



AROUND THE BHN

President Pat Rehmer reinforces the goals of National Prevention Week.

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UNEXPECTED TWIST

Re-emergence of cocaine adds to degree of difficulty regarding opioid treatment. • PAGE 5



PERFECT SCORE

IOL team does everything right during mock code exercise at Competency Day . • PAGE 8

Hartford HealthCare 
Behavioral Health Network

BHNNews

Competition brings out region's best

Event at Heublein Hall encourages young doctors to present on substance use disorders

Fifteen residents and fellows representing Radiology, Internal Medicine, Psychiatry and Addiction Medicine faced off during the seventh annual Connecticut ASAM Educational held on Thursday, May 17, in Heublein Hall at Hartford Hospital.

The event, organized by the Connecticut Chapter of the American Society of Addiction Medicine (ASAM), is a competition among early career doctors to show how substance use disorders impact their patients and their practice through a 10-slide, 10-minute presentation. All entrants were available to informally discuss their projects during the poster board session.

The finalists went head to head before a panel of judges — including Hartford HealthCare Senior Vice President for behavioral health and Behavioral Health Network President Pat Rehmer, MSN, ACHE. Winners were awarded all-expense paid trip to present at the regional Cape Cod Symposium

••••• Continued on page 2

The road to recovery has many steps



Behavioral Health Network Vice President James O'Dea, PhD, MBA, (487) leads runners out of the starting gate at Rushford's inaugural Race for Recovery 5K on Saturday, May 12, at Agogliati Field in Portland. Nearly 100 runners and walkers participated in the event. Proceeds from the race and fun run will benefit programs at Rushford's Stonehaven facility in Portland. See more, page 4.



Attendees at the seventh annual Connecticut ASAM Educational get a chance to see and discuss poster presentations with presenters at the event held on Thursday, May 17, in Heublein Hall at Hartford Hospital.

Prevention can be the best medicine

Dear Colleagues:

The best way to avoid mental health and substance abuse is prevention. That's why National Prevention Week, May 13-19, is so important.

According to the National Substance Abuse and Mental Health Services Administration, three primary goals of National Prevention Week are to:

- Involve communities in raising awareness about behavioral health issues and implementing prevention strategies
- Foster partnerships and collaboration with federal agencies and national organizations dedicated to behavioral and public health
- Promote and disseminate quality behavioral health resources and publications.

I am proud to say that the Hartford



HealthCare Behavioral Health Network does these things year-round.

I'd like to thank Rushford's prevention staff for their efforts during prevention week, including the time they are spending in Middletown, Meriden and Westbrook schools. From "prom promises" to poster contests to public service announcements, they are getting this important message out to a very important audience — young people.

There's so much evidence out there that says young people who don't drink or do drugs will never develop a substance abuse problem.

Of course, Prevention Week is not just about substance abuse. It's also about mental health. That's why this is an opportune time for me to thank everyone throughout the Behavioral Health Network for their active partici-

pation in our Zero Suicide Initiative. This is a prime example of saving lives through prevention.

I also want to acknowledge our acute care locations, the Institute of Living and Natchaug Hospital — all of whom practice prevention on a regular basis. From depression screenings to community education events, such as our "What's Wrong (And Right) With 13 Reasons Why" series, prevention is top of mind across the BHN.

I spend lots of time talking about the importance of recovery. But if our prevention efforts are successful, recovery will remain important, but more people may be able to avoid some behavioral health issues before they start.

Pat Rehmer, MSN, ACHE, is Hartford HealthCare senior vice president for behavioral health and president of the Behavioral Health Network.

Allen: 'A way to stoke interest in our medical students'

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on Addictions held in Hyannis, Mass., in September.

"Despite the enormous impact substance use disorders have on an individual's health and other medical issues, medical schools, and graduate medical education has largely left addiction out of the curriculum. I see the ASAM Educational as a way to stoke interest in our medical students, residents and early career physicians," said J. Craig Allen, MD, Rushford medical director and president of the Connecticut Chapter of ASAM.

Established in 2012, the ASAM Educational was inspired by the first

year Hartford Hospital/Institute of Living Psychiatric Residents who rotated through Rushford. One of the require-

ments of the rotation was to create a PowerPoint presentation illustrating addiction and its interface with psychiatry.

The finalists are...

