



### AROUND THE BHN

BHN President Pat Rehmer encourages behavioral health employees to speak their minds. • [PAGE 3](#)



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Hartford HealthCare   
Behavioral Health Network

# BHINews

## A need for treatment in Cheshire

### Rushford unveils new outpatient addiction treatment center

**R**ushford publicly unveiled its new outpatient addiction treatment center in Cheshire at a press conference last week meant to call attention to the need for substance abuse services in Cheshire and surrounding communities.

With the rate of overdoses related to heroin and opioid painkillers continuing to rise throughout the country, Rushford officials told a gathering of broadcast and print news reporters that they are working to bring evidence-based care to those suffering from addiction, not only in Cheshire but across the state.

The new treatment center, located in a suite of exam and group therapy rooms at 680 S. Main St., opened three weeks ago, offering services including Medication-Assisted Treatment, a model of care that helps people recover from addiction through a combination



*Michael Mitchell, center, a Cheshire resident and former Rushford client, speaks at a March 22 press conference at the new Rushford location in Cheshire. With him are his mother, Barbara, right, and Rushford Medical Director J. Craig Allen, MD.*

of medication, group therapy and counseling. Other services at the new center include programs for relapse prevention, intensive outpatient services, individualized therapy, ambulatory detox and family education.

Speaking at the event were Patricia Rehmer, MSN, ACHE, President of the Behavioral Health Network; J. Craig Allen, MD, Rushford Medical Director; and Michael Mitchell, a Cheshire resident and former Rushford client who is in recovery from addiction to heroin

and other substances. Mitchell, who has been in recovery for close to two years, said the new location will go far in helping those struggling to get the help they need before their addiction progresses. "They changed my life and turned my life around," said Mitchell, who was joined at the event by his mother, Barbara, whose husband died after a prolonged battle with addiction issues. She said she was proud of her son for seeking help and not allowing himself to follow the same path as her husband.

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

# Lawlor lays out Second Chance plan at ECSU luncheon

In the state of Connecticut, the possession of any narcotics within 1,500 feet of a school used to be a felony with a mandatory two-year prison sentence. In Mike Lawlor's hometown of New Haven, there are only two places that do not fit that description.

"The Yale golf course and the salt marsh next to I-91," said Lawlor, the state's Under Secretary for Criminal Justice Policy and Planning.

According to Lawlor, the result of such harsh drug penalties was an expensive and ineffective prison system with a large population of inmates with substance abuse issues.

Under its Second Chance Society reform plan, Connecticut is changing the way it treats non-violent crimes like drug possession, explained Lawlor during his presentation at the annual ECSU Foundation Luncheon to benefit Natchaug Hospital education programs. The fundraiser, now in its ninth year, was attended by almost 100 people on March 24 at the Betty R. Tipton Room at Eastern Connecticut State University.

"Eighty-five percent of people in prison have a substance abuse issue, and a very large percentage of our inmates in the Department of Corrections have a serious mental health issue," he said. "There's a real problem there that gives rise to the crime."

The issue with mandatory sentences, explained Lawlor, is often in the barriers faced by those with criminal records, many of whom have committed non-violent crimes.

"Once you're a former inmate, an ex-con, or a convicted felon, the ability to get a job, or get housing, or get access to higher education or even health care in many cases is extremely complicated if not impossible," Lawlor said. "All of the evidence we have now says that if your goal is to reduce crime, the sheer number of people who cycle through prisons is actually having the effect of increasing crime."



Mike Lawlor, Connecticut Under Secretary for Criminal Justice Policy and Planning, speaks at the annual ECSU Foundation Luncheon to benefit Natchaug Hospital education programs.

Under its Second Chance Society reform plan, Connecticut took its first step towards stopping that cycle by reducing the possession of narcotics in a school zone from a felony to a misdemeanor with no mandatory prison sentence. Expedited parole and pardons for those convicted of non-violent crimes, such as drug sale or possession, are set to go into effect this summer.

The next set of reforms addresses the juvenile justice system, where Gov. Dannel Malloy has proposed that Connecticut become the first state to raise the age of adult criminal responsibility from 18 to 21 for all but the most serious crimes.

"If we can have an approach that addresses the problem [of substance abuse and mental health], then the sanctions, the incarceration, the punitive approach may be less necessary in the future."

