

★ ★ ★ ★ SPECIAL EDITION ★ ★ ★ ★

Hartford HealthCare   
Behavioral Health Network

# BHINews

## HELP FOR THE HOMELESS

*Rushford Outreach team takes to the streets (literally) to assist those in need*



■ **Editor's note:**

Hartford HealthCare Senior Communications Specialist Steve Coates recently spent time embedded with Rushford staff members whose jobs include documenting and helping the homeless. Here is his story:

*Rushford Housing/Homeless Outreach Coordinator Deanna Bencivengo, left, and Rushford Homeless Outreach Case Manager Tim Washington visit a homeless community in Meriden. Washington carries cinch bags with personal hygiene items and blankets to give to clients he might encounter.*

**T**im Washington couldn't sleep. It was the coldest night of the year and Washington, a case manager for Rushford's Homeless Outreach Program, had a client on his mind. The client was an older man who was living outdoors near the Meriden train tracks. Despite Tim's urging, he refused to go to a local shelter.

"I got up at 3 a.m. and made a pot of coffee. My wife asked me what I was doing, and I said I just can't sleep. I have to help this guy," Washington said.

Washington bundled up, grabbed his Thermos full of hot coffee, and headed to the railroad tracks, a short drive from his

..... *Continued on page 2*



■ To view a video, listen to a podcast or see a photo gallery with more about homelessness or Steve's experience in the field, visit <http://rushford.org/homeless>



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home. When he arrived, the man was fast asleep, bundled in layers of blankets and clothing. Washington called out the man's name.

"He lifted his head from under the blanket and said, 'What the heck are you doing here Tim? I'm sleeping here nice and warm. Why'd you wake me up?'" Washington laughed. "I told him that I brought him some coffee and that I'd drive him to a shelter or wherever he needed to go. He said, 'God bless you. But I'm fine, Tim. I'm fine.'"

While this homeless man said he was fine, many in his position are not. In fact, most homeless people need some type of medical or behavioral health service, Washington said. As part of his role with the Rushford outreach team, Washington drives homeless clients to and from doctors' appointments, to shelters or to the local food pantry — if they're in need and willing to accept his help.

## Progress, but not perfection

On any given night in Connecticut more than 3,300 people go without shelter, according to the Connecticut Coalition to End Homelessness. While that might seem like a large number, in a state as wealthy as Connecticut, it's a 10-year low. State officials and advocates attribute the positive trend to a more coordinated effort between state, federal and local groups to identify those in need of assistance.

Through the state's Coordinated Access Program — mandated and funded by the federal government — resources are made available for rapid rehousing, security deposits and even a few months' rent for those who qualify.

In the Meriden area, where Rushford serves as the designated Local Mental Health Authority, the Rushford Homeless Outreach team takes the lead in helping people find permanent housing and connecting them to behavioral health and addiction services as needed.



Rushford client Tomeka, right, found housing through the Rushford Homeless Outreach program. Program coordinator Deanna Bencivengo, left, said Tomeka has been successful because of her self-awareness and willingness to seek help.



*I remember the first day I met with Tomeka, she said to me, 'I just want to know that you're always going to be honest with me.' And I made her that promise.*

■ Deanna Bencivengo | Rushford Housing/Homeless Outreach Coordinator

Tomeka, a Rushford client, is one of those people. She found housing through the program after living in and out shelters for more than four years — including a stint outside on the New Haven green.

For Tomeka, the cycle of homelessness began after she lost her job in retail. She tried, but couldn't find work as she battled depression she believes was brought on by abuse and feelings of abandonment from her childhood.

At an early age, her parents left her to live with an emotionally abusive grandmother, and she practically raised her younger siblings herself, she said.

"My family wasn't very supportive [when I was homeless]. Once in a while they'd let me sleep on the couch or eat a hot meal. They were like 'you can go back to the shelter. They can help you better.' So I had to stick it out," Tomeka said.

## Building trust

Tomeka has been living in her own apartment for more than two years and comes to Rushford for services. In addition, the outreach team has connected her to resources to help her find work. While she still battles depression, she

said she's learning to trust people again thanks to the program.

"[The outreach team] helps me keep my motivation," she said. "They help me keep a good perspective on life and the circumstances that I've been through. They've become my vital support."

Rushford Housing/Homeless Outreach Coordinator Deanna Bencivengo said Tomeka's self-awareness and willingness to seek help is what makes her successful.

