



HERE'S TO YOU!

Give a shout out to your co-workers in our employee recognition feature. • PAGE 3



HOMETOWN HERO

IOL's Dr. Harold I. Schwartz honored for 25 years of service to patients in Connecticut. • PAGE 4



OPEN WIDE

Goodwin dental students offer dental hygiene help for Rushford clients. • PAGE 8

Hartford HealthCare Behavioral Health Network

BHINews

Making progress on mental health

Montville forum highlights successes, but gaps still exist

Much progress has been made over the past several decades in the way that mental health issues are commonly understood and treated, but there are still significant gaps and obstacles to be overcome, according to a panel of experts who spoke at a community forum in Montville last week.

"I think we're seeing a lot of examples where we are doing a better job in at least acknowledging the issue and letting it surface instead of trying to keep it hidden," said James O'Dea, PhD, MBA, vice president of operations for the Behavioral Health Network, who was one of the featured panelists at the forum.

The event was held as a way to take a closer look at mental health issues from various community perspectives, including healthcare providers, state and non-profit agencies, police and schools. Panelists spoke about the increasing demand for services at all ages, from young children to adolescents to



James O'Dea, PhD, MBA, Vice President of Operations for the Behavioral Health Network, right, discusses mental health services during a forum Thursday, April 7, in Montville, hosted by State Rep. Kathleen McCarty, R-Waterford, inset. Several speakers were featured including Angela Duhaime, center, Community Educator for Southeastern Regional Action Council.



adults and seniors. They also discussed the relationship between mental health issues and substance abuse and how they often, but not always, interconnect.

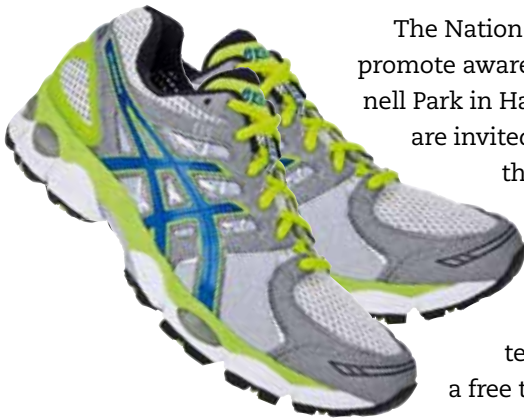
O'Dea praised community institutions such as schools and police departments for making great strides in devoting resources to preventing and intervening in

cases where young people exhibit signs of mental health issues. Yet he said communities continue to lag in meeting the mental health needs of adults.

He pointed to statistics showing that, in 65 percent of cases where people over 60 years old have committed suicide, they had been to see a doctor within the previous month. He said the BHN is hoping to close that gap by integrat-

..... Continued on page 2

Join the BHN team for the NAMI Walk for Awareness



The National Alliance on Mental Illness, or NAMI, will hold its annual NAMI Walk to promote awareness of behavioral health issues in Connecticut on Saturday, May 21, at Bushnell Park in Hartford. The Behavioral Health Network is a sponsor for the event, and all staff are invited to take part in the walk as a member of the BHN Team. The walk takes place throughout the park right next to the State Capitol building.

Co-captains for the BHN Team are Patty Graham, Leslie D'Amato and Darcy Lauretti. If you are interested in taking part, please send either one of them an email at patriciac.graham@hhchealth.org; leslie.damato@hhchealth.org; or darcy.lauretti@hhchealth.org. You can also register as a member of the team at www.namict.org. The first 100 people to sign up for the team will receive a free t-shirt.

Having specialists in the primary care setting increases odds of success

continued from page 1

ing behavioral health specialists in the offices of primary care physicians. That way, he said, primary care patients have quick and convenient access to care if they are showing signs of mental health problems.

In offices where behavioral health specialists are on hand, he said, 86 percent of patients who show signs of mental health issues were able to receive care, while less than 30 percent of patients received care in offices where specialists were not on site.

Responding to audience questions, panelists said many insurance plans are increasingly willing to cover costs for treatment, but there is still a large gap for those who are denied coverage. They said these patients can seek assistance from the state Office of the Health Care Advocate.