## New center in Cheshire

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Rehmer said the goal behind the location in Cheshire is to make it easy and convenient for those struggling with addiction to seek out care, and stay on a path of recovery. She said the BHN has plans to expand services for addiction treatment throughout the state in coming months, including planned locations in Avon, Meriden, Hartford and other areas. The BHN's program for addressing the ongoing addiction crisis is called MATCH, or Medication-Assisted Treatment Close to Home.

A graphic for an event featuring large, stylized letters 'H', 'E', and 'C' in blue, purple, and orange respectively. The 'H' is at the top left, the 'E' is in the middle left, and the 'C' is on the right. The Hartford HealthCare logo is at the top left of the graphic area.

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.

## Don't be afraid to lend your voice to the debate

As workers in the behavioral health field, we know firsthand how vulnerable our patients are to forces beyond their control. From lack of funding to misguided policies and regulations, patients suffering from mental health or substance abuse disorders are too often faced with unnecessary governmental challenges and obstacles that make it all the harder for them to recover.

From our vantage point “in the trenches,” it can be hard to imagine that our voices can make much of a difference in changing that situation for the better. But as someone who has worked for years with state and federal legislators, I have seen it happen over and over. Believe me, your voice matters.



At the Legislative Office Building in Hartford, the legislature is currently in the midst of a session in which several bills are being considered that would directly impact how behavioral health patients are cared for — some of them could make a major difference, others less so. But all of them matter, and I strongly encourage you to learn more about them if you are so inclined.

Just as an example, some of the bills now being considered would:

- Restrict the amount of opioid pain medication that physicians could prescribe for patients. This bill is meant to address the crisis in opioid-related overdoses across the state, though there is some debate about whether it would be effective.

- Impose a surcharge on opioids that are sold in the state as a way to create a fund to support opioid abuse prevention and treatment programs.

- Redefine the parameters in which authorities can require someone to take medication for behavioral health issues, even against their will.

If any of these bills are ultimately passed, they could have a major impact on patients in all kinds of ways. Whether you ultimately come down in favor of them or not, I encourage you to learn more about them.

I also encourage you to find out who your legislators are in the state House of Representatives and Senate. These public officials usually have strong ties to their local communities, and are usually very receptive and responsive to issues and concerns raised by people in their districts. In this era of political cynicism, it can be hard to believe that your local politician cares much about what you have to say. But again, in most cases, it's been my experience in Connecticut that your local state legislators are everyday people who work hard to represent the interests of their districts (full disclosure: I happen to be married to the state representative for the 26th District in New Britain, Peter A. Tercyak.)

If you end up feeling strongly enough about these issues that you decide to offer testimony at the legislature, I applaud your involvement in our democratic process. In most cases, you would be lending your voice as a private citizen, a fundamental right in our society, and not as an employee of the Behavioral Health Network. But I or any of my colleagues would be happy to offer any insight or guidance you may want.

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*Pat Rehmer, MSN, ACHE, is Hartford HealthCare senior vice president for behavioral health and president of the Behavioral Health Network. Her column appears monthly in BHNNews.*

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## 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 HospiTell. To find the buried treasure, log into HHC Connect ([intranet.hartfordhealthcare.org](http://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 **H3W** section of HHC Connect. Good luck and happy hunting!

# Four from BHN named Nightingale nurses

**Dawna Labrie, RN, Natchaug Hospital Inpatient Units.** The holidays are a tough time for those on an inpatient psychiatric unit — so each year, Dawna Labrie does her best to bring some holiday cheer by delivering stockings for each client. “[Nursing] is a profession that means helping people,” she says. And whether it’s through small acts of kindness for clients, lending a hand on a short-staffed unit, or supporting a co-worker in need, being a helper is something that Labrie prides herself in.



Labrie

**Cheryl Armstrong, RN, Natchaug Hospital Adolescent Unit.** Psychiatric nurses don’t often hear how their patients are doing after discharge, so Cheryl Armstrong was surprised when she received a Christmas card delivered to the hospital from a former adolescent patient who had been suicidal. In the note, the teenager thanked Armstrong for showing her that she had self-worth and reported that she is now looking to become a nurse herself. “It truly reinforced why I am here working with teenagers,” said Armstrong. “This is what being a nurse is all about.”