"I remember the first day I met with Tomeka, she said to me, 'I just want to know that you're always going to be honest with me, that you'll always be truthful.' And I made her that promise," Bencivengo said.

Hartford HealthCare Behavioral Health Network President Pat Rehmer agreed that gaining clients' trust is crucial.

"The work is really to engage them — which is very, very difficult," said Rehmer. "These are people who are usually disconnected from family and society in general. It takes a long time to build up trusting relationships."

A psychiatric nurse by trade and former commissioner of the State Depart-

..... Continued on page 3



Above left: Rushford Homeless Outreach Case Manager Tim Washington, left, and Rushford Housing/Homeless Outreach Coordinator Deanna Bencivengo shine their flashlights up a stairwell in an abandoned factory in Meriden. They are following up after reports that people have been living in the dilapidated structure. Above right: Using a pocket flashlight, Bencivengo peers into the stairwell in an abandoned parking garage in Meriden during the “Point in Time” homeless count in January.

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ment of Mental Health and Addiction Services, Rehmer is very familiar with their work.

“[Outreach team members] are extraordinarily special people. They are people who are willing to go under bridges and into places other people aren’t willing to go, in all kinds of weather, and engage with some of the most disenfranchised people that are out there,” Rehmer says.

## Going where no one else will go

On a raw, drizzly night in late January, I had the opportunity to see this special group of people in action as I accompanied Bencivengo, Rushford Housing Case Manager Stacey Bouchard and Caroline Perez from the Meriden-Middlesex County-Coordinated Access Network on the annual “Point in Time count” — a mandate by the federal government to count the number of people who are without shelter.

For Rushford, it’s more than a just a head count. The outreach team uses the event to follow-up with existing clients and locate former clients who might be back out on the street.

“We have a good feeling of where

people are or where they might be. But the reality is that this is a very transient population and it changes,” Bencivengo said as we left Rushford’s Meriden parking lot with Bouchard behind the wheel of Bencivengo’s SUV.

Our first stop that night was the Walmart Super Store in Wallingford just a few minutes from the Rushford campus. Walmart is usually accommodating to people who stay in its parking lots for extended periods, Bencivengo said.

“As long as they don’t become a nuisance, Walmart really won’t say anything. So it’s kind of become a safe place for them to park. They’re open 24 hours. They have access to a bathroom. They feel a little safer,” she said.

Almost immediately, Bencivengo and Perez spot a familiar pickup truck. They suspect it belongs to a man and woman who were successfully housed following last year’s Point in Time count.

“Darn, they’re back out,” Perez said disappointedly.

We park and the four of us approach the weathered truck, its capped-bed filled with personal belongings and trash. Bencivengo approaches the passenger-side window.

“I thought you had gone to stay with friends?” she asked the couple.

“Yeah, we did. It didn’t work out,”

said the woman.

“We need to get you back on the list. You guys should be eligible for housing at this point. So we want to make you active again and get you working with us again,” said Bencivengo.

Bencivengo gave them her business card and nap sack filled with personal hygiene items and blankets. Perez uses an app on her phone to record some personal information and enter them into the database.

As we drove away from Walmart, Bencivengo said she’s hopeful she’ll hear from the couple.

“They’re both pretty vulnerable. They both have medical issues. The female has some psychiatric issues. I’m pretty sure that the male has some substance abuse and alcohol issues. So we’d like to get them stabilized,” she said.

## Rushford to the rescue

Next we take a short drive and park on a deserted Meriden street sandwiched between affordable housing complexes.

We walk down a wet, rocky path to an abandoned factory. The glass in the long windows has been knocked out. And, the combination of fog, drizzle and dull orange light from the street lamps

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## 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 17, at noon**



He's known to sleep out back of the fire station, and at this point we're just trying to keep enough eyes on him so he doesn't freeze to death

■ Deanna Bencivengo | Rushford Housing/Homeless Outreach Coordinator

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make it seem like a set from a B-horror movie.

The women were unfazed. They've heard people have been living here. Armed with only pocket flashlights and their Rushford identification badges, they step over broken glass and garbage to enter the building.

"We're here from Rushford. Do you need any help?" Bencivengo called out several times, her voice echoing through the sound of the remnants of the day's rain eerily dripping off the steel girders.