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:

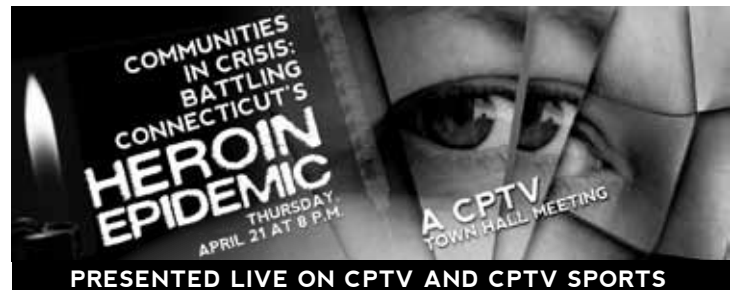
- Amy DiMauro, Director of Child and Adolescent Services and Glastonbury and Cheshire Adult Programming, Rushford
- Larue A. Graham, Jr., Meriden City Councilor

Registration required by April 22

1.855.HHC.HERE (1.855.442.4373)

Hartford HealthCare
Behavioral Health Network
Connect to healthier.™

Sponsors:



Join our studio audience for a live discussion about Connecticut's opiate addiction epidemic. The evening will begin with a reception at 6:30 p.m. followed by the live discussion at 8 p.m. at CPTV's Hartford studios, located at 1049 Asylum Avenue.

Admission to this Town Hall is free, but registration is required, and space is limited.

About the Program

Deaths in Connecticut from heroin and opioid overdose doubled in the past three years, reaching every corner of the state. Last year alone, nearly 550 people died. This multifaceted issue has many contributing factors, but one thing is for certain: Connecticut is facing a growing, life-threatening epidemic that refuses to discriminate based on social or economic status. During this live town hall meeting, a panel of experts and community leaders will discuss the significant challenges of opioid addiction and what local communities can do to help curb the alarmingly high rate of opioid dependence through effective treatment, prevention, and education.

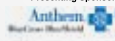
The meeting will be rebroadcast on CPTV Tuesday, May 3 at 10 p.m. and Sunday, May 22 at 6 p.m. and on CPTV Sports Tuesday, April 26 at 9 p.m. and Wednesday, May 11 at 10 p.m. It can also be viewed on-demand at cptv.org/heroincrisis after the show airs.

Panelists will include:

- Miriam E. Delphin-Rittmon, Ph.D.**
Commissioner, Connecticut Department of Mental Health and Addiction Services
- Karen Butterworth-Erban MSN RN CNL CNML**
Regional Director of Emergency Services - East Region Hartford Healthcare
- Matt Eacott, CARC, MATC**
Certified Recovery Advisor and Vice President, Aware Recovery Care
- Maribeth Farley**
Shatterproof Ambassador
- Louis J. Fusaro Jr.**
Chief of Police, Town of Groton

Hosted by: Diane Smith, Journalist

Presenting Sponsor:



Additional support from:



TO REGISTER, VISIT
cptv.org/heroincrisis

Follow the conversation on
Twitter at #CTHeroinCrisis.

The Robert G. & Marguerite M. Derr Foundation

Here's
to you!

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

Han-Dee with machines

Many thanks to Dee Charbonneau, office manager for JCSE and Young Adult Services in Groton. Always helpful with a smile, she went beyond the call of duty and fixed our office copier/fax machine after the technician was unable to keep it running.

— Kathleen McKnight, MD

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 BHNews. To find the buried treasure, log into HHC Connect (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.

Congratulations to Question 1 winner Sara Small from the Hartford Region Outpatient Surgical Clinic. She won an HHC gift pack including a Dunkin' Donuts gift card, a re-usable grocery bag, an umbrella, a hat and a mug.

To unlock this week's buried treasure search the **Leadership and Organizational Development** section of HHC Connect. Good luck and happy hunting!



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 or 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 26, at noon.

Schwartz honored as 'Hometown Hero'

Harold I. (Hank) Schwartz, MD, psychiatrist-in-chief at the Institute of Living, has been named a 2016 "Hometown Hero" by the Hartford Courant for the work he has done to support psychiatric patients in Connecticut for more than 25 years.

Dr. Schwartz was included in a series of profiles of "unsung heroes" across the state who make their communities better in a variety of ways. His profile appeared in the March 20 edition under the headline, "On the Psychiatric Front Lines at the Institute of Living."

The profile detailed many of Dr. Schwartz's accomplishments since arriving at the IOL in 1989, particularly the work he has done to ensure that the IOL remains on the "cutting edge" in psychiatric care and through his high-level involvement in leading the discussion on mental health after the



2012 shootings at Sandy Hook Elementary School. After the tragedy, he and 16 others were appointed to serve on the Sandy Hook Advisory Commission, which released a report with recommendations on gun violence, mental health and school safety. He also co-authored a second report issued by the state Office of the Child Advocate.

New program offered for adolescents with psychosis

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

This specialty includes group psychotherapy to foster connections 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 psycho-education 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**.

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 - 1st 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:

■ **Support Group For Families Dealing With Major Mental Illness.** 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.

