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TALKING ABOUT SUICIDE

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Hartford HealthCare 
Behavioral Health Network

BHINews



Understanding the 'Gender Revolution'

IOL to host documentary film screening and panel discussion June 6

Think gender is just XX and XY? Think again. Gender is much more than chromosomes, and gender identity is much more than 'boy' and 'girl.'

When a person is born, they are not just assigned a sex by the doctor — they are assigned a gender by their family and society. That gender assignment at birth has consequences for a lifetime, including expectations for people to have certain preferences and exhibit certain behaviors.

Traditionally, people identified as male or female at birth are expected to adhere to those norms throughout their lives. They are also expected to interact in a certain way with others of the same or opposite sex in their homes, workplaces and communities. If people don't adhere to

..... *Continued on page 2*

About the event

- **What:** Free screening and panel discussion of the documentary film "Gender Revolution: A Journey with Katie Couric."
- **When:** Tuesday, June 6, 6-9 p.m.
- **Where:** Real Art Ways theater, 56 Arbor St., Hartford.
- **If you want to go:** Registration is required and can be done by calling **1.855.HHC.HERE** or going to **instituteofliving.org/events**.

'The more we talk about this topic, the better things get.'

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those expectations, they often become the victims of discrimination and segregation. These realities often have a negative impact on physical and mental health.

For this reason, experts stress the importance of openness to different gender identities, especially those that do not fit the binary 'male-or-female' categories many people have grown accustomed to.

"Gender Revolution: A Journey with Katie Couric" is a new documentary film from National Geographic that aims to foster conversation on this issue and promote understanding of the notion that gender exists on a spectrum. In the film, Couric sets out to explore the rapidly evolving complexities of gender identity.

"Gender Revolution explores the complexities of gender in everyday life," Couric writes on her website, katiecouric.com. "To better understand this social and scientific issue, I went across the U.S. to talk with scientists, psychologists, activists, authors and families."

The Family Resource Center at the Institute of Living has arranged for an exclusive free screening of the documentary followed by a panel discussion featuring members of the community and experts from the Institute of Living at Hartford Hospital and Connecticut Children's Medical Center.

The screening and panel will be held on June 6 at Real Art Ways in Hartford from 6-9 p.m.

Natalie Garcia, a former member of the The Right Track/LGBTQ Specialty Track at the Institute of Living, will be participating in the panel discussion after the film. Her gender journey has been challenging at times and she wants to help others understand the nuances of this important topic.

"There was a time when I felt really bad about my body," Garcia said. "I struggled a lot because my parents wouldn't

let me do things I wanted to do because they didn't conform to their expectations. I had to pretend to be someone I wasn't."

Eventually she got help, but it took a long time to work through the negative thoughts that came from not living up to the expectations of those around her — including friends and peers.

"When I was presenting as male, people thought of me in terms of sexual identity," Garcia said. "People would describe me as their 'gay friend' and expected me to go shopping with them — and that's not me. A big reason for these stereotypes is our culture, and the media perpetuates them. It's important for everyone to know: we're people, not stereotypes."

Dr. Laura Saunders, clinical coordinator of The Right Track/LGBTQ Specialty Track in Young Adult Services at the Institute of Living, believes conversations can help ease the stigma.

"The more we talk about this topic, the better things get," Saunders said. "It's similar to the fight for marriage equality. When people talked about the issue more and met people with different ideas, they began to accept them. Visibility changed the conversation."

Garcia believes gender norms get in the way of people being themselves. Fortunately, the discussion seems to be moving in the right direction.

"It's important to talk about people's expectations of gender, and challenging those things we've been taught and looking at these issues from a different perspective," Garcia said. "When there's conversation — even if it's not great — it leads to more conversation. And that helps everyone get more comfortable talking about these issues on more personal terms."

"Over time, the tide is changing. People are getting educated and I'm hopeful."



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June 5 - June 16

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Federal grant commits \$5.5 million to opioid battle

Connecticut's battle with the opioid epidemic will be aided by a \$5.5 million federal grant, but sustained effort is key, said U.S. Rep. Rosa DeLauro during a press conference at Rushford's Middletown facility on Tuesday.