This time, we didn't find anyone. Because of the isolated spot and the "general creepiness" of the building, she said it's a perfect spot for a homeless person to take up shelter and go undetected.

During the next three hours, we searched a commuter parking lot, an abandoned parking garage and several lightly wooded areas where the team suspects people might be living unsheltered.

We also found an encampment — although empty for now — that they've all heard about but have never seen, adjacent to the liquor store and the old town grange in the downtown area.

Before the night ends, we stop by a downtown fire station because Bencivengo has heard that a one-time Rushford supportive housing client with severe alcoholism was living outside close by. She learned from firefighters that the man had recently been transported to MidState Medical Center for a minor ailment.

"He's known to sleep out back of the fire station, and at this point we're just trying to keep enough eyes on him so he doesn't freeze to death, and hopefully try to engage him back into services,"

she said.

As we pull into the Rushford parking lot a little after 11 p.m., Bencivengo judged the night a success.

"We did find that couple and that their resolution to their homelessness didn't work out. They probably were not people who were going to seek us back out. So I'm glad that we did see them and we can work with them," she said.

## Emotionally draining, but rewarding work

Armed with new information and being reconnected with past clients, Bencivengo's team will get to work. Tim Washington will visit the new encampments again, trying to connect with the people who live there and build the trusting rapport he's been known for through his years working at Rushford.

"I've been here 13 years and I love my job. It's very tough sometimes because I'm such a giving person or try to be such a giving person. My boss tells me I can't fix everyone. But I try to," said Washington.

Washington said it can be frustrating and emotionally draining when clients don't want his help or when he finds they're back on the street.

But the rewards of his work are immeasurable. Washington reflected on one recent success story—a woman who had been homeless for more than five years and recently found an apartment through Rushford and coordinated access.

"We brought her to the apartment. She looked around. It was clean. It was beautiful," Washington recalled. "And she said 'this is mine?' And I said 'yes this is yours' and I handed her the keys. She started crying right then and there. She couldn't believe it was hers."

# Proactive professionals prepare for '13 Reasons' sequel

The controversial Netflix show "13 Reasons Why" promoted conversations between teens and parents around difficult topics like suicide and bullying, but also sparked a firestorm of criticism over its graphic content and concern about copycat suicides.

"Anecdotally, Hartford Hospital, Connecticut Children's Medical Center and other emergency departments saw a notable increase in kids coming into the emergency room

who reported feeling suicidal and related their suicidality in some way to the show," said Harold I. Schwartz, MD, psychiatrist-in-chief at the Institute



Schwartz

of Living and vice president of behavioral health at Hartford HealthCare.

With the second season of "13 Reasons Why" looming and the results of a worldwide study of the show's impact complete, Netflix has announced it will include more educational content with the show's sequel, scheduled for release in 2018.

The study was commissioned by Netflix and led by Northwestern University researchers who surveyed more than 5,000 teens, young adults and parents. It found that:

- 58 percent of teen viewers reported talking to their parents about the show and related issues.
- Approximately 75 percent of teens and young adults found the show relatable.
- More than 70 percent of the parents and teens who watched "13 Reasons

Why: Beyond the Reasons," the show's companion documentary, said they would have liked more access to informational resources.

"I'm not surprised by the results of the survey — we've long held that '13 Reasons Why' had great potential to enhance discussion about difficult issues," said Schwartz. "These are topics that kids relate to, but they aren't often speaking with their teachers, administrators and parents about them. The show has started an inter-generational discussion."

Released in March 2017, "13 Reasons Why," tells the story of teenager Hannah Baker who takes her own life and leaves behind cassette tapes chronicling the 13 reasons why she did it. The show quickly came under scrutiny and criticism for its graphic themes, which include suicide, sexual assault, substance abuse and bullying.

The need for community education quickly became evident.

The Hartford HealthCare Behavioral Health Network, in partnership with local schools and organizations, sponsored a series of community forums that attracted hundreds of students, parents, social workers and teachers from across the state. The series — 13 Reasons Why (and Why Not) — received an award from the New England Society for Health Care Communications.

Similar community forums will likely be scheduled when the second season debuts. In response to results from the study, Netflix will add trigger warnings to the start of each episode with actors and actresses from the show coming out of character to discuss the sensitive nature of the show.

"The more Netflix engages their audience pre-show and post-show around the issues, the better," Dr. Schwartz said. "It's still important, however, that parents and schools continue to have open dialogues with students around these topics."