A legacy of support



Hartford Hospital Psychiatrist-in-Chief Harold Schwartz, MD, center, and his wife, Lee Monroe, were among those honoring U. S. Sen. Christopher Murphy, right, with the Jordan Porco Foundation Community Mental Health Advocate of the Year Award at the organization's annual gala April 2 at Mohegan Sun. The Jordan Porco Foundation is dedicated to preventing suicide in young adults. Dr. Schwartz serves on the foundation's clinical advisory board.

■ **Youth Psychosis Family Support Group.** 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.

■ **Yoga.** April 19, May 24, June 21, 5 - 6 p.m. in the Commons Building, Hartford Room. Open to adult staff and family members. 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 patricia.c.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.

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

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 the 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 website: 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.

Journey House garden starts with a single sprout



The Journey House girls and Master Gardeners started prepping for spring by planting seeds for the courtyard garden at the main hospital in Mansfield.

Free wheeling Chamber event



Peter DeRosa, Young Adult therapist at Care Plus in Groton, represented Natchaug Hospital at a Business After Hours at Mike's Famous Harley-Davidson, hosted by the Chamber of Commerce of Eastern Connecticut.

Volunteers needed for autism support group

Volunteers are needed for Natchaug's Autism Support Group, which meets the last Wednesday of every month in 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**.

R rushfordreport

Raffle baskets needed for Rushford Golf Classic

Planning and fundraising for the annual Rushford Golf Classic is underway, including plans for raffling off staff-created gift baskets.

The BHN Philanthropy Department is hoping Rushford departments will be inspired again this year to create baskets for the raffle to help raise money

for child and adolescent programs. Suggested basket ideas include: gift card, animal lover's basket, relaxation basket, coffee/tea basket, movie lover's basket, sports basket, reader's basket, home/garden basket, gourmet food basket, beverage basket, chocolate lover's basket.

The staff group whose basket receives the highest number of tickets submitted will win a pizza party. Please contact Kate McNulty (**katherine.mculty@hhchealth.org**) or Sherry Smardon (**sherry.smardon@hhchealth.org**) to sign up. Baskets are due by May 19 and thank you for supporting Rushford!

Client offers ‘clean needles’ to help those in recovery

A client in recovery at Rushford has volunteered her skills as a knitter to help create a “Clean Needles” program meant to help her fellow clients keep busy and occupy their hands.

The new program will be added later this month to the Creative Expressions Program at Rushford, which provides a wide variety of hobbies and other outlets for those in recovery, including

creating mandalas, working with clay, visual journaling, photography and more. The program is meant to provide space for clients to meet and socialize with others, develop or nurture an interest in hobbies and enjoy leisure time together, as well as find a way to express themselves.

The Creative Expressions Program is offered every Saturday from noon

to 1:30 p.m., and is funded through a Sestero Grant. The client who came up with the “Clean Needles” concept had been taking part in yoga and group therapy and noticed that many of her peers did not have ways to occupy themselves. She volunteered to teach them how to knit as a way to socialize and help engage their minds in a positive activity.

Ice cream socials scheduled as a way to say thanks

As a way to show appreciation for the important work being done by Rushford staff, two ice cream socials will be offered the last week of April with free ice cream served by members of the BHN leadership team. Ice cream will be offered:

- Tuesday, April 26, noon to 1 p.m. at the Rushford at Paddock Avenue cafeteria in Meriden.
- Friday, April 29, 12:15-1:15 p.m. on the fourth floor at Rushford at Silver Street in Middletown.

Members of the Executive Leadership Team, including BHN President Patricia Rehmer, will be at both events to serve the ice cream and socialize and thank staff for their hard work.

Details for similar ice cream social events at Natchaug will be coming soon!

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.™



Celebrating social workers

Rushford celebrated National Social Workers Month in May with a special ceremony for social workers on staff and presentations from experts in the field.

Meagen Diana, LPC, was named Clinician of the Year in a vote by her peers at the March 18 celebration at Rushford's Meriden location on Paddock Avenue.

The event also featured a presentation by Mara Gottlieb, LMSW, PhD entitled “LGBTQIA...SOS! Differentiating and Demystifying Sexual and Gender Identities.”

Stephen A. Karp, LMSW, executive director of the Connecticut Chapter of the National Association of Social Workers, also spoke about the association's legislative agenda and the importance of membership and “career insurance.”

Lunch was provided, and social workers in attendance were also were given selfie sticks in recognition of the work they do.

Find us on Facebook at www.facebook.com/rushfordconnecticut

Goodwin students help clients with dental hygiene

Dental students from Goodwin College came to Rushford's location on Paddock Avenue in Meriden on April 7 to provide free dental exams and dental health items for clients.

The exams were offered as a way to emphasize the importance that good dental health can have for overall behavioral health.



