-day appointments.

Detox appointments remain available each day from 10 a.m. to 2 p.m.

## On-the-air with Craig Allen, MD

On March 17, Rushford Medical Director J. Craig Allen, MD, was interviewed by WTIC Radio's Joe D'Ambrosio on the topic of addictive gambling. Listen to his interview at: <http://connecticut.cbslocal.com/wtic-afternoons-on-demand/>



Allen

Free Educational Seminar

### Substance Abuse Across the Lifespan: A Community Dialogue on Behavioral Health

Wednesday, April 15  
6:30 p.m. - 8 p.m.

Southington  
Municipal Center  
200 North Main Street  
Southington

This interactive event is part of the ongoing National Dialogue on Mental Health Series sponsored by the Hartford HealthCare Behavioral Health Network. The public is invited to attend, ask questions, share their stories, and learn more about mental health and substance abuse.



**Panelists:**

- Tim Harmon**, young adult in recovery
- J. Craig Allen, MD**, Medical Director, Rushford
- Linda McEwen, LCSW**, The Hospital of Central Connecticut
- Susan Saucier**, Director of Southington Youth Services
- Margaret Walsh**, Director of Pupil Services, Southington Public Schools

For more information or to register for this event, please call **1.800.321.6244**

Sponsored by  
The Hospital of Central Connecticut,  
MidState Medical Center,  
Rushford and the  
Southington Public Schools

Hartford HealthCare  
Behavioral Health Network

## About BHNews

BHNews is published every Friday, except for the weeks of Thanksgiving, Christmas and New Year's. Articles for submission are due by noon on the Tuesday of the publication week.

Story ideas or submissions may be sent to [carol.vassar@hhchealth.org](mailto:carol.vassar@hhchealth.org) or [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org). Articles must be submitted as a Microsoft Word document. Every effort will be made to run the article in its entirety, but due to space and style requirements, editing may be necessary.

**Deadline for the next edition of BHNews is Tuesday, March 31, at noon.**

Come one! Come all! Welcome Rushford's newest service!

## Parker North Housewarming Party

Tuesday, April 7, 2015  
4:30 pm - 6:30 pm



*Take a tour. Meet the staff and clients. Learn more about this new addition to the Rushford services.*

Rushford at Parker North  
101 Parker Avenue North  
Meriden, Connecticut

*Light refreshments will be served!*

RSVP to [monica.pagnam@hhchealth.org](mailto:monica.pagnam@hhchealth.org) or by calling 203.630.5241



## Client Advisory Council project heads to finals

The Rushford Client Advisory Council has been chosen to compete in an HHC patient experience contest at the Patient Experience Collaborative on Friday, April 10, from 7:30 a.m. to 12:15 p.m. at Heublein Hall, Hartford Hospital.

The Client Advisory Council project is entered in the category of Enhanced Patient and Family Centered Care. Rushford will be represented at this event by Darlene Dubowsky, Caitlin Swartz, Greg Hogan, Mike Sienkiewicz, Jahnel Mills and Monica Pagnam. They will be presenting a project poster alongside teams from across HHC.

The goal of the Rushford Client Advisory Council is to enhance client satisfaction and provide recommendations for improving Rushford services.

The Client Advisory Council meets the second Wednesday of every month from 5 - 6:30 p.m. in the cafeteria at Rushford at Meriden, 883 Paddock Ave. Committee members and the council team take this time to brainstorm ideas.

## Save the Date!

The 27th Annual

# RUSHFORD GOLF CLASSIC

Friday, June 5, 2015  
Lyman Orchards Golf Club  
Middlefield, CT

For more information, please call 203.630.5229 or contact [RushfordGolfTournament@hhchealth.org](mailto:RushfordGolfTournament@hhchealth.org)

Rushford Foundation, Inc.  
883 Paddock Avenue, Meriden, CT 06450

Proceeds raised from the 2015 Rushford Golf Classic will be used to support Rushford's child and adolescent prevention and treatment programs.