Dr. Schwartz added that the study only tells half of the story when it comes to the show's potential impact.

"The study unfortunately did not ask children, teens or adolescents whether the show made them feel more dependent or suicidal, or if it hurt them psychologically in any way," Dr. Schwartz said.

Based on the ending of the first season, some have speculated that the second season may involve a school shooting, which Dr. Schwartz warns could be even more traumatic for young viewers.

"The impact of school shootings on the national psyche has continued to worsen," Dr. Schwartz said. "A program that highlights a school shooting will be extremely disturbing, likely more so than an individual suicide. If that happens, Netflix has an obligation to forewarn viewers, and it will increase the need for parents and schools to proactively engage with students as they're watching this."

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*The HHC Behavioral Health Network offers resources for parents, schools and students around mental health and suicide, including Mental Health First Aid on the third Friday of each month and Youth Mental Health First Aid. For more information or to register, visit [www.hartfordhealthcare.org/health-wellness](http://www.hartfordhealthcare.org/health-wellness).*

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## Mental Health First Aid 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](mailto:patricia.graham@hhchealth.org).

## Rushford teen group goes to the source to combat underage drinking

■ On April 1, a story about how a Rushford facilitated youth group which is placing stickers on liquor store bags to combat underage drinking was featured in the Meriden Record Journal. <http://www.myrecordjournal.com/News/Meriden/Meriden-News/Meriden-youth-combat-underage-drinking.html#gallery-8>.



WTNH ran a similar story on April 3. <http://wtnh.com/2018/04/03/meriden-teens-take-unique-steps-to-tackle-underage-drinking/>

■ On March 22, Rushford Medical Di-

rector J. Craig Allen, MD, was featured in a segment on News 8 about a new tool for tracking opioids overdoses.

<https://youtu.be/sTeh9-IDz84>

■ On April 2, a roundtable discussion with Congresswoman Rosa DeLauro hosted by Rushford in Middletown was featured in the Connect to Healthier segment on NBC CT. <https://youtu.be/EgUWmKQXKYw>

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

## Annual NAMI walk slated for May 19

Join the BHN for the NAMI Connecticut Walk on Saturday, May 19 at Rentschler Field in East Hartford.



Proceeds from the event go to the Connecticut branch of the National Alliance for Mental Illness (NAMI), which offers support, education and advocacy for Connecticut residents affected by mental illness.

To sign up or to make a donation, visit <https://secure.qgiv.com/event/team/814622>.

## IOL Recognition Day slated for June 27

The Institute of Living Awards and Recognition Day is scheduled for Wednesday, June 27, from 2:30-4 p.m. in the Hartford Room of the Commons Building. The awards being presented include:

- Arne Welhaven Memorial Award
- Linda J. Stacey Service Excellence Award
- Ned Graffagnino, MD Honorary Award
- Psychiatrist-in-Chief Award
- Nightingale Award for Excellence in Nursing
- Professional Practice Nursing Award
- PCA/Psychiatric Technician Dedicated to Caring Award
- CAPSEF Golden Apple Award
- IOL Staff Inducted into Quarter Century Club 2018

Berry shortcake will be served. Contact your manager for additional information.

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### Charles Eisenstein

Philosopher, Speaker, and Author of The More Beautiful World Our Hearts Know Is Possible [charleseisenstein.net](http://charleseisenstein.net)

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For more information, please contact Michaela Fissel, [MFissel@AdvocacyUnlimited.org](mailto:MFissel@AdvocacyUnlimited.org).

## Farmington student films documentary on IOL history

Sean Shekhman knew a little bit about the Institute of Living when he started a recent documentary project for his middle school, but didn't know how much the organization had helped lead progress in behavioral healthcare throughout its history.

"I had been to the Institute of Living before," Sean said, "But I never realized the Institute of Living was one of the first hospitals in Connecticut, and one of the first mental hospitals in the United States. I didn't realize how much history was here."



Shekhman

Sean's documentary was presented at Irving A. Robbins Middle School's "Paideia Day," an event where eighth graders who have completed their first-ever research projects share their work with peers, parents and members of the community to show off their accomplishments and gather feedback.