Armstrong

**Lisa Harrison, APRN, Natchaug Hospital Medical Staff.** As a child, Lisa Harrison remembers when her mother, a

public health nurse, would bring her to visit patients. “I remember how happy the clients were to see us because they were lonely and homebound, and I’ve always wanted to be able to brighten peoples’ day by meeting their needs like that,” she said. Harrison, who is pursuing her Ph.D. at the University of Connecticut School of Nursing, is also helping to inspire the next generation of nurses as a graduate assistant.



Harrison

**Jeannie Cardona, RN, Detoxification Unit, Rushford at Middletown.** Jeannie Cardona, RN, is a nurse who is known for going the extra mile for her patients, even for those who at first may not want her help. Working with patients whose lives are imperiled by substance abuse issues, Jeannie shows great persistence and compassion, always remembering that patients can respond to care and embark on a path of recovery at any point. A case in point came last year when a man came in for treatment and committed to a course of recovery only after Jeannie stayed for many hours after her shift to make sure he would remain there overnight. Several months later, she encountered him at a supermarket, and he thanked her and told her he had remained sober ever since. He ended up writing a commendation for her to Rushford leadership.



Cardona

## Dr. Allen speaks at Branford opioid forum

J. Craig Allen, MD, Rushford Medical Director, was one of several experts on addiction and opioid abuse to speak at a community forum in Branford on Tuesday in which several people spoke about their first-hand experience with the issue.

Dr. Allen spoke about how many people of all ages and backgrounds are becoming addicted to opioids after having them prescribed to them by a doctor for pain management. He said there is increasing urgency to educate physicians about the proper prescription of these medications.

“The biggest challenge right now is educating our physicians,” said Dr. Allen, who has been playing a leading role throughout Hartford HealthCare

and the state in providing training and education to physicians on the issue. “Unfortunately many physicians have traditionally not been very well trained in pain management, addiction or mental health. Once a physician is better educated, then they can advocate effectively for their patients and identify those who are at-risk.”

Dr. Allen said he was encouraged by the recent decision of more than 60 medical schools across the country to adopt addiction treatment courses based on guidelines by the U.S. Centers for Disease Control.

Branford officials said their community is not immune to the epidemic in heroin and opioid abuse, pointing to the recent overdose death of a teen. They



said there have been several overdose victims over the past three years, the youngest being 19 years old and the oldest 66 years old.

One mother spoke about the struggles of one of her sons, who is continuing to battle addiction to heroin despite repeated attempts at treatment and therapy. “I’m here to tell parents to be a parent, not a friend,” she said. “If you see any signs of trouble, act quickly.”

# Dr. Yu named Physician-in-Chief for HHC Cancer Institute

Peter Paul Yu, M.D., an internationally recognized leader in cancer research, physician education and treatment, has been appointed the first physician-in-chief of the Hartford HealthCare Cancer Institute. Dr. Yu is a highly accomplished cancer expert with more than 30 years of experience and leadership. His appointment followed an extensive national search and marks a major milestone in the Cancer Institute's continued evolution as a center for excellence in cancer care in Connecticut and the nation.



Yu

Since 2014, Dr. Yu has served as president of the prestigious American Society of Clinical Oncology, which represents nearly 40,000 professionals in all cancer subspecialties. The group promotes advances in cancer care through education, policy, and clinical research.

A medical oncologist and hematologist, Dr. Yu comes to Hartford HealthCare from Palo Alto Medical Foundation in California, where he worked since 1989. Since 2008, he served as the organization's director of cancer research. Although

he is crossing coasts, coming to New England will be a near-homecoming; he completed his undergraduate and medical degrees at Brown University in Providence, and he worked for several years in Manhattan.

Dr. Yu has served as a research fellow and associate at Memorial Sloan Kettering Cancer Center (MSK) in New York City — where, by virtue of his new role, he will again be affiliated. The Hartford HealthCare Cancer Institute is the charter member of the Memorial Sloan Kettering Cancer Alliance, and Dr. Yu will also serve as the Alliance's director of health informatics. In that capacity, he will report to Dr. Jose Baselga, MSK's physician-in-chief and chief medical officer.

As physician-in-chief, Dr. Yu will be responsible for working closely and collaboratively with physicians and nurses who practice within the HHC Cancer Institute to ensure a single, elevated standard of world-class care for patients with various types and stages of cancer. Under HHC's institute model, cancer care is delivered at each of the acute care hospitals within our system, with cancer centers at Backus Hospital, Hartford Hospital, MidState Medical Center, the Hospital of Central Connecticut and Windham Hospital.