"The federal government has a critical role to play in supporting states and local communities as they work to combat the tragic consequences of addiction," DeLauro said. "This grant is an important first step, but this cannot be a one shot deal."

The grant, part of the \$1 billion set aside by the 21st Century Cures Act to battle the opioid epidemic, will fund a number of initiatives: local prevention councils, college outreach, alternative treatments for pain management, the inclusion of recovery coaches in hospital emergency departments and methadone clinics and expanded access to medication-assisted treatment.

In addition to existing federal funding, DeLauro announced she would reintroduce legislation that would create a \$5 billion fund, comparable to the federal disaster relief appropriation, specifically for public health emergencies such as the opioid crisis, Ebola or Zika virus.

DeLauro was joined by Rushford Medical Director Dr. J. Craig Allen and Nancy Navaretta, state Department of Mental Health and Addiction Services deputy commissioner, as well as representatives from Middlesex Hospital and the Middletown police and fire departments, who shared perspectives on the



From left, Nancy Navaretta, MA, LPC, NCC, deputy commissioner for the Department of Mental Health and Addiction Services; J. Craig Allen, MD, Rushford Medical Director; Jeff Shelton, MD, chairman of the Middlesex Hospital department of psychiatry; and U.S. Rep. Rosa DeLauro.

epidemic.

The importance of medication-assisted treatment, which benefitted from \$56 million in funding in 2017, cannot be overstated, said Dr. Allen.

"90 percent of people who try to abstain from using opioids [without medication-assisted treatment] once they have an addiction will relapse," Dr. Allen said. "With the potency of the opioids available in our communities, those people are all vulnerable to overdoses."

Medication-assisted treatment offers buprenorphine or other medications that reduce cravings and withdrawal symptoms, combined with relapse-prevention therapy.

"Part of the treatment is psychosocial

therapy that helps people develop the skills they need to manage the triggers and the urges and the cravings, and develop the part of their brain that can put the brakes on the drive to use opiates," Dr. Allen said.

DeLauro praised the efforts of the providers and first responders on the "front lines" of the opioid battle, and emphasized the role that elected officials have in addressing the crisis.

"It is not sufficient just to say, 'We have an opioid crisis,' and leave it at that and get a quote in the newspaper," she said. "It is about those of us who serve in elected office where we have the opportunity to provide resources, that we do so. That is our job."

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 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, May 30, at noon.

BHN names new Director of Quality and Safety

Melissa Morgera, MBA, has been named director of patient quality and safety for the Behavioral Health Network. Morgera, who has served as a BHN clinical quality analyst since March 2016, brings a wealth of experience in leading outcome measurement and quality assurance initiatives for behavioral health and non-profit organizations.



Morgera

In her new role, Morgera will provide strategic operational insight, engage staff and patients in improving quality and safety initiatives, work collaboratively with senior leadership and staff to develop and implement the BHN's quality and safety program, and ensure regulatory compliance and ac-

creditation.

Prior to joining Hartford HealthCare, Morgera served as director of quality for Vinfen Corporation of Connecticut, a nonprofit provider of services for adults with psychiatric, developmental and behavioral disabilities. In her leadership role, she oversaw internal quality, regulatory and policy management. Morgera also held a number of other positions at Vinfen including performance improvement and impact facilitator, quality manager and assistant program director for three of the organization's psychiatric rehabilitation programs.

Morgera received her MBA in social impact management from Brandeis University and her bachelors of science in psychology from Northeastern University.

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Friday, June 30 | 7:30pm

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The Annual Red, White and Blue Tradition with Fireworks!

Carolyn Kuan, conductor
Rain Date:
Saturday, July 1 | 7:30pm



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Sgt. Pepper's 50th!

featuring Classical Mystery Tour

Adam Boyles, conductor
Rain or Shine!



Friday, July 14 | 7:30pm

The Music of David Bowie

Brent Havens, conductor
Rain or Shine!



Friday, July 21 | 7:30pm

Williams & Warner Bros.

