



NIGHTINGALES NAMED

Behavioral Health Network nurses recognized for excellence.

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WORDS OF WISDOM

BHN garners five Lamplighter awards for communications prowess. • PAGE 4



ANOTHER MAN'S TREASURE

Virtual supply swap at Natchaug gives new life to things others no longer need. • PAGE 8

Hartford HealthCare 
Behavioral Health Network

BHINews

Behavioral Health Network President Patricia Rehmer, center, speaks during a forum Thursday, April 6. The event, held at the New Britain Museum of American Art, shed light on the growing trend of women experimenting with opioids.



Addiction risk rising for women

BHN president Patricia Rehmer speaks at opioid forum in New Britain

In the past two years, Connecticut has seen over 400 women lose their lives to drug overdose. In 2015, 1.2 million women nationwide started taking opioids, which averages to 3,300 women per day.

With the state and country seeing a rise in opioid addiction, specifically with women, the Connecticut Health I-Team hosted a free community forum, “Working Women: The New Face of Addiction,” at the New Britain Museum of American Art on Thursday, April 6. Behavioral Health Network president

Patricia Rehmer spoke on a panel with three other women on the opioid crisis and how it directly affects women.

“Addiction is a race-less, class-less, age-less epidemic. It affects everyone,” said Rehmer. “It’s an issue we need to continue to work on. Everyone talks about it, but we need to ask ourselves how are we educating and reaching out to people?”

She added that if children can stay away from substances, including nicotine, before 18 years old, they have a 90 percent chance of not developing addic-

tion habits or patterns.

Joining Rehmer on the panel was Judith Stonger, vice president of prevention, wellness and recover at Wheeler Clinic; Jessica Smith, senior director of adult outpatient services at Wheeler Clinic; and Annette Diaz, a woman in long-term recovery and a Certified Recovery Support Specialist, Peer Coordinator at Community Health Resources (CHR).

Rehmer said it is important to edu-

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Aetna partnership helps with Apple Watch price



Hartford HealthCare employees can buy an Apple Watch with a \$75 discount from Aetna. The promotion is part of a partnership between Aetna and Apple designed to help employees stay active, track their health and keep track of their insurance.

From practicing mindfulness to reaching fitness goals, Apple Watch is designed to help you stay active, healthy, and productive throughout the day — right from your wrist.

Employees of Hartford HealthCare will be able to purchase an Apple Watch online and pay for it with a credit card or, if they are eligible, spread the cost over a year, using interest-free payroll deductions.

To learn more, including purchasing instructions, click on the Wellness Incentives page of HHC Connect.

'Addiction is a race-less, class-less, age-less epidemic. It affects everyone.'

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cate nurses and hospital staff to not discriminate against patients who come to the hospital while battling with addiction. Smith said women are fearful that they'll lose their children if they seek help and that it's a very real and difficult issue that women face.

"We educate our nurses to not discriminate when patients come to us," said Rehmer. "Don't call (Connecticut Department of Children and Families) on the patients right away — work with them, talk with them. We have seen

great results with this approach. Family can actually be one of the biggest influences to help someone overcome their addiction."

The panelists agreed that, next to family, healthy relationships, jobs and school can be the best resources and assistance to someone who is recovering from addiction. Rehmer added that ambulatory detox has come a long way since it first was introduced and for people that have a safe place at home and supportive friends and family, it is a very effective method of recovery.

The forum was moderated by New

Haven Register senior web producer and metrics specialist, Angi Carter, held in front of a large audience. Rehmer said it was the largest forum audience she has seen for the events she frequently participates in.

Are you planning for your retirement?

Do you know how much money you will need in retirement? Are you taking too much or too little risk with your investments? Do you know Hartford HealthCare provides retirement education and planning resources at no cost to you?

Find out how your account is performing. Learn about planning tools and educational resources. Ask questions about long term strategies and feel more confident about your potential retirement income.

To get started, contact Dan Dionne, your Prudential Retirement Counselor. Schedule a personalized, one-on-one session, at your work location or by telephone.

Email: daniel.dionne@prudential.com
Phone: 860.424.7621.
Visit: prudential.com/hartford-healthcare



Join us and walk for awareness

The National Alliance on Mental Illness (NAMI) in Connecticut will be hosting its annual NAMI Walk to support mental health awareness on Saturday, May 20, at Bushnell Park in Hartford.

The Hartford HealthCare Behavioral Health Network will be a sponsor for this event, and we are looking for employees at each of the entities within BHN (Backus and HOCC behavioral health units, Institute of Living, Windham Hospital, Natchaug and Rushford) to sign up as captains to encourage staff to join the BHN walking team. We are hoping for a strong BHN representation at the event. Contact Amanda Nappi at amanda.nappi@hhchealth.org for additional help or with questions.