## About BHNews

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

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

**Deadline for the next edition of BHNews is Tuesday, April 12, at noon.**

## Addiction has met its **MATCH**<sup>TM</sup>

Hartford HealthCare's Behavioral Health Network now offers Medication Assisted Treatment Close to Home (MATCH<sup>TM</sup>) for people struggling with opioid and other addictions. MATCH<sup>TM</sup> makes treatment convenient, with schedules built for the working professional. The program, with Suboxone<sup>®</sup>, 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.<sup>TM</sup>

[hartfordhealthcarebhn.org](http://hartfordhealthcarebhn.org)

### MATCH<sup>TM</sup> 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

## April is Occupational Therapy Month

Since 1980, The American Occupational Therapy Association has celebrated Occupational Therapy Month each April. Occupational therapists are employed across the HHC Behavioral Health Network and help empower clients to fully participate and be successful and satisfied in their selected occupations and daily activities.

Occupational therapists and occupational therapist assistants support clients in a number of different ways including teaching coping strategies, identifying and implementing healthy habits and routines, supporting the identification of personal values, needs and goals, creating wellness recovery action plans, engaging people in long-term planning and providing information on community-based resources.

During April, be sure to thank those involved in occupational therapy for their role in supporting the recovery process.



### A show of support

Patricia Rehmer, ACHE, MSN, President of the Behavioral Health Network, appeared at a March 18 press conference at the Legislative Office Building in Hartford to support federal legislation being sponsored by U.S. Sen. Christopher Murphy that would devote more resources and funding for mental health and substance abuse treatment and overhaul the way that care is delivered.

Rehmer is shown above with Sen. Murphy, left, speaking on the need for resources that Murphy's legislation, called the Mental Health Reform Act of 2015, would provide. The bill is co-sponsored by Murphy and U.S. Sen. Bill Cassidy of Louisiana.



## From alcohol to opioids: Uniting communities to prevent tragedies

Tuesday, Apr. 26 | 6-8:30 pm | Four Points Hotel by Sheraton  
275 Research Pkwy, Meriden, CT 06450

6 pm: Networking | 6:30 pm: Panel discussion | 7:30 pm: Questions and answers

**This FREE community discussion will focus on:**

Addressing the impact of the crisis on our youth and our communities

#### Speakers:

- Patricia Rehmer, MSN, ACHE, President, Hartford HealthCare Behavioral Health Network
- J. Craig Allen, MD, Medical Director, Rushford
- David Lowell, Chief Operating Officer, Hunters Ambulance
- Hector Cardona, Jr., Detective Sergeant, Meriden Police Department
- Charlene C., Parent

#### Moderators:

- Amy DiMauro, Director of Child and Adolescent Services and Glastonbury and Cheshire Adult Programming, Rushford
- Larue A. Graham, Jr., Meriden City Councilor

Registration required by April 22

1.855.HHC.HERE (1.855.442.4373)

Hartford HealthCare Behavioral Health Network  
Connect to healthier.™

#### Sponsors:



## Race In The Park May 7 in New Britain

Hartford HealthCare wants you to join the team for CT Breast Health Initiative at the 2016 Race in the Park on Saturday, May 7, at Walnut Hill Park in New Britain.

Join the race and show your support for promoting breast health. Contact Diane Walczok at

[diane.walczok@hhchealth.org](mailto:diane.walczok@hhchealth.org) for more information. Or go to [www.ctraceinthepark.org](http://www.ctraceinthepark.org) and register as a member of the Hartford HealthCare Team!



Here's  
to you!

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

### Phil's team runs smoothly

Kudos to Phil Andriano who along with his teammates have really demonstrated discretionary effort! Phil and his front end team were in an unusual staffing crisis, yet did not skip a beat and continued to conduct business with a smile. This is a demonstration of their commitment to our consumers, their team and I thank you all.

— Caitlin Swartz, Rushford Manager, Customer Service

### Great work, Mayra

I would like to give kudos to Mayra the unit clerk on the child/adolescent unit at Natchaug. She does an awesome job of getting the charts from the previous day in chart order, as well keeping them very neat, which in turn makes my job down here in HIM run smoother, so that I can get them analyzed and on to the coder, so she can get them billed. This then allows me to be able to do all the other duties I have in a day.