Carolyn Kuan, conductor
Rain Date:
Saturday, July 22 | 7:30pm



Friday, July 28 | 7:30pm

Broadway A to Z

Adam Boyles, conductor
Rain Date:
Saturday, July 29 | 7:30pm

Call 860-987-5900 ■ www.hartfordsymphony.org

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Hartford HealthCare
Behavioral Health Network

www.hhcbehavioralhealth.org



Parents cautioned about risky ‘Blue Whale’ game

Most people have heard of Russian Roulette. But now a lesser-known game emanating from Russia is a new threat to children and teens across the globe — including Connecticut.

The Blue Whale Challenge has come ashore, becoming popular enough that some school districts in Connecticut are addressing it, sending letters home to parents warning them of the risks associated with this online “game” in which participants are assigned challenges that become increasingly risky over a 50-day period.

The challenge begins with seemingly benign tasks like watching a scary movie or waking up at unusual times, but becomes increasingly dangerous by instructing participants to do things like hang from roofs or cut themselves. The final challenge encourages suicide.

The Blue Whale Challenge comes on the heels of controversy surrounding the Netflix series “13 Reasons,” which some critics say glorifies suicide and has become extremely popular among kids and teens, who can access both the Blue Whale Challenge and the “13 Reasons” through their iPhones or other devices.

“The challenging thing is that they are only a few clicks away for many kids,” said Laura Saunders, child and adolescent psychologist at the Institute of Living. “There is a way to review your child’s viewing history to stay on top of what is going on, or you can ask intermittently, ‘What are you watching?’”

In fact, Saunders recommends that parents take a curious approach, such as asking their children if they are aware of the game or topic in order to start a two-way conversation. If the answer is “yes,” she then recommends talking to them about how dangerous risky behavior can be, to not “follow the crowd” and to never think that suicide is the answer to anything.

The Blue Whale Challenge, which some say gets its name from a belief

that blue whales voluntarily beach themselves in order to end their own lives, has been linked to at least 16 deaths in Russia. Philipp Budeikin, 21, is being held in a St. Petersburg (Russia) jail on charges of inciting those schoolgirls to kill themselves.

Saunders said diabolic games like this can stir emotions among vulnerable populations, especially people who

have experienced significant bullying, feel isolated, have struggled with depression, had suicidal thoughts or have harmed themselves in the past.

“Those are the kids we need to be most concerned about,” she said, adding that parents should also watch for changes in behavior and ask their children questions about their friends on a regular basis.



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VOLUNTEERS
THE HEART OF THE EVENT



Screening, forum will delve into ‘13 Reasons Why’

The Hartford HealthCare Behavioral Health Network (BHN) is hosting a community screening and forum entitled, “What’s Wrong (and Right) with ‘13 Reasons Why’” on Monday, June 12, starting at 6 p.m. at Real Art Ways in Hartford.

The event features a screening of an episode of “13 Reasons Why” followed by a town hall discussion led by Institute of Living (IOL) experts including Hank Schwartz, MD, IOL psychiatrist-in-chief and vice president of behavioral health at Hartford HealthCare; Lisa Namerow, MD, child and adolescent psychiatrist at the IOL; and Laura Saunders, PsyD, ABPP, child and adolescent psychologist at the IOL. The forum is free of charge and open to the public.

The Netflix original series “13 Reasons Why,” based off a young adult novel of the same name, has captured the attention of adolescents and adults alike since its release on March 31. The series tells the story of teenager Hannah Baker who takes her own life and leaves behind cassette tapes chronicling the 13

About the event

- **What:** Screening and panel discussion of the Netflix Series “13 Reasons Why”
- **When:** Monday, June 12, 6 p.m.
- **Where:** Real Art Ways theater, 56 Arbor St., Hartford

reasons why she did it.

The show, produced by popular singer and actress Selena Gomez, has come under scrutiny and criticism in recent weeks for its graphic themes,

which include suicide, sexual assault, substance abuse and bullying. But it’s also raised the level of dialogue on a topic that is typically not easy to talk about — suicide.

The community screening and forum is part of the BHN’s ongoing National Dialogue on Mental Health series, which offers free public forums aimed at discussing topics related to mental health and substance abuse. Since the series began in 2013 in response to Sandy Hook, the BHN has hosted more than 25 forums attended by over 1,800 people.