Murphy recognized with Behavioral Health Champion award

Dr. Harold Schwartz, IOL psychiatrist in chief and HHC vice president of behavioral health, presented the Behavioral Health Champion award to Sen. Chris Murphy at a recent meeting of the National Association of Psychiatric Health Systems.

Murphy was the principle sponsor and driving force behind the Helping Families in Mental Health Crisis Act, a section of the 21st Century Cures Act that was passed by Congress and signed into law by President Obama in 2016.

"This act constitutes the most important federal mental health legislation in a generation," Murphy said. Murphy credited Dr. Schwartz as "the first one he turned to" during the early stages of writing the bill.

Anything to share?

Are you interested in sharing your clinical experience or knowledge with co-workers throughout the HHC Behavioral Health Network? Consider submitting an article to the Clinical Corner. For more information, e-mail amanda.nappi@hhchealth.org.

Nightingale News

■ Four nurses from the Behavioral Health Network are being honored as part of the 2017 Nightingale Awards for Excellence in Nursing on Thursday, May 4, at the Mashantucket Pequot Museum. They include:

■ **Michelle Liss, RN, Rushford ACE/ITP Unit.** Michelle considers herself to be not only a nurse, but a resource for her co-workers and an advocate for her patients. "I consider myself a team player and want my colleagues to know they can come to me for any clarifications, medication questions, or any other issues that I may be able to resolve to help our clients," Liss said. "I also advocate for our clients as much as possible to make sure their needs are being met and they feel their voice is being heard." Always willing to go the extra mile, Liss recently covered for a night-shift employee so they could get home safely during a snow storm. "There is nothing that is not in my job title."



Liss

■ **Amanda Watkins, RN, Natchaug Hospital Child and Adolescent Unit.** For Amanda, great care means helping not only the young clients she serves, but their families as well. "I truly and firmly believe in client/family-centered care," Watkins said. "No matter the situation, families should know that we have given 100 percent, no matter the outcome." As a manager, Watkins makes sure that same level of care is provided by all of her employees. "I foster an environment of staff ownership."



Watkins

■ **Maryann Hanrahan, RN, Natchaug Hospital Adult Unit.** With 38 years of nursing experience under her belt, Maryann has become a resource for her co-workers in terms of care delivery and crisis management. She puts clients first in her work, and is happy to assist her peers in evaluating care needs, whether it's her assigned client or not. "I have come through the years to appreciate the meaning that small moments of listening and kindness can make in a life."



Hanrahan

■ **Tiffany Otto, RN, BSN, Institute of Living Adult Unit.** In the clinical practice setting on D1N, Tiffany provides holistic nursing care to her patients and is a role model to other nurses and exemplifies what it means to take care of the person — not just the patient. She is calm, understanding and hardworking. Frequently patients will ask if Tiffany can be their nurse. She is smart and confident in her critical thinking skills and nursing judgment.



Otto

She works well with members of all disciplines as they respect her and are enthusiastic to partner with her in caring for the patients. She obtained her BSN from Boston University and is currently pursuing an Advanced Practice Nurse degree with a focus on geriatric psychiatry. Tiffany is responsible and mature beyond measure for her age.

New lean sensei joins Behavioral Health Network

The Hartford HealthCare Behavioral Health Network is pleased to announce that Lance Grimm has been appointed Lean Sensei for the BHN, effective March 24. His responsibilities include ensuring that the BHN is maximizing Lean principles to eliminate waste, create growth opportunities and improve work-life balance for



Grimm

employees. He will report to Mohamed Saleh and Pat Rehmer.

Grimm comes to Hartford HealthCare from Rockwell Collins, where he served as Principal Manager for Enterprise Lean for the \$5 billion-aerospace and defense company. His skills and expertise include business process management, strategic problem solving, executive coaching, Lean deployment and business optimization. These skills will help the BHN evolve its daily huddles, implement standard work, continue the Lean journey

while celebrating successes along the way.

He obtained his MBA, Business Administration Degree from Nova Southeastern University and a BA in accounting from the University of Northern Iowa.

Grimm has certifications in Change Management, Six Sigma Green Belt, Lean Champion, Lean Principal and is a Certified Public Accountant.

Although his office is at Rushford in Meriden, he is the Lean Sensei for the entire BHN.