POST GRADUATE YEAR (PGY) 1-3 CATEGORY

- Angela Landerholm, MD — Psychiatry Resident PGY1, Institute of Living — Opioid Withdrawal Relief "Supplements:" Phony Remedy, Dangerous Drugs, or Treatment Opportunity?
- Sivabalaji Kaliyamurthy, MD — Psychiatry Resident PGY3, Institute of Living — #Addiction ***WINNER***

POST GRADUATE YEAR 4-FELLOW CATEGORY

- Kenneth Morford, MD — Addiction Medicine Fellow, Yale — Benzodiazepines in Opioid Agonist Therapy: The Addiction Medicine Dilemma ***WINNER***
- Philip Quach, MD — Psychiatry Resident PGY4, UConn — Reviving the Addicted Brain: Transcranial Magnetic Stimulation (TMS)

■ To watch the full presentations, visit HHC Connect at <https://intranet.hartfordhealthcare.org/news-events/hhc-connect-news-article?articleId=14523&intranetId=235>

Jury still out on using marijuana to treat addiction

Pot vs. pills was the subject of a recent Dr. Sanjay Gupta CNN documentary, on the cover of Time magazine and the debate is growing in medical circles across the nation.

Does this mean that where there is marijuana smoke, there is fire?

"I call it the cannabis conundrum," said Dr. J. Craig Allen, Rushford Medical Director and President of the American Society of Addiction Medicine's Connecticut Chapter. "There is good evidence to suggest that cannabis or specific cannabinoids can help with chronic pain, but there is no evidence that either is effective in the treatment of addiction."

The Medical Marijuana Program Board of Physicians will gather this summer in Hartford to decide whether

medical marijuana can be used legally as a treatment for opioid abuse and withdrawal.

The meeting comes on the heels of two recent studies in the Journal of the American Medical Association, which published information that states permitting medicinal use of marijuana have seen a drop in opioid prescriptions, and anecdotal reports of patients weaning themselves off opioids in favor of marijuana, which, though also addictive, does not present an overdose risk.

Dr. Allen cites a study in the American Journal of Psychiatry showing increased rates of opioid misuse and addiction in those who first used recreational marijuana and says that some of his patients in recovery from opioid addictions have

relapsed after marijuana use.

"I fear misinformation regarding cannabis use for addiction will draw people away from evidence based interventions like Medication Assisted Treatment which has been shown to save lives".

"Someday research may identify cannabinoids that may be helpful to treat addiction, but we don't have that evidence right now," Allen said. "I wouldn't push my patient out of a plane with a parachute unless I've tested it first."

If you or a loved one needs treatment for addiction to opioids or other drugs/alcohol, visit www.matchrecovery.org to find a Hartford HealthCare Behavioral Health Network MATCH (Medication Assisted Treatment Close to Home) center near you.



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F U N RUN

Runners and walkers turn out for inaugural Rushford Race for Recovery 5K in Portland



Above: Top female finisher Amy Heffernan, left, ran the course in 22:41.5 and top overall finisher Rob McGuinness, right, finished with a time of 18:41.4.

Above: J. Craig Allen, MD, Rushford medical director, crosses the finish line.

Below: Many Rushford staff participated in the event as volunteers, runners, and walkers. Left to right: J. Craig Allen, MD; Novelette Brown, Rissi Garnett, Vincent McClain, MD; Jill Bertolini, LMFT; Justin Sleeper, MSN, RN; Dan Meagher; Greg Hogan; James O'Dea, PhD, MBA; Melissa Monroe, LPC; Genesis Vega; and Rachel Calverly.



Left: Justin Sleeper, MSN, RN, congratulates Joshua Filipowicz as he crosses the finish line with his mother, Melissa DeSisto, RN.



Right: Runners sporting homemade Rushford shirts register for the 5K fun run and walk.



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, May 29, at noon

Cocaine adds to degree of difficulty for treatment

Re-emergence of stimulant a cause for concern

For the past several months, I have noticed a disturbing and possibly lethal development in some of my patients — an occasional urine drug screen showing traces of cocaine. Almost all of them admitted using opioids, but were surprised to find cocaine in the test results.

While opioid or cocaine overdoses by themselves can sometimes be lethal, the combination of these drugs is often fatal. And because street drugs can be contaminated with other substances, overdoses can be unintentional as the user is not aware that cocaine is laced with opioid or vice versa.