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.

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daniel.dionne@prudential.com
Phone: 860.424.7621.
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Young leadership event benefits Webb school

The 6th annual Spring Into Action event, a Hartford Hospital Young Leaders Advisory Council (YLAC) signature fundraising event, benefited the Grace S. Webb School at the Institute of Living. The



event took place at Hog River Brewing Company in Hartford. Speakers included YLAC chairperson Erin Concepcion, Hartford Hospital President Dr. Stu Markowitz, top right, and Institute of Living Psychiatrist-in-Chief Hank Schwartz, bottom right.



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 to walk in the event. We are hoping for a strong BHN representation at the event. Contact Laura Durst at laura.durst@hhhealth.org to register or learn more.

How to Live an EMPOWERED LIFE An Uplifting, Inspiring Workshop

Walk away with tools to *immediately* apply in your daily life for your own personal growth, work, relationships, creative endeavors, and sports.

Held at the historical LITTLE THEATER OF MANCHESTER
at Cheney Hall
177 Hartford Road, Manchester, CT 06040
Tuesday, May 23, 2017 from 7:00 p.m. - 8:30 p.m.

Five Main Concentrations:

Communication: learn skills to be more effective in your communications in all your relationships - **Creativity:** is NOT limited to artistic expression but available to ALL by learning new skills to tap into the your source within - **Emotions:** learn the energy of emotions and harnessing them in beneficial ways - **Productivity:** how effective or efficient are you really being? Learn skills to tap into your conscious, subconscious and vibrational energy that will improve your power of productivity - **Relaxation:** - learn skills to create overall well being via body, mind and spirit.

Each of the Five concentrations overlap and compliment one another making them very user friendly. We look forward to seeing you there.

<https://www.eventbrite.com/e/how-to-live-an-empowered-life-an-uplifting-inspiring-workshop-tickets-33232652759>

Tickets only \$25.00

Presented by Lisa Barrett, LPC, ATR, Artist, Speaker, and Owner of Touched By Art
www.touchedbyart.net

IOL pair joins suicide learning conference



The Institute of Living's Nancy Hubbard, LCSW, and Patricia Graham joined other members of the Connecticut Zero Suicide Learning Community as part of a panel at the American Association of Suicidology Conference in Phoenix on April 29. The panel, which included representatives from the Connecticut Department of Mental Health and Addiction Services (DMHAS), Connecticut Department of Corrections (DOC), Connecticut Hospital Association (CHA), Community Health Resources (CHR) and Hartford HealthCare, led a collaborative discussion on Zero Suicide from a diverse state perspective. From left are, Amy Evison, LMFT, from CHR; Andrea Reischerl, APRN, from DOC; Andrea Duarte, MPH, LCSW, from DMHAS; Hubbard; Graham; and Carl Schiessl, JD, from CHA.

Dr. Blank honored by Alzheimer's Association

Dr. Karen Blank has been named the 2017 recipient of the Alzheimer's Association CT Chapter Physician's Leadership Award. The award will be presented to Dr. Blank at the annual Brain Ball V.I.P. cocktail reception on Saturday, June 10.



Dr. Blank

This award recognizes physicians and medical professionals that go above and beyond in their patient care and diagnosis of persons with dementia by referring them and their families directly to the Alzheimer's Association for continued support through their journey with the disease.

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.** May 19, 26, June 2, 9, 16, 23, 30 (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).** May 22, June 5, 12, 26 (Every Monday), noon - 1 p.m. in the Todd Building, Bunker Room and May 24, 31, June 7, 14, 21, 28 (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.** May 23, 30, June 6, 13, 20, 27 (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.

■ **Introduction To Mental Health Benefits and Services.** May 23, 6:30 - 7:45 p.m. This presentation will provide an overview of benefit programs available for individuals with mental health disabilities.

Continued on next page

Family Resource Center Support Groups (continued)

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

■ **Al-Anon Parent Group.** *May 25, June 1, 8, 15, 22, 29 (Every Thursday), 7 - 8 p.m.* One hour topic discussion.