During the research project, students choose a topic from a range of categories, including industry, education, weather, transportation, women and health. They then research a Connecticut individual or institution that had an impact on that topic. Shekhman's research involved interviews with Hartford HealthCare Behavioral Health Network President Pat Rehmer and Harold I. Schwartz, MD, psychiatrist-in-chief at the Institute of Living and vice president of behavioral health at Hartford HealthCare.

"Our learning target is for students to inform a public audience about events and developments that have influenced our community's history," said Evan Belisle, an eighth grade social studies teacher at Irving A. Robbins. "We encourage them to understand

not just what happened in history, but how things become a part of our shared history."

After they write a research paper, they are tasked with creating a media-based presentation. Students make posters with a digital component, create websites, exhibit a performance or create documentaries.

"I'm a bit of a tech geek and I really enjoy technology, so that's why I decided to do a documentary." Sean said. "It was really exciting to write the script and then edit it during the month I had to make it."

Paideia Day happens a few weeks after the project is due so they have

time to prepare their presentations. As a result, the event has become a celebration of the learning and an opportunity to be proud of the work they did.

More than 300 eighth graders participated in Paideia Day, but only about 10 percent of the students created a documentary on their research subject.

"Sean did a really good job," Belisle said. "He did an excellent job with his voiceovers and transitions. He also went beyond focusing just on the history of the Hartford Retreat for the Insane and how mental health treatment has changed; he looked at the work they're doing now and why it's important. That's a great thing to see."



Join the Institute of Living's Family Resource Center for their annual Autism Awareness Month event:

### Building Blocks for Growth in Children with ASD: Social Communication and Beyond

Wednesday, April 18, 2018 • 6 to 8 p.m.

Institute of Living – Commons Building, 2<sup>nd</sup> floor, Hartford Room  
Beverages and hors d'oeuvres will be served

- Review factors linked to growth and optimal outcomes in children with Autism Spectrum Disorder
- Identify the building blocks of social communication needed for successful social interaction
- Discuss treatment approaches for encouraging growth in communication and social pragmatic skills

Please RSVP to Goviana at 860-602.8313 or [gmorales@ctfsn.org](mailto:gmorales@ctfsn.org)

**Thyde Dumont-Mathieu, MD, MPH** is a Board-Certified Developmental-Behavioral Pediatrician who has been in practice for over 14 years. Her research focuses on identifying ways of enhancing the delivery of equitable developmental-behavioral care and services to children and families who are traditionally underserved through the inclusion of all stakeholders.

**Kerri Byron, M.S., CCC-SLP** is a Speech-Language Pathologist at Connecticut Children's Medical Center. She works with children who have a variety of communicative needs and their families by providing assessments and specialized treatment approaches.

  
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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:

### ■ Depression Bipolar Support Alliance

**Group (DBSA).** April 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 April 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).

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.

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).

April 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.

### ■ 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.

### ■ Al-Anon Parent Group.

April 12, 19, 26, May 3, 10, 17, 24, 31, June 7, 14, 21, 28. (Every Thursday), 7 – 8 p.m. One hour topic discussion.

### ■ Support Group For Those Coping With A New Or Chronic Medical Condition.

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](mailto:marissa.sicley-rogers@hhchealth.org).

### ■ 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**.

### ■ Autism Spectrum Support/Educational Group Meeting For Parents.

April 18, May 16, June 20. (Third Wednesday of the month), 6 – 7 p.m. Providing a place for parents of children on the autism spectrum, or another related disorder, to come together and get support and information. Monthly, peer-run support groups interspersed with special guests and speakers to offer additional guidance and perspective. Please RSVP to Goviana at **860.560.1711** or [gmorales@spedconnecticut.org](mailto:gmorales@spedconnecticut.org).

### ■ It's Hard To Be A Mom.

April 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 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.

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If you are a student that needs to observe a group for a class assignment, you must contact the Family Resource Center by emailing Laura Durst at [laura.durst@hhchealth.org](mailto:laura.durst@hhchealth.org) two weeks prior to the group you would like to attend. Please note, not all of our groups are open for observers and it is up to the facilitator and group members themselves.

## Staff takes part in annual CAPSEF conference

Staff from Natchaug Hospital schools attended the annual Connecticut Association of Private Special Education Facilities (CAPSEF) professional development conference on Wednesday, March 21, at the Connecticut Convention Center.