A recent report from the office of the Chief Medical Examiner shows that the number of deaths in Connecticut from opioids laced with cocaine has increased by a dramatic 420 percent in past three years. Fentanyl, a very potent opioid, combined with cocaine, resulted in 220 accidental intoxication deaths in 2017, compared to only 14 in 2014. Toxicology reports revealed that cocaine was present in the bodies of more than one-third of the 1,038 people who died of an overdose in 2017.

A national study recently published in the *Annals of Internal Medicine* about U.S. drug overdose deaths reported cocaine-related deaths have been steadily increasing across all ethnic groups since 2015. Black males are a particularly high-risk population for cocaine overdose deaths. Between 2012 and 2015, ap-

proximately eight of every 100,000 black males died of cocaine overdoses in the United States, compared to heroin overdoses, which claimed more than five out of every 100,000 lives. Cocaine overdose deaths slightly exceeded heroin deaths in black women as well.

Not all of these drug interactions are by accident. Drug combinations are intentionally used by some. Speedballing, a



Majeed

well-known practice among drug users, consists of cocaine mixed with opioids — used intravenously to get high. Cocaine, a central nervous system stimulant, and opioids, a depressant, are co-administered to get an intense high and to counter the side effects of each other. This Russian roulette may be an exciting practice for some, but a misjudgment can easily lead to a fatal overdose.

There are evidence-based treatments available for opioid-related disorders. The role of medications such as buprenorphine and methadone for opioid use disorder is well established. In addition, Naloxone can immediately reverse an opioid overdose and help save lives. Unfortunately, at this time there are no medication-assisted treatments available for cocaine abuse.

A cocaine overdose can cause ex-

tremely high blood pressure, strokes, heart attacks and death. There is only a limited window of time to intervene medically to save lives in these cases, and no known drug can reverse these overdoses.

A few years ago there was hope for a cocaine vaccine, but that project has not yet yielded any empirical results. Currently, only cognitive behavioral therapy and contingency management are effective treatments for cocaine use disorders.

While most of the media and health-care policy attention is focused on the opioid epidemic, this emerging cocaine problem is going mostly unnoticed.

Ethnic minorities are especially vulnerable to opioid-laced cocaine deaths. Those who are not ready to quit drugs should practice harm-reduction strategies such as needle exchange programs, using the test dose of the drug before injecting and keeping Naloxone handy to avoid accidental overdose.

To avoid the tragedy of overdose deaths, we need to provide better access to substance abuse treatment programs and expand our focus beyond opioids.

The opioid epidemic alone was bad enough in its devastation of our communities. Now, cocaine has added fuel to the fire.

This article, written by Natchaug Hospital child psychiatrist Muhammad Hassan Majeed, MD, was published in The Day on May 6.

PolicyTech software will debut in June at Natchaug

Natchaug Hospital will go live with PolicyTech Policy and Procedure Management Software on Tuesday, June 19.

PolicyTech Policy and Procedure Management Software will streamline the complex tasks of writing, sharing, updating and attesting to policies, while helping business units meet legal and regulatory requirements. The East and Central regions successfully implemented the system in 2017, and the Hartford Region is in the midst of its transition. Documents

and information are currently being transitioned from the existing Sharepoint site.

All Natchaug employees are required to complete PolicyTech training by Tuesday, June 5. The online learning is available on HealthStream now.

Please contact the HHC Policy Management mailbox at HHCPolicyManagement@hhchealth.org if you have any questions.



Homeless Outreach team featured on WTIC

■ Rushford Outreach Coordinator Deanna Bencivengo, Homeless Outreach Program Manager Tim Washington and Hartford HealthCare Behavioral Health Network President Pat Rehmer were guests on the Steve Parker (seated) Show on WTIC AM-1080 on Saturday, May 12.

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. The program was also featured in a story, podcast and video at <https://rushford.org/health-wellness/news/newsroom-detail?articleid=13578&publicid=395>.