Members of the teams from Rushford and Goodwin College who assisted in providing free dental exams were, from left: Jennifer Williams, RN, Rushford; Christine E. Walsh, RDH, BS, Community Enrichment Adjunct Faculty; Kathy McCormick, Care Manager, Rushford; Melissa Weston, LMSW, Hospital Transition Coordinator, Rushford; Nicole Suma, Dental Student; Elizabeth Petrucci, Dental Student; and Trish Hall, Dental Student.

thetreasuretrove

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 or amanda.nappi@hhchealth.org. The deadline for submissions to be included in each Friday's BHNNews is Tuesday at noon. BHNNews 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.

FREE

CATS — Two loveable, playful male rescue cats. Best friends and must go together to a good home. Buddy is a Tuxedo black and white, 9 years old. Cooper is grey and white, 4 years old. Indoor cats, neutered, included are their beds, perch, carrier, food, litter box, toys. Call **860-887-4366** and please leave a message.

EVENTS

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.

NFA DUMPSTER DAY — Saturday, April 16 from 8 a.m. to noon at Norwich Free Academy, Tirrell Building. NFA Parent Council sponsors this event. Please no hazardous items, liquids, paint cans, televisions, computers, monitors, printers, mattresses, box springs, Freon, air conditioners, refrigerators, freezers or dehumidifiers. All other donations of unwanted items benefit the NFA students. 78 Washington St., Norwich. Adults/

Seniors, \$10, tickets at the door. Call **860-887-4249**.

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.

COURTNEY'S BOSTON MARATHON FUNDRAISER — 100% of the proceeds will be donated to Courtney's Dana Farber Marathon Challenge Team. Please make a donation by calling **860-917-6558** or email courtney.smigiel@gmail.com. Courtney will be running on Monday, April 18, in the Boston Marathon.

GRISWOLD RECREATIONAL PROGRAM — Every Tuesday and Thursday from 6-7 p.m. Exercise class, low impact aerobics, weights, Pilates, bring mats and weights, open to surrounding towns. Call for more information **860-376-4741**.

EYESIGHT EXPRESS ARRIVES IN NORWICH — Saturday, April 23 from 9 a.m. to 5 p.m. at Norwich Lions Club. Children ages 6 months to 6 years old will receive a free vision screening and

train ride on the Norwich Lions Club Eyesight Express. Vision screening takes about two minutes. Children who get their eyes checked will get to take their adult companion for a free half-hour train ride. Others wishing to ride the train can purchase tickets for \$10. United Community Family Services will also be offering free dental screening and the Norwich Rotary Club will have free Amber Alert registration available. The Otis Library will host face painting, a Thomas the Tank Engine story hour and other activities the day of the event. Proud sponsors include Liberty Bank, Eastern Savings Bank, and The Bulletin. Call **860-237-4330** for more information.

NATIONAL HELP A HORSE DAY/ CRAFT FAIR — Saturday, April 23, 11 a.m. to 3 p.m. at Mitchell Farm Equine Retirement, 300 East Haddam Road, Salem. Horse demonstrations, Barnyard Olympics, crafts, merchandise, food vendors, tours of the farm. Vendor space available for \$25, tent size limited to 12 feet by 12 feet. Olympic teams can register for \$10. All proceeds and donations go to the operation of the farm/sanctuary. Call **860-303-8705** or email dee@mitchellfarm.org to register or request information.

COMEDY NIGHT — Saturday, April 23, 5:30 p.m. at the Knights of Columbus, 1017 Riverside Dr., Route 12, North

Grosvenordale. This fundraiser supports Natchaug River Young Marines. Tickets \$25, dinner, four entertainers, silent auction, raffles. Doors open at 5:30 p.m., dinner served at 6:30 p.m., show starts at 7:30 p.m. Call for tickets **860-383-6408**.

PASTA DINNER FUNDRAISER — Monday, April 25, 6 p.m. at VFW 594 in the Industrial Park, 30 Connecticut Ave., Norwich. This fundraiser is for Sylena Stabley to receive a new kidney. \$10 per person, take-out available, cash bar, 50/50 raffle. Call for tickets or tickets can be purchased at the door. All proceeds will be donated. Call **860-608-3713**.

NEW ENGLAND CHAPTER AMERICAN BELL ASSOCIATION — Saturday, April 30, 9 a.m. to 3 p.m. at Westfield United Church of Christ, 210 Main St., Danielson. 107th Semi Annual Meeting — members are invited to bring their favorite bell. Guest speaker will be Marcy Dawley, Lead Ranger and Project Administrator for The Last Green Valley Inc. Registration for attendees is \$19, which includes morning pastries, coffee, tea, lunch, sandwiches, salad, chips, desert, soda, water. Checks payable to "NECABA" and mail to Marie Varian, P.O. Box 2, Sebasco Estates, ME 04565, register by Friday, April 22. Call **860-886-0762** for more information.