Communications team to receive five Lamplighters

The Behavioral Health Network communications team will be honored with five awards at the New England Society for HealthCare Communications annual Lamplighter Awards Gala in Cape Cod, Mass., in June. The Lamplighter Awards recognize the year's best health care communications in all of New England.

The BHN will be recognized for BHNNews; the BHN children's art calendar, Pat Rehmer's columns; MATCH — design; and MATCH — overall marketing campaign.

Hartford HealthCare will receive a total of 30 awards for their marketing and communications efforts during the past year.

Financial assistance available for patients

Do you know a patient who is in need of financial assistance? Hartford HealthCare can provide help to patients in need. Learn more about the program at <https://intranet.hartfordhealthcare.org/inside-hhc/patient-support>.



We have momentum

Feel it. Share it. Build it.

Momentum is Hartford HealthCare's new internal social media platform. With just a couple of keyboard clicks you can say "thank you" and share your thoughts.

Make someone's day.

Visit [HHC Connect](https://intranet.hartfordhealthcare.org/inside-hhc/patient-support) to get started.

Hartford HealthCare
Connect to healthier.™

Musical's April 19 performance will benefit BHN

You may have heard about the Tony-winning musical, "Next to Normal," running through May 14 at TheaterWorks in Hartford to support BHN entities. All HHC employees can receive discounted tickets to the show. In addition, the performance on Wednesday, April 19, is a fundraiser for the BHN. The event features a pre-show cocktail reception and a post-show conversation with the cast. Tickets are \$90, of which \$80 will go to BHN programs. That's pretty huge, usually with events we make about a third of what the price of the event ticket is once all is said and done, so it's a big deal to be receiving back so much of the proceeds from the performance — and it will be a massive boost for our programs.

"Next to Normal" is a contemporary musical that touches on the joys and struggles of a family dealing with behavioral health issues. Every day, the BHN provides behavioral health services to patients and families across Connecticut and for the April 19 show we'll be coming together to experience this pro-

duction and to share our stories related to that work with each other before the show starts.

We hope you can join us in recognition and support of our important work in behavioral health. You can call the TheaterWorks box office at **860.527.7838** or go online at **www.theaterworkshartford.org** to reserve tickets. The box office is fabulous

with any questions and they are delighted to be supporting our programs.

Please also encourage others to attend. As a nonprofit, we rely on donations to cover costs not reimbursable by insurance, and participating and encouraging others to take part in events like "Next to Normal," and other annual fundraisers are ways not just to support the BHN, but our clients.

Have you heard the news?

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

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



THE PULITZER PRIZE-WINNING MUSICAL

next to normal

music by **Tom Kitt**
book and lyrics by **Brian Yorkey**

directed by **Rob Ruggiero**

All HHC Employees Enjoy Discounted Seats!
mention "Hartford HealthCare" when calling for tickets
(discount not available when purchasing tickets online)

theaterworks 860.527.7838 theaterworkshartford.org

Hartford HealthCare Behavioral Health Network
Connect to healthier™

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:

■ **Support Group For Those Coping With A New Or Chronic Medical Condition.** April 7, 14, 21, 28 (Every Friday), 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 call Elizabeth Alve-Hedegaard, APRN, at **860.545.7050**.

■ **Depression Bipolar Support Alliance Group (DBSA).** April 10, 17, 24 (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and March 29, April 5, 12, 19, 26 (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.

■ **Alcoholics Anonymous.** April 11, 18, 25 (Every Tuesday), 12:30-1:30 p.m. Join us for coffee and a one-hour topic discussion. To learn more, contact the AA General Service Office at 212-870-3400 or P.O. Box 459, New York, NY 10163.

■ **Hearing Voices Network (HVN).** April 13, 20, 27 (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

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IOL Nurse Management visits with a group of upcoming Central Connecticut State University nursing student graduates.

Open house for nurses



IOL Director of Nursing Ellen Blair discussing psychiatric nursing at IOL with a group of open house attendees.

The Institute of Living held a successful nursing open house on Wednesday, March 22, that attracted around 40 attendees. The open house event welcomed experienced nurses and upcoming graduates alike.

The afternoon featured presentations, interview opportunities, and small group discussions with management.

AUTISM Awareness Month Event

All are welcome.



Wednesday, April 19, 2017 | 6 – 8 pm

Care for the Caregiver: The Special Needs of Special Parents

My Child • My Self • My Family

Open discussion about self-care challenges, ideas, suggestions and some laughs! Light refreshments and hors d'oeuvres provided.

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

For more information or to RSVP, please contact Goviana at 860.560.1711 or email gmorales@spedconnecticut.org.



Institute of Living 
A Division of Hartford Hospital

Family Resource Center Support Groups (continued)

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.