■ On May 8, Rushford Medical Director J. Craig Allen, MD, was featured on FOX CT to comment on a new report on the rise in overdose deaths in Connecticut. <https://youtu.be/WWTBpyTIKPE>

■ On May 16, Dr. Allen was a guest on the Ray Dunaway Show on WTIC-AM 1080 to discuss the opioid crisis and to promote the ASAM educational event. <https://soundcloud.com/hartford-healthcare/dr-j-craig-allen-wtic-may-16-2018/s-5WHVX>

For more behavioral health news updates, subscribe to the BHN's e-newsletter on www.healthnewshub.org.

Zero Suicide Academy



Representatives from Backus Hospital, the Institute of Living, Natchaug Hospital and Rushford attended the Zero Suicide Academy held on May 2-3 in New Haven. From left are Monika Gunning, Kathy DeMars, Jessica Matyka, Deborah Weidner, Amanda Welsh, Nancy Hubbard, Billy Arline, Patty Graham, Carrie Pichie and Katie Occhionero.



Support and Information for Schizophrenia, Schizoaffective, and Bipolar Disorder

Mental health recovery is an ongoing process, not a single outcome. Each person's recovery experience is unique. By making a personalized, inclusive plan for managing a mental health condition, a person has the best chance of living a meaningful life.

MAKING DECISIONS TOGETHER



Empower you to be an **active partner** in treatment and recovery decisions.



Motivate you to **participate** in your recovery journey.



Encourage you to **communicate** with your treatment team.

Date: Thursday, May 31, 2018

Program Time: 5:00 PM to 7:30 PM

Speaker: Leland (Lee) Stephan, MA, LCSW
Stephan Consulting Group, Inc.

Location: United Services, Inc
1007 N Main Street
Dayville, CT 06241

For free registration, please call Emily Morrison at (860) 457-4647 or Erin Burns at (860) 690-0972.

Sponsored by: Janssen Pharmaceuticals

This program is intended to provide general information on mental health recovery. It is not consultation. Attendees are advised to speak with their doctor regarding diagnosis and treatment. This program is not continuing medical education.

The program content is developed by Janssen Pharmaceuticals, Inc. Speakers have been compensated to present on behalf of the company and are required to present information in compliance with FDA requirements for communications about its medicines.

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The Connecticut EAPA Chapter Presents:
PLUGGED IN:
“The Good, The Bad, & The Ugly of the Information Super Highway on the Workforce”

Thursday, June 21, 2018
7:30 am – 2:15 pm

Zandri’s Stillwood Inn, 1074 S. Colony Road, Rt. 5, Wallingford, CT 06492

Save

The Date!



7:30 – 8:15: Registration and Hot Breakfast (included)

8:15 – 8:25: Welcome, Dan Boissonneault, CEAP, SAP, LAP-C, CTEAPA President, Senior EAP Coordinator IAMAW District 26 Higganum, CT

8:25 – 8:30: Exit 1 off the Information Super Highway – brake for a mindful pause! Bud Wassell, MS, CEAP, LPC, Coordinator, EAP and Mindfulness Instructor, Yale New Haven Health System

8:30 – 9:45: MORNING KEYNOTE Web Junkies: Understanding Internet Disorders Paul Weigle, MD, Child & Adolescent Psychiatrist, Chairman of the American Academy of Child & Adolescent Psychiatry’s Media Committee, Natchaug Hospital, Hartford Healthcare

9:45 – 10:45: Computer and Sex Addiction in the Workplace Libby Timmons, M.Ed., LISAC, CEAP, President-Elect of the national Employee Assistance Professionals Association (EAPA)

10:45 – 11:00: Break with Exhibitors

11:00 – 12:00: Technology, It’s Effects on Communication, Society and Our Future Workforce Susan Cardillo, Ph.D, Assistant Professor of Digital Media & Journalism, School of Communication, University of Hartford

12:00 – 12:40: Lunch (included)

12:40 – 12:45: Exit 2 off the Information Super Highway – brake for a mindful pause! Bud Wassell, MS, CEAP, LPC, Coordinator, Employee & Family Resources (EFR) Program, Yale New Haven Health System

12:45 – 2:00: AFTERNOON KEYNOTE Virtual Addiction: An Introduction to Treatment Considerations in Internet Use Disorders Dr. David Greenfield, Assistant Clinical Professor of Psychiatry, University of Connecticut School of Medicine. Founder, the Center for Internet and Technology Addiction

2:00 – 2:15: Closing Remarks, Dan Boissonneault, CEAP, SAP, LAP-C, CTEAPA President, Senior EAP Coordinator IAMAW District 26 Higganum, CT

Contact Info:

Send check payable to CT EAPA to: Attn: David Francis 39 New London Turnpike, Suite 230 Glastonbury, CT 06033

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\$200 Non-profit (additional \$30/person)

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Goodrich fellowship charts new direction for care

A national change in graduate behavioral health nursing education shifted the focus of academic preparation from a population-specific education (child/adolescent, adult or geriatric psychiatric nursing) to a focus of the patient throughout the lifespan. Yet, the demands of practicing in a behavioral health specialty still require an in-depth, age-specific skill set and many facilities do not have the time or resources to bridge this gap.