— Kathleen Krause, HIM Tech 1

## State Representative Kathleen McCarty

is hosting a

# Mental Health Forum

*"Finding the Gaps in the Delivery of Mental Health Services"*

Thursday, April 7, 2016

6:00 PM - 8:00 PM

Montville Town Hall • Council Chambers  
310 Norwich - New London Turnpike • Montville

### Panelists Include:

Ron McDaniel, Mayor of Montville  
Brian Levesque, Montville Superintendent of Schools  
Paula LaChance, Montville Public Schools Director of Special Services  
Barbara Lockhart, Montville Youth Services Coordinator  
Jennifer Gross, Executive Director of Eastern Regional Mental Health Board  
Michele Devine, Executive Director of Southeastern Regional Action Council  
Leonard Bunnell, Montville Police Lieutenant  
James O'Dea, Hartford HealthCare Behavioral Health  
Julienne Girard, Director of Evidence-Based Practices, DMHAS



For more information please call Rep. Kathleen McCarty at 800-842-1423 or [Kathleen.McCarty@housegop.ct.gov](mailto:Kathleen.McCarty@housegop.ct.gov)

We are here to help you

# get started

Thank you for joining Weight Watchers!

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## FREE STARTER KIT

Full of stay-on-track tools that will help you get started right away! Go to [www.weightwatchers.com/atworkstarterkit](http://www.weightwatchers.com/atworkstarterkit) and enter your mailing address to receive your **free kit**.



Kit contents:

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- 1 Measuring tape
- 1 Journal
- 1 Creamy Chocolate Smoothie Slim Pack

plus:

Great coupons and a Fresh & Easy cookbook

\*FREE KIT OFFER: Meetings or OnlinePlus members must purchase membership from their employer between 4/3/16 - 4/29/16 to get free kit. Available in participating areas only. One kit per member. Offer may be revoked at any time and may not be redeemed for cash. Non-transferable. Void where prohibited. While supplies last. US Addresses only. Please allow at least 2 weeks for deliveries. Offer must be redeemed by 5/6/16.

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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 web-site: [www.instituteofliving.org/SADstudy](http://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.

## IOI offers new program for adolescents with psychosis

The Child & Adolescent Day Treatment Program at the Institute of Living has introduced a new program, called "Connecting Adolescents with Psychosis" (CAP), which provides early intervention services for 13- to 18-year-olds with psychotic spectrum disorders.

This specialty includes group psychotherapy to foster connection and promote socio-emotional growth; community trips to engage youth in rehabilitation activities; and cognitive remediation aimed at improving executive functioning and processing speed.

CAP offers a low-stimulation, therapeutic treatment setting for adolescents, as well as psychoeducation and support services for families. It also offers collaboration with schools and community providers to help meet the needs of young people dealing with psychosis. The average length of treatment is about three months but varies depending on the individual needs of the child.

For more information, please call **860-696-0036**.

### 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](mailto:goviana.morales@hhchealth.org)

Institute of Living  
A Division of Hartford Hospital

### Reminder: All Clinical Staff



## Issues of Suicide Support Group

.....  
Last Tuesday of Every Month

**Date:** Last Tuesday of Every Month

**Time:** noon – 1 p.m.

**Place:** Family Resource Center  
Massachusetts Cottage  
Group Room - 1<sup>st</sup> 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:

### ■ 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.

### ■ Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).

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.

### ■ 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.

### ■ Yoga.

April 19, May 24, June 21, 5 - 6 p.m. in the Commons Building, Hartford Room. Open to adult staff and family mem-

bers. 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 **patriciac.graham@hhchealth.org**

### ■ 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.

### ■ Bipolar: An Introduction To The Disorder.

April 26, June 14, 6:30 – 7:45 p.m. This program is for family members and friends of individuals who have bipolar or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness.

### ■ Managing Schizophrenia.

May 10, 6:30 – 7:45 p.m. This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home.

### ■ An Introduction To Mental Health

**Benefits and Services.** May 24, 6:30 – 7:45 p.m. This presentation will provide an overview of benefit programs available for individuals with mental health disabilities.



## Employees honored at CAPSEF conference



A number of Natchaug school employees were recognized with the Excellence Award at the Connecticut Association of Private Special Education Facilities annual conference on March 16 at the Connecticut Convention Center. Those recognized include, left to right, Tiffany Anderson, Karen Ashlaw, Daniel Piscotano, Ed Coss, Deborah Forbes, Paul Secker and Francine Fontaine. Brian Hickey and Candace Duchaineau are not picture, but were also honored.