Council of Business Partners at



COMMUNITY FOUNDATION of Middlesex County

- **Tuesday, March 31 at 8 a.m.:** *Intervention*, Rushford at Glastonbury, 110 National Drive, Glastonbury. This seminar will help answer questions you may have on the topic of intervention. Presented by Rushford's Melissa Monroe and Michell Voegtle Part of the Think 180 Wellness Initiative, sponsored by the Glastonbury Chamber of Commerce. Cost is \$5 per class for Chamber members, \$10 per class for non-Chamber members or local residents. To register online, visit [www.glastonburychamber.com](http://www.glastonburychamber.com)
- **Tuesday, April 14 at 8 a.m.:** *Depression*, Rushford at Glastonbury, 110 National Drive, Glastonbury. Bringing understanding and awareness about clinical depression. Presented by Dr. Laney

Ducharme, Licensed Psychologist. Part of the Think 180 Wellness Initiative, sponsored by the Glastonbury Chamber of Commerce. Cost is \$5 per class for Chamber members, \$10 per class for non-Chamber members or local residents. To register online, visit [www.glastonburychamber.com](http://www.glastonburychamber.com)

- **Wednesday, April 15 at 8 a.m.:** *Early Prevention: How to Talk with Your Kids*, featuring Rushford's Laura Zeppieri, MS, LADC, CAC, who will represent Glastonbury Alcohol and Drug Council with Emily Dickinson, LCSW, CPP, Glastonbury Substance Abuse Prevention Coordinator at Glastonbury Youth and Family Services, 321 Hubbard Street. Cost is \$5 per class for Chamber members, \$10 per class

for non-Chamber members or local residents. To register online, visit [www.glastonburychamber.com](http://www.glastonburychamber.com)

- **Wednesday, April 15 from 6:30 – 8 p.m.:** *Substance Abuse Across the Lifespan: A National Dialogue on Mental Health Forum*, Southington Municipal Center, 200 North Main St., Southington. Substance abuse can affect anyone at any stage of life. This interactive forum discusses addiction from the teen years through older adults. Features J. Craig Allen, MD, Rushford Medical Director, Sponsored by the Southington School System, Rushford, MidState Medical Center and the Hospital of Central Connecticut.

- **Thursday, April 23 at 9 a.m.:** The 12th annual Brain Dance Awards, honoring the winners of the Institute of Living's academic and art competition based upon ending the stigma of mental illness. High school students are eligible to enter through Feb. 1. To learn more, contact [Nancy.hubbard@hhhealth.org](mailto:Nancy.hubbard@hhhealth.org)

- **Wednesday, April 29 from 7 – 8:30 p.m.:** *"The Disconnected Among Us: Sandy Hook and the Mind of the Mass Shooter."* Real Art Ways Theater, 56 Arbor St., Hartford. Presented by Harold I. Schwartz, MD, Psychiatrist-in-Chief, Hartford Hospital's Institute of Living. As a member of both the Governor's Sandy Hook Advisory Commission and the Child Advocate's Office investigating the deaths of 26 people at the Sandy Hook Elementary School in Newtown in December 2012, Dr. Schwartz has a unique position from which to present his insights into the mind of the mass shooter. Sponsored by Real Art Ways, Hartford Hospital's Institute of Living and the HHC Behavioral Health Network. For more information, contact [carol.vassar@hhhealth.org](mailto:carol.vassar@hhhealth.org)

## DSM-5 training classes

"An Overview of DSM-5" featuring Greg Neimeyer, Ph.D., a professor in the Department of Psychology at the University of Florida, will take place April 21 – 24 at sites throughout the BHN. All members of the BHN clinical staff are expected to be competent in the use of DSM-5 by Oct. 1. BHN clinical employees may sign up for any session listed below, with supervisory approval.



Neimeyer

### TUESDAY, APRIL 21

- **8 a.m. - noon:** Windham Hospital, Desrosier Room, 112 Mansfield Ave., Willimantic
- **1 - 5 p.m.:** HHC East System Support Office, Room C, 11 Stott Ave., Norwich

### WEDNESDAY, APRIL 22

- **8 a.m. - noon:** Hartford Hospital, Jefferson Room 118, 80 Seymour St., Hartford
- **1 - 5 p.m.:** Hartford Hospital, Jefferson Room 118, 80 Seymour St., Hartford

### THURSDAY, APRIL 23

- **8 a.m. - noon:** MidState Medical Center Conference Room, 61 Pomeroy Ave., Meriden
- **1 - 5 p.m.:** Rushford at Meriden Cafeteria, 883 Paddock Ave., Meriden

### FRIDAY, APRIL 24

- **8 a.m. - noon:** Institute of Living, Hartford Room, 200 Retreat Ave., Hartford
- **1 - 5 p.m.:** Institute of Living, Hartford Room, 200 Retreat Ave., Hartford

**The Treasure Trove is a free classified ad section for the benefit of Behavioral Health Network employees, retirees, medical staff and volunteers.**

We welcome your submissions, which you can submit by emailing [carol.vassar@hhhealth.org](mailto:carol.vassar@hhhealth.org) or [amanda.nappi@hhhealth.org](mailto:amanda.nappi@hhhealth.org).