■ Anxiety Disorders: An Introduction.

April 11, June 27, 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.

■ Social Support Group — LGBTQ

Issues (Lesbian/Gay/Bisexual/Transgender/Questioning). April 12, 26, May 10, 24, June 14, 28 (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 13, May 11, June 8 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.

■ Al-Anon Parent Group.

April 13, 20, 27 (Every Thursday), 7 - 8 p.m. One hour topic discussion.

■ Autism Spectrum Support/Educational Group Meeting For Parents.

April 19, May 17, June 21 (Third Wednesday of the month), 6 - 7 p.m. Providing a place for parents of children on the autism spectrum, or with 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.

■ Support Group For Families Dealing With Major Mental Illness.

April 20, May 4, 18, June 1, 15 (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. Share your success and struggles. Learn to care for yourself while caring for others.

Work published

An IOL initiative led by Ellen Blair, APRN, NEA-BC, was recently published in this month's *Psychiatric Quarterly Journal*.

“Management of violent and aggressive behavior is a major challenge in psychiatry. Traditional approaches frequently include seclusion and restraint (S/R), interventions that can be traumatizing for both patients and staff. Alternative management strategies are needed. The authors describe an intervention designed to decrease S/R and present the results of a pilot study that evaluated the effectiveness of this program.”



- Are you a parent/caregiver of a child (ages 5-12) who has a mental illness?
- Would you like to learn more about your child's mental illness?
- Would you like to learn new coping skills to help you and your child?

Join us during Mental Health Month (May 2017) for any or all of the group meetings to help you and your child with mental illness

Managing Your Child's Mental Health

A group series for parents and caregivers

Thursdays • 6 - 7:30 p.m.

Hartford Room, Commons Building, 2nd Floor

Facilitated by: **Jeevitha Kempegowda, Psy.D.**

Discussion topics will include:

- **May 4:** Understanding mental health in children
- **May 11:** Helping my child and I cope with mental health stigma (Facing judgment and criticism from others)
- **May 18:** Play-based activities to manage aggression and impulse control
- **May 25:** Helping my child who has experienced trauma
- **June 1:** Helping myself (Self-care for caregivers)

RSVP by May 1

Call 860-545-7706

or e-mail jeevitha.kempegowda@hhchealth.org

National Children's Mental Health Awareness Week • May 1 – 7
National Children's Mental Health Awareness Day • May 4

Hartford HealthCare
Behavioral Health Network



Virtual supply swap offers new life for unwanted items

Help Natchaug Hospital reduce supply waste and excess spending by participating in a virtual “supply swap.”

A current inventory of excess supplies will be posted on the Natchaug Intranet for staff to “swap” with each other as needed.

There are three 2017 desk calendars currently available (The current list of items is posted on our Intranet under “Supply Log”).



If you have items you wish to repurpose, email paula.purvis@hhchealth.org with 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. Thank you for your participation.



29th Annual Rushford Golf Classic

Tuesday, May 23, 2017

Lyman Orchards Golf Club
Middlefield, CT

Registration: 10:45 – 11:45 am
Shotgun Start: Noon
Reception: 5 – 7 pm

Title Sponsor



For more information, click on:
www.2017rushfordclassic.golfgenius.com

You Are Not Alone

Support Group for Children and Families Living With High Functioning Autism Pervasive Developmental Disorder (PDD)

The focus of the group is to provide support and education to parents and families raising children with Pervasive Developmental Disorders. The group will:

- Connect parents with similar concerns
- Help families understand the needs of children with PDD
- Develop strategies to parent and educate children with PDD
- Support family members who live with a PDD child
- Support the children identified as PDD



Dates: April 26 - May 31 - June 28
July 26 - Aug. 30

Time: 5:30 — 7 p.m.

Where: Joshua Center Thames Valley
11A Stott Ave. , Norwich, CT



Parent Support group

Understand the nature of the disorder
View things differently
Poor social skills
Over stimulated
Have melt downs
Develop strategies to provide consistency, predictability and understanding (especially during a meltdown)

Client Support Group

Learn conversational skills, social skills and behavioral expectations or “rules of engagement”

Sibling Support Group

Provide care and fun for siblings while helping them learn and understand that everyone is different, and therefore, have different needs

If interested in attending, please contact:

Carleigh Hannah
860-696-9984
Carleigh.Hannah@hhchealth.org

Please register for these FREE support groups, so we will have enough PIZZA

About BHNews

BHNews is published every other Friday. Story ideas or submissions may be sent to amanda.nappi@hhchealth.org. Articles must be submitted as a 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 18, at noon.