Three IOL nurses, Suzanne Femino, Cynthia Belonick and Ellen Blair, decided to meet the challenge and move the needle in professional practice and patient outcomes.

At the Institute of Living, the traditional graduate program was replaced with a new post-graduate program: the Annie W. Goodrich Post Graduate Psychiatric Nurse Fellowship. Although the program was created from a need to help the new graduate transition and ensure excellence in patient care, it was also inspired by Annie Goodrich, the consulting director of the Institute of Living's Neuropsychiatric Institute in the 1940s. Goodrich was the founder of the IOL's famous post-graduate nurse training program, and she was interna-



From left, Cynthia Belonick, IOL nurse educator; Cheryl Ficara, vice president of patient care services for the Hartford region; Ellen Blair, IOL director of nursing; Suzanne Femino, APRN, of the IOL Child Clinic; and Morgan Madore, LNP, recipient of the first Annie Goodrich Post Graduate Psychiatric Nurse Fellowship.

tionally revered as a pioneer in nursing education and practice.

The fellowship, a nine-month paid position with benefits, provides one-on-one supervision from an APRN as well as physician support. The curriculum varies for each age-specific population, but includes a growing case load with in-depth attention to theory, diagnostics, formulation, treatment strategies, the therapeutic use of self with complex patients and family systems, and the art of prescribing for very pharmacologically challenging patients within the specialty.

Fellows attend weekly seminars with

post-graduate physicians as part of the interdisciplinary model. Based on their interest, fellows rotate to specific clinics that immerse them into a subspecialty such as movement disorders, psychiatric emergency care or consultation liaison.

Each division takes only one fellow per year, and the first fellow, Morgan Madore, LPN, graduates in June 2018. The Geriatric Division will open a nursing fellowship in 2020.

"We are very proud of Morgan for completing this program and being our very first Annie Goodrich Fellow," said Ellen Blair, DNP, APRN, director of nursing at the Institute of Living.

Perfect score achieved at Competency Day

Each year at Competency Day, IOL nurses attend the CESI medical code simulation station. Since a cardiopulmonary crisis is a high-risk, low-frequency event in behavioral health, simulated sessions and unit mock codes help maintain and sharpen skills, and also ensures both competence and confidence in a real event.

One team of IOL nurses who recently performed at CESI's mock code earned a "perfect score" while demonstrating the highest quality of compressions, respirations and team work.

CESI staff also recently trained several IOL nurses and physicians as code leaders, an evidence-based role that improves patient survival rates.

Ellen Blair, DNP, APRN, director of nursing at the Institute of Living, extended a thank you to CESI staff and congratulations to behavioral health nurses.



From left are, Kat DePucchio, Donnelly 2 South nurse manager; Chris Goodman, RN Donnelly 1 South; Amanda Terranova, RN, Donnelly 3 South; and Bella Tenenbaum, RN, Donnelly 2 South.

IOL nurse honored at Nightingale gala

Paul Paseos, RN, a nurse on Donnelly 1 North at the Institute of Living, was recognized at the annual Nightingale Awards for Excellence in Nursing on Thursday, May 10, at the Connecticut Convention Center.

Paseos is well respected by his peers and is viewed as a leader, both on his unit and throughout the hospital. He consistently promotes a healthy, supportive environment for patients and staff through a combination of leadership behaviors and genuine demeanor. He embodies and readily displays the

core values of Hartford HealthCare.

Paseos can be seen many times throughout a shift sitting at the bedside of his patients at eye level, listening empathetically, offering therapeutic touch or a smile that is reassuring to patients and family. He carries himself with integrity, and through his actions, work ethic and courageous conversations, instills integrity in others.