The deadline for submissions to be included in each Friday's 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. Please do not list hospital phone numbers or hospital e-mail addresses for responses.

You must submit your item weekly if you want it to appear more than one week.



**FOR SALE**

**2005 25-FOOT SALEM 5TH WHEEL** — Excellent condition, sleeps six with queen bed in master, queen pullout and table bed. Fully equipped kitchen with stove, microwave and refrigerator — barely used. Plenty of cabinet/storage space. Bathroom on lower level, shower, toilet and sink with vanity. Includes three batteries and two gas tanks. Offering many other extras if interested including dishes, linens, etc. Asking \$12,500 or best offer (serious inquires only please). Please contact Rosann at **860-212-3994**.

**WHITE SAMSUNG GALAXY S4** — For AT&T network, excellent condition, \$130, pictures available. Call **860-367-5268**.

**WANTED**

**ARTISTS** — FACES at FAHS (Fine Art and Craft Exhibit and Sale at the Finnish American Heritage Society) is seeking artists and crafters for a Saturday, Oct. 3 event at the Finnish Hall, 76 North Canterbury Rd., Canterbury. Indoor/outdoor spaces, \$30 (postmarked on or before Friday, July 31), free admission, handicapped accessible. Call **860-974-2760** or email [FACESatFAHS@gmail.com](mailto:FACESatFAHS@gmail.com).

**EVENTS**

**ANNUAL LENTEN FISH AND CHIPS DINNER** — Friday, March 27 from 3:30-7 p.m. at St. James Church, Preston. Fresh cod fish, baked or fried, coleslaw, French fries, D'Elias fresh bread, homemade desserts. Call ahead for take-out at **860-889-0150**.

**LENTEN FISH AND CHIPS** — Fridays through April 3 from 4:30-7 p.m. at Saint Joseph Church, 120 Cliff St., Norwich. \$9, full meal, \$7, one piece meal and chowder is \$4.

**GRISWOLD EXERCISE PROGRAM** — The exercise program will be held every Tuesday and Thursday, 6-7 p.m. at Griswold Elementary School Cafeteria. The class features low impact aerobics, weights, Pilates. Bring your own mats and weights.

**FUNDRAISER AT THE GARDE ARTS THEATRE** —

Friday, March 27, 6:30-8:30 p.m. Free admission, all ages, food, DJ, prizes, basket raffle, more. Proceeds to support the New London STEM Magnet and New London High School Drug and Alcohol Free After Graduation party for the Class of 2015.

**FAMILY HEALTHY FOOD FAIR** — Saturday, March 28, 11 a.m. to 2 p.m. at Sprague Community Center, 22 West Main St., Baltic. Backus Healthy Community Initiative in partnership with Sprague Community Center presents chefs from local "Just Ask" restaurants. Food samples, cooking demonstrations, healthy snacks, door prizes, balloon animals, free admission. Call **860-882-6595** for more information.

**SPAGHETTI DINNER & BASKET RAFFLE** — Saturday, March 28 from 4-8 p.m. at Central Village Fire House. All proceeds benefit Sandra Bryant Foular's medical expenses in the fight with Pancreatic Cancer. Raffles, spaghetti, salad, bread, drinks, dine in or take out, adults \$10, children \$5. For tickets call Kerri at **860-823-7160**.

**NFA WINE TASTING** — Saturday, March 28, 6-8 p.m. in the atrium at NFA, Norwich Free Academy. Advance tickets, \$20, at the door, \$25, light refreshments, free gift to the first 100 paid tickets. Call Lori at **860-886-1463** or email [Lploof@americanamb.com](mailto:Lploof@americanamb.com).

**LAKE OF ISLES FAIRWAY 5K AND KIDS 1 MILE DASH** — Sunday, March 29, 9:30 a.m. All proceeds benefit Preston Parks and Recreation. A post-race awards ceremony will follow with a cash prize to top finisher. For information call 860-889-2482, extension 113. Register at [www.runsignup.com/Race/CT/NorthStonington/LakeofislesFairway5K](http://www.runsignup.com/Race/CT/NorthStonington/LakeofislesFairway5K).