Above left: Ten staff members were honored with Excellence awards including, from left, Ellen Cecchini, Stephanie Brucher, Jean McGuire, Jill Bourbeau, Anaya Gonzalez, Laura Jordan, Rebecca Cronin, Vorasinh Phommassith, and Paula Rich. Diane Daniels was also honored but not pictured. Above right: The Natchaug inpatient school also staffed a table to educate people about mental health and build connections with other educational staff in the state. From left, Shawn Cyr, Paul Secker, Rebecca Cronin, Elizabeth Flannery, Jennifer Cramer, and Jean McGuire.



### 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	



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### Second Annual Natchaug Hospital Charity Co-ed

# Softball Tournament

**Saturday, June 2, 2018**  
 Recreation Park  
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\$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](mailto:ashley.laprade@hhchealth.org) or 860.696.9872.



**Natchaug Hospital**  
 Connect to healthier.™



## Items up for grabs at virtual supply swap

Help Natchaug Hospital reduce supply waste and excess spending by participating in the virtual "Supply Swap." If you have items you wish to repurpose, email [paula.purvis@hhhealth.org](mailto:paula.purvis@hhhealth.org) the details. If you see an item posted that you need, please contact the individual listed on the Supply Log to make arrangements. This is a cost-savings project sponsored by the H3W Friends work group.

### What's available

Item Description	Quantity	Location	Contact Name
Large metal two-door cabinet (lock broken, no keys)	1	Plant Ops	Paula Purvis
Locking safe	1	Plant Ops	Paula Purvis
Three-drawer filing cabinet	1	Plant Ops	Paula Purvis
Metal bookcase	1	Plant Ops	Paula Purvis
Three-seater chair	1	Plant Ops	Paula Purvis
Desk	1	Plant Ops	Paula Purvis
Computer chair	1	Plant Ops	Paula Purvis
File folder rack	1	Conantville	Ashley Laprade
Black binders	2	Conantville	Ashley Laprade
Book ends	2	Conantville	Ashley Laprade
Document stand	1	Conantville	Ashley Laprade
Blood pressure cuffs	1	JC TV	AnneMarie Simmons
HP toner ink	6 cartridges – 1 of each	Main Hospital	Paula Purvis
Accountability Now books	12	Main Hospital	Paula Purvis
Two-hole punch	1	Main Hospital	Paula Purvis
Fax / HP Laserjet 3380	1	Main Hospital	Paula Purvis
Black binders - various sizes	Many	Main Hospital	Paula Purvis
Numbered tabs	Several	Main Hospital	Paula Purvis
Three-ring hole puncher	1	Plant Ops	TBD
Calculator w/roll of paper	1	Plant Ops	TBD
Monitor riser	1	Plant Ops	TBD
Hanging file separators with tabs	1	Plant Ops	TBD
File stand for desktop	1	Plant Ops	TBD
Latex gloves	3 boxes	Plant Ops	TBD
Binders (all sizes, mainly black, others)	35	Plant Ops	TBD

## rushfordreport

### Student group's PSA does its part to curb opioid abuse

A youth group facilitated by Rushford and radio station KC 101 are teaming up to help fight the opioid crisis.

SADD (Students Against Destructive Decisions) created a public service announcement urging adults to properly dispose of their unused and expired prescription medication so it doesn't fall into the wrong hands.

"Here's what you can do to Change the Script," the PSA says as a different student reads each new sentence. "If you have prescription drugs at home, lock them up. If you have unused pills that you no longer need properly dispose of them."

SADD is part of the Meriden Healthy Youth Coalition and consists of positive peer leaders from Meriden high schools. The coalition meets regularly with advocacy groups, addiction specialists, and law enforcement officials to strategize ways to keep kids from using drugs or alcohol.

Students from Platt, Maloney and Wilcox Tech wrote and re-

corded two 30-second spots and one 60-second spot at KC 101's Hamden studio with the help of afternoon personality Adam Rivers. While the group was recently awarded a \$5,000 mini grant under the states Change the Script Program for the initiative to help educate youth about the dangers of opioids, there was no charge by the radio station to record and edit the PSAs.

Krystle Blake, Rushford Manager of Prevention and Wellness, says anti-drug messages are always more powerful for teens when they come directly from their peers.

"We want to kids to buy-in and be vested in the message. The kids can tell you what's really going on in their schools," Blake said.

The PSAs air on KC101, its sister station WELI, Pandora and at gas stations in Meriden, through AMP radio network.

■ Listen to the PSA now at [www.rushford.org](http://www.rushford.org).