Whether discussing the importance of preparing for the next patient, reminding staff to keep their voices lower for the comfort of patients and family,



Karen Cardillo, nurse manager on Donnelly 1 North, and Ellen Blair, director of nursing, helped honor Paul Paseos, RN.

or promoting a can-do attitude, Paseos' behavior creates an environment with raised expectations. He does the right thing in every situation.

NAMI walk May 19 at Rentschler Field

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).

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

Celebrating IOL nurses



Institute of Living nurses represented their profession in all-blues uniforms to kick off National Nurses Week 2018.



We recognize our fine first responders during EMS week, but thank them for their life-saving efforts every single day.



IOL Recognition Day scheduled 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.

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:

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

■ **Depression Bipolar Support Alliance Group (DBSA).** May 21, June 4, 11, 18, 25. (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and May 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).** May 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.** May 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).** May 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.

■ **Al-Anon Parent Group.** May 24, 31, June 7, 14, 21, 28. (Every Thursday), 7 - 8 p.m. One hour topic discussion.

■ **Bipolar: An Introduction To The Disor-**

der. May 29, 6:30 – 7:45 p.m. 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 cope with the illness. To attend, please RSVP to Laura at **860.545.7324**.

■ **Dementia Support/Educational Group Meeting.** June 5. (First Tuesday of each month), 11:30 a.m. to 12:30 p.m. in the Donnelly Conference Room, First Floor. Please join us as we bring together experts and those who want guidance, direction, and support. Space is limited — reservations are required by calling **860.545.7665**.

■ **Anxiety Disorders: An Introduction.** June 5, 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. To attend, please RSVP to Laura at **860.545.7324**.

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 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.

PGA Tour event in Hartford looking for volunteers

Hartford HealthCare is the official Volunteer sponsor at the Travelers Championship June 18-24 at TPC River Highlands in Cromwell. As in the past, HHC employees are invited to volunteer at the tournament.

Volunteers ages 16 and older have the opportunity to fill more than 30 different volunteer positions ranging from hospitality to event services. Volunteer shifts are available Monday through Sunday of the event. HHC employees who plan to volunteer during work time should speak with their manager and arrange for PTO.

To learn more, please go to <https://bit.ly/2rQTFuP>. If you plan to volunteer, select Hartford HealthCare Volunteer and enter the security code: healthcare2018.

Natchaug APRN joins medical staff

Natchaug Hospital is pleased to welcome Lisa Harrison, APRN, as a full-time member of the medical staff. Harrison, who previously worked as a per diem for the hospital, will provide services for the child and adolescent inpatient unit.

Most recently, Harrison served as a psychiatric APRN for local providers including BHCare in Ansonia, United Community and Family Services (UCFS) in Norwich, and the Stonington Institute in North Stonington. She also spent time at Natchaug as a staff nurse, nursing supervisor and as an APRN intern.



Harrison

Prior to completing her Advanced Practitioner degree, Harrison served in nurse and health care management at the Stonington Institute, Interim Healthcare of Eastern CT in Willimantic, and UCFS.

Harrison completed her master's degree in psychiatric-mental health nursing at Stony Brook University in New York. She also holds a bachelor's degree in nursing from Fairfield University and a bachelor's degree in psychology from Boston College.

Natchaug names new nurse manager

Natchaug Hospital is pleased to announce that Gino D'Eliseo, BSN, RN, has accepted the nurse manager position for the child and adolescent inpatient unit. D'Eliseo has been with Natchaug since October 2016 as the evening nurse manager for the adult and child and adolescent inpatient units.



Bowing out gracefully

Staff celebrated the retirement of Dawna Labrie, RN, nursing supervisor for the inpatient units on Friday, May 11. Labrie, who was a 2016 Nightingale award winner, is retiring after more than 25 years of service to Natchaug Hospital.

Second Annual Natchaug Hospital Charity Co-ed Softball Tournament

Saturday, June 2, 2018

Recreation Park
79 Main St., Willimantic



\$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 or 860.696.9872.



**Natchaug
Hospital**
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Above: Before and after views of the garden outside Rushford Academy at Durham. Below: Everyone hard at work.

Students, staff embrace garden transformation project

Rushford Academy in Durham transformed the front of its school over a two-day period. The project was led by Gary Abolofia, Rob Macgillis and James Russo, but they couldn't have done it without the help of the students.