### 5 Ways

to Connect to Healthier

Hartford  
HealthCare  
Connect to healthier.™



## Earning your 2016 wellness reward is easy as 1-2-3!

1

**Know** your numbers for these **5 important health measures:**

- Blood pressure
- LDL cholesterol
- Fasting glucose
- Height/weight
- Nicotine use

2

**Report** your numbers on a short online form by June 30, 2016

3

**Earn** a Visa gift card for up to \$500

Find your form and more information on [HHConnect.org](http://HHConnect.org).

## Volunteers needed for autism support group

Volunteers are needed for Natchaug's Autism Support Group, which meets the last Wednesday of every month in March, April, May and June from 5:30-7 p.m. at Joshua Center Thames Valley in Norwich. Give back to the community and help Natchaug support and children with autism, along with their siblings and parents. Interns are encouraged to volunteer if they need additional hours or are seeking experience with this population. For more information, contact Carleigh at 860-696-9984.

## Clinicians at DCF Fair



Joshua Center Northeast's Madison McNally, MSW intern, Fannie McGowan, LMSW, and Jocelyn Nadeau, LPC represented Natchaug at a Willimantic DCF Provider Fair.

## Rushford manager elected co-chair of state children’s board

Janice Bendall, Rushford’s Care Coordination Program Manager, has been unanimously elected as provider co-chair of the Connecticut Children’s Behavioral Health Advisory Committee, which reports to the state commissioner of the Department of Children and Families on matters related to children’s behavioral health issues. Bendall, who has worked at Rushford for 14 years, was appointed to the committee in

January by state Rep. Joe Aresimowicz, House Majority Leader.

The committee was established in 2000 as a way to address the behavioral health needs of children in Connecticut as part of federal requirements for mental health block grant funds. States are eligible for the funding as long as they can show that it will be used to create or expand community-based systems of care for adults with serious mental

illness and children with serious emotional disturbance. Under guidelines of the committee, a co-chair is elected who represents the community of providers in the state (provider co-chair) and the other co-chair must be either a parent or caregiver of a child with emotional or behavioral health needs. Bendall was elected as provider co-chair and Doriana Vicedomini was elected as the parent/caregiver co-chair.



## Save the date: Rushford Golf Classic — May 26

The 28th annual Rushford Golf Classic is will be held on Thursday, May 26, at Lyman Orchards Golf Club in Middlefield. You can help support Rushford programs in a number of different ways:

- Build a team of four, or sign up individually to golf

- Become an event sponsor
- Volunteer at the event

If you are interested in golfing, sponsoring or just helping out, please contact Kate McNulty ([katherine.mcnyulty@hhchealth.org](mailto:katherine.mcnyulty@hhchealth.org)) or Sherry Smardon ([sherry.smardon@hhchealth.org](mailto:sherry.smardon@hhchealth.org)).

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.™

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GOODWIN COLLEGE

### Dental Hygiene Program

Did you know about the oral-systemic link? This is the connection that your mouth has with your body. Dental problems such as gum disease, dry mouth and tooth decay can significantly impact your overall health and reduce your ability to fight disease including diabetes and heart disease.

Did you know that smoking and medication use causes your mouth to be dry and eventually lead to gum disease and cavities?

If you are experiencing discomfort or pain with your teeth or mouth or if you are just interested in learning about how to take better care of your teeth, please come join us for a special presentation and receive a complimentary goody bag filled with dental supplies!

Thursday April 7, 2016

### Dental Health and the Connection to Whole Body Health

**Rushford Cafeteria**

10:00 a.m.	Presentation
10:30-11:30 a.m.	Oral Health Screenings*
12:30 p.m.	Presentation
1:00-2:00 p.m.	Oral Health Screenings*

\*An oral screening is a quick visual evaluation with a flashlight and tongue depressor. We will check for cavities, gum disease and oral cancer. If you are in need of further dental treatment, we will provide information on where to access dental care.

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

We welcome your submissions, which you can submit by emailing [matt.burgard@hhchealth.org](mailto:matt.burgard@hhchealth.org) or [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org). The deadline for submissions to be included in each Friday's BHNews is Tuesday at noon. BHNews will include community events for not-for-profit organizations that are open to the public and free of charge. We do not accept ads for real estate, firearms or personal ads.