## SMART groups offer help for young adults on a weekly basis

Are you a teen or young adult struggling with an addiction? In the weekly Rushford Self-Management And Recovery Training (SMART) group, teens and young adults work to gain independence from addictive behavior, including:

- Alcoholism
- Drug abuse or addiction
- Eating disorders
- Gambling addiction
- Self-harm or injurious behavior

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

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**.



Rushford  
Race for  
Recovery

### 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](http://lightboxreg.com/RushfordRaceforRecovery).  
Questions? contact Ashley Laprade at [Ashley.Laprade@hhchealth.org](mailto: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!



## Rushford Academy teacher honored with inaugural Making a Difference Award

Chris Collins wanted to make sure his co-worker was given the recognition that she deserved. This inspired him to create the Rushford at Durham Making a Difference award. The first-ever award was presented by Collins to Rushford Academy teacher Rebecca Blake on Wednesday, March 28.

"I want to give you flowers while you can smell them," Collins said. He recognized her for all her efforts and her continued inspiration of Rushford clients, staff and everyone she meets. The new Rushford Academy library, which features more than 300 donated books, was named "Blake's Books" in her honor.

A special thank you to Chris Collins, Amanda Cartagena, Greg Sims, Cary Leduc and everyone else that was involved in making this an outstanding event for the Rushford campus.



## Rushford students get tour of UConn campus

Students from Rushford Academy, the Clinical Day Treatment School and Stonegate took a field trip to the UConn Storrs campus on Tuesday, March 27.

The day started with a presentation by UConn students in the visitor's center, followed by a campus tour, which included the School of Business, Marcus Holcomb Residence Hall, Babbidge Library, Student Union Center, and Gampel Pavilion (the boys favorite part!).

The tour finished at the UConn Recovery Community building, where staff spoke about the program which offers a support environment to meet the therapeutic and educational needs of UConn students recovering from addiction.

The final activity of the day was the send-off for the UConn Huskies women's basketball team, which was leaving for the Final Four in Columbus, Ohio.

Thank you to UConn staff and students for being so welcoming, and Amanda, Jim and Gary for all their help!



## Avon kicks off PHP program

As of Monday, April 2, Rushford at Avon is offering an adult Partial Hospitalization Program from Monday through Friday, 9 a.m. to 1:30 p.m.

The following medical record codes can be used to assign clients:

- AVONPHPMH/ADULT\_MH/PHP/RUSHFORD — Avon PHP MH
- AVONPHPSA/ADULT\_SA/PHP/RUSHFORD — Avon PHP SA
- SUBOXAVON/ADULT\_SA/PHP/RUSHFORD — Suboxone Avon

For more information, contact [melissa.monroe@hhchealth.org](mailto:melissa.monroe@hhchealth.org) or [michelle.voegtler@hhchealth.org](mailto:michelle.voegtler@hhchealth.org).



**Do you have a family member that is or has been treated at Rushford?**



Our clients have support but do you? Are you feeling stressed or like no one understands?

Join us for a weekly family support group to:

- Connect with others whose family or friends are battling addiction
- Create a support network to promote your own healing
- Learn ways to support your loved ones in recovery

**Tuesdays, 7-8 pm**

Rushford at Middletown  
Cafeteria  
1250 Silver Street

For more information, contact Lauren Galameau, CAC, CADG, at 860.852.1089 or [lauren.galameau@hhchealth.org](mailto:lauren.galameau@hhchealth.org).

Save the Date!



# 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.*

# How to Save a Life

## Identifying an Opioid Overdose and Administering Narcan



In this FREE educational seminar, learn more about:

- Signs of an opioid overdose
- What is Narcan, who should carry it and how to get it?
- How to administer Narcan to an overdose victim

 **Tuesday, April 24 | 6:30–8 pm**

**Rushford**  
35 Tower Lane, Avon

Speakers:

**Samuel Silverman**

*Board-certified psychiatry and neurology  
Rushford Medical Director of Addiction Services*

**Melissa Monroe**

*Director, Rushford MATCH program*

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*The event is presented in collaboration with the Canton Youth Services Bureau using funds from the CASAC mini-grant for the Change the Script opioid public awareness campaign. Snacks and light refreshments provided by Café Louise.*

Registration is recommended. Call 860.284.0048 to sign up.

**CHANGE**  
the **SCRIPT**