The students and staff helped weed the front and back gardens at the school, including two large overgrown bushes, and put down fresh mulch. The beautification project was integrated into the Life Skills program, which the students earn school credits for. The students were very engaged, worked extremely hard and were very proud of the results!



Leaving it all on the field



The Rushford Academy and CDT School flag football team defeated Mount Saint John 36-6, all while carrying themselves maturely and displaying admirable sportsmanship.

Have a seat



Rushford staff and leadership presented The Country School in Madison with its first Buddy Bench on Friday, May 4.

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

Con-grad-ulations



Amy DiMauro and Monika Gunning attended the hooding ceremony for six Rushford interns who graduated from the University of St. Joseph in Hartford. DiMauro, Gunning, Jessica Matyka, Tara Scrivano and Karen Robinson are preceptors for the university and host Master's level interns each year.

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 Galarneau, CAC, CADC, at **860.852.1089** or lauren.galarneau@hhchealth.org.



FREE Narcan Training*

Date: May 14, 2018
Time: 6:00 - 8:00 pm
Place: Department of Health and Human Services (Teen Conference Room, 2nd Floor)
165 Miller Street, Meriden, CT

Training will include:

- Overdose Prevention Strategies
- Signs and Symptoms of Overdose
- How to Administer Naloxone
- Good Samaritan Law
- Support Information and Resources

*Registration is required.

Please bring your insurance/prescription card for mobile pharmacist: Meriden Community Pharmacy.

Register today!
Contact: Erica Skoutas: Erica.Skoutas@hhchealth.org or (203) 630-5261

What is Narcan™?

Narcan (naloxone) is an opiate antidote. Opioids include heroin and prescription pain pills such as oxycodone, codeine and morphine. Narcan is a prescription medicine that blocks the effects of opioids and reverses and overdose.

Who can be prescribed Narcan™?

Trained individuals are allowed to possess and administer Narcan to a person having an overdose.

This event is funded in whole by grant # 1H791080253-01 from the United States Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA) through the CT Department of Mental Health and Addiction Services (DMHAS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of SAMHSA or HHS.



Prevention programs stay busy



Students participating in Rams In Action at Woodrow Wilson Middle School were involved with Brighten Up Your Day with Kindness. They asked everyone to wear bright colors to school and get involved with as many kind acts as possible. The Rams In Action also collected almost \$200 for the Gracie Wall Fund, which was created in memory of the 6-year-old daughter of a Wilson Middle School paraprofessional who passed away in February 2007.



During spring break, four students members of the Middletown Students Against Destructive Decisions (SADD) created a public service announcement about marijuana. The PSA includes statistics and information about the legal and health consequences of marijuana use. Adam Rivers from KC-101 donated his time and studio to help record the PSAs, which will air soon.



Seven students from the Middletown SADD chapter created, planned and led workshops for 35 sixth graders in the Keigwin Middle School 21st century after-school program. The workshops focused on positive self-image, healthy choices and team-building.

Clinician attends career fair

On March 29, Laura Zepieri, Clinician III, Rushford at Glastonbury, attended Glastonbury High School career day fair to educate students about the day-to-day responsibilities and education required of Licensed Alcohol and Drug Counselors (LADCs).



Laura also provided information and dialogue about complementary therapies like yoga, acupuncture and creative arts for youth and adults, which are offered at the Glastonbury site, as well as information on medication-assisted treatment and community resources for youth and families.

Students who are interested in pursuing a therapy career were engaged in dialogue about what “a day in the life” of a therapist is like. Many liked the notion of working in a fast-paced environment where “no two days are alike” and learned that if helping people is something in which they are interested, becoming a LADC is a highly-valued, meaningful profession to pursue.

Now seeking **clients** or their **family members**
for the Rushford

CLIENT ADVISORY COUNCIL

The **Rushford Advisory Council** is a volunteer collaborative partnership between Rushford staff, clients and their families to help make the client service even better. We are looking for new members that represent all of Rushford’s programs, services and locations.

Meetings are held on the **second Wednesday** of every month at 5 pm at Rushford-Meriden at 883 Paddock Avenue.



To recommend a client or family member who may be interested in providing **ongoing constructive feedback** about their experiences at Rushford, please contact Greg.Hogan@hhchealth.org.

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