### FOR SALE

**TREADMILL** — Adjustable incline, tracks time and calories. In great condition. \$100. Call **860-206-7755**.

**BABY GRAND PIANO** — Rosewood. Excellent condition. Moving and can't take it with us. \$250 or best offer. Call **860-490-8350**.

**MICKY THOMPSON TIRES** — Set of four, 17 inch Baja Rims, barely used, \$950. Call **860-367-7799**.

**GALAXY S6 PHONES** — Two mint condition in box with accessories, all in tact, Sprint carrier, pictures upon request, \$300 each. Call **860-222-6630**.

**BEDROOM SET** — Armoire, three drawers, 39.5 inches wide by 62.5 inches high by 18 inches in diameter, triple dresser with mirror, 68 inches wide by 34.5 inches high by 19 inches in diameter, solid wood, \$200 each. Call **860-912-7947**.

**FITBIT CHARGE HR** — Black, slight scratch, works perfectly, \$100 or best offer. Call **860-617-8702**.

**MISC. ITEMS** — L shaped Cherry desk, five feet by five feet, \$100. Cherry bookcase, \$30. Two oak bookcases, 38 inches wide by 12 inch in diameter by 29 inches high, \$25 each. Thule Cascade XT car roof box, \$100. Call **860-367-7799**.

### WANTED

**CAREGIVER** — Seeking reliable, caring assistant to join a dynamic team providing personal support for a wonderful woman with a movement disorder. Three mornings per week 7-10 a.m. Personal care experience, complete orientation provided. Plainfield area. Call **860-245-5714**.

### FOR SALE

**BE AWARE GALLERY** — Friday, April 1, 6-9 p.m. at Norwich First Friday, 87 Broadway, Norwich. Live music, paint party, light refreshments, magic show.

**WINDHAM CRAFT/VENDOR FAIR** — Saturday, April 2, 9 a.m. to 3 p.m. at Windham High School. Admission is \$2, vendors/crafters still accepted. Proceeds benefit Windham High School's Project Graduation Celebration. Call **860-933-0094** for more information.

**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](http://SafeFuturesCT.org) or call **860-447-0366**.

**COLCHESTER FAMILY HEALTH FAIR** — Saturday, April 9, from 10 a.m. to 2 p.m. at St. Andrew's Church in Colchester. Sponsored by the Colchester Lions. Free community event with something for all ages, Children and Adult Vision, Children and Adult Dental, Osteoporosis, Diabetes, Blood Pressure, Bone Marrow Registry, Chiropractic Posture Screening, Car Seat Clinic, Therapeutic Massage, Senior Home Services, Amber Alert, Hearing Awareness, Freedom Guide Dogs for the Blind, and Essential Oils. Backus Hospital is participating in this event.

**OLD FASHION CHICKEN PIE SUPPER** — Saturday, April 9, 5 to 7 p.m. at Grace Episcopal Church, 4 Chapel Hill Road, Yantic. Traditional chicken pie, golden mashed potatoes, gravy, vegetables, cranberry sauce, dinner roll, pies, cakes, coffee, tea, soft drink, juice, donation, \$10, \$8 for seniors, \$5 for children ages five to 12, free valet parking, take-out orders. Call **860-887-2082**.

**FRIENDS OF OTIS LIBRARY BOOK SALE** — Friday, April 15, Saturday, April 16 from 10 a.m. to 3 p.m. and Sunday, April 17 from noon to 3 p.m. at the Otis Library, 261 Main St., Norwich. Thousands of good used books for all ages arranged by topics will be available at great prices. All proceeds go to the Otis Library.

**SHEPHERD'S PIE DINNER** — Saturday, April 16, 5-7 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. Adults/Seniors, \$10, tickets at the door. Call **860-887-4249**.

**FALL OF THE HOUSE OF USHER** — Sunday, April 17, 3 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. Edgar Allan Poe, organ music, free and open to the public, champagne reception.

**ANNUAL PASTA DINNER** — Thursday, May 5, 6 p.m. \$10 donation at Bully Busters, 87 Broadway, Norwich, downstairs office.



# thanks.



On March 30, National Doctors' Day, we offer our heartfelt thanks to the more than 3,000 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.



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