**ADVENTURES IN LIFELONG LEARNING** — Monday, March 30 at Three Rivers Community College, Norwich. Please register for the Spring semester of enrichment classes for those over 50 years of age. The Spring reception and registration is Friday, March 27, 1:30 p.m. at Three Rivers Community College in room F-117, free refreshments. For information visit [http://www.threerivers.edu/Div\\_WorkforceEducation/senior.shtml](http://www.threerivers.edu/Div_WorkforceEducation/senior.shtml) or email [gideonlus@yahoo.com](mailto:gideonlus@yahoo.com).

**POWER OF PURPLE LUNCHEON** — Wednesday, April 1, noon to 2 p.m. at Langley's Restaurant, Waterford. The Power of Purple is an ongoing campaign against domestic violence created by a partnership of The Rose Conrad Memorial Fund of Safe Futures and Hadassah of Eastern CT. For more information contact Sheila Horvitz at **860-884-8945**.

**DREAM CHASERS** — Friday, April 3, 6-9 p.m. at The Art Space Gallery, 35 Chestnut St., Norwich. Grand opening, Saturday, April 11, 10 a.m. to 5 p.m. Art show sponsored by Bully Busters and Norwich Youth Action Council, food, guest speakers, open

mic. Call **860-373-8630**.

**BENEFIT BINGO** — Friday, April 10, doors open at 4 p.m., game starts at 6:30 p.m. at Foxwoods. Proceeds benefit Boy Scout Troop 73 in Lisbon. \$15 admission package, tickets must be purchased in advance. Call **860-367-3892, 860-204-0478, 860-710-5919** or email [cathy.desimone@yahoo.com](mailto:cathy.desimone@yahoo.com).

**PASTA DINNER** — Friday, April 10, 5-7 p.m. at Fields Memorial School, 8 Bozrah St. Ext. Proceeds benefit the Fields Memorial School class of 2016. Dinner includes pasta, meatballs, salad, bread, dessert, beverages, tickets \$8 adults, \$6 seniors, \$5 children 10 years old and under. Tickets available (in advance or at the door) at the school and Mains Country Store, 318 Fitchville Rd., Bozrah.

**SPRING BOOK SALE** — Friday, April 17 and Saturday, April 18, 10 a.m. to 3 p.m., Sunday, April 19, noon to 3 p.m. at the Otis Library, 261 Main St., Norwich. Thousands of gently used fiction and non-fiction books, CDs/ DVDs/records. Sponsored by the Friends of Otis Library.

**WHITE MASS FOR HEALTHCARE WORKERS & CAREGIVERS** — Sunday, April 19 at 9 a.m. at the Cathedral of Saint Patrick, 213 Broadway, Norwich. Following the Mass there will be a brunch in the Cathedral auditorium. Dr. Seth Flagg, USMC, Wounded Warrior Regiment surgeon in Quantico, Va., will be the speaker.

**ARTHRITIS EXERCISE PROGRAM** — Session II is Monday, April 27 through Wednesday, June 10 at the Norwich Recreation Center, 75 Mohegan Road, Norwich. Both sessions are from 10-11 a.m. Norwich residents fee is \$48, non-residents is \$58. Call **860-823-3791**.

**CRAFT FAIR** — Saturday, May 2, 11 a.m. to 4 p.m. at Griswold Fish and Game, 330 Bethel Road, Jewett City. Raffle baskets, get your Mother's Day shopping done. Call **860-376-0586**.

**TORI OPEN AIR MARKET** — Saturday, May 16, 9 a.m. to 3 p.m. at the Canterbury Community Center. Sponsored by the Finnish American Heritage Society. Rain or shine, tables or tents are \$15. Call **860-465-6236** or email [rjkjelley1967@gmail.com](mailto:rjkjelley1967@gmail.com).

**LEE MEMORIAL CHURCH FUNDRAISER** — One pound pecans from Georgia, \$12. Proceeds benefit the Church. Call **860-822-6595** or **860-908-9797**.

**PRESCHOOL/CHILD CARE** — First Leaps Together, Ledyard, a small family-oriented center providing outstanding early education in Ledyard Center. Now enrolling for immediate space in our full day-care, preschool program options, after school programs, summer programs, and specialized services. Visit [firstleapstogether.com](http://firstleapstogether.com) or call **860-381-5537**.