■ **Hearing Voices Network (HVN).** *May 26, June 1, 8, 15, 22, 29 (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.

■ **Yoga.** *May 30, June 27, 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 **laura.durst@hhchealth.org**

■ **Dementia Lecture: An Introduction.** *May 30, 6:30 – 7:45 p.m.* This program is for family members and friends of individuals who have dementia or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness.

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

self while caring for others.

■ **Dementia Support/Educational Group Meeting.** *June 6 (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**.

■ **Depression: An Introduction To The Disorder.** *June 6, 6:30 – 7:45 p.m.* This program is for family and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment, and ways family members might better cope with the illness.

■ **Substance Use Educational And Support Group.** *June 8 (Second Thursday of each month), 4 – 5 p.m.* For family members impacted by loved ones with substance abuse.

■ **Schizophrenia: An Introduction To The Disorder.** *June 20, 6:30 – 7:45 p.m.* This program is for family and friends of individuals who have schizophrenia or a related disorder. It will present a basic understanding of the disorder, its treatment, along with suggestions to help family members and friends cope with the illness.

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

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



Melissa Pelletier honored with Soroptimist award

Melissa Pelletier, LCSW, clinical director at Natchaug Hospital's Journey House program, was honored with the Ruby Award for Women Helping Women at the Soroptimist International of Willimantic's annual awards dinner on May 3.

The annual Women Helping Women award honors those women who have worked to improve the lives of women and girls through their professional and/or volunteer work. As part of the award, the Soroptimists donated \$300 to the organization of Pelletier's choice (which she elected to have go to Journey House).

Financial assistance 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>.

First Annual
Natchaug Hospital Charity Co-ed
**Softball
Tournament**

Saturday, June 24, 2017
Recreation Park, 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.

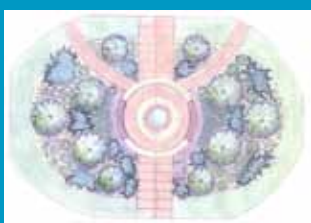
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You make a difference!

As you are all aware at our 2015 Annual Reception we announced our plans to work with the Master Gardeners to create a Board of Directors Tribute Path and Welcome Garden in front of Natchaug Hospital.




The Tribute Path features a personalized brick for each of the 55 Board Member who served on the Natchaug Hospital Board of Directors – dating back to 1977. There are also benches that were sponsored which offer visitors a chance to sit and enjoy the peacefulness of the garden.

I am happy to report that the Master Gardener's have done a tremendous job completing the garden and tribute path.

Please join us for a garden celebration and dedication:


Date: Tuesday June 6, 2017
Time: 8:30 AM – Light refreshments
9 AM – Dedication
Location: 189 Storrs Road, Mansfield



Please RSVP your attendance to Ashley at 860-696-9872 or Ashley.Laprade@hhchealth.org by June 1.

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: 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

Plant sale ongoing at Rushford Academy

The Rushford Academy students are selling plants in hand-decorated glass containers to raise money to purchase a Sandy Hook memorial tree.

Each plant is available for \$5 and the plants can be maintained or re-planted in soil after purchase.

To reserve yours, contact Kate Spring at **860.349.2043, ext. 2013**. Plants can be picked up at the school at 459 Wallingford Road in Durham between the hours of 8 a.m. and 2 p.m. Advance noticed is appreciated.



Avon celebrates Cinco de Mayo

For many people, Cinco de Mayo is an opportunity to celebrate, oftentimes with alcohol. For those in recovery, however, the holiday can be a trigger and a slippery slope for relapse. With proper planning and preparation, Cinco de Mayo doesn't have to bring fear, anxiety or dread for those in the recovery community.

On Friday, May 5, intensive outpatient clients in Avon gathered to share in food and fellowship, creating new positive memories for Cinco de Mayo.

Recovering clients in Avon utilize the "SPIES" technique in building a recovery relapse plan — Spirituality, Physical, Intellectual, Emotional and Social. Many who are first entering recovery avoid social situations for fear of relapse or because they have never learned to socialize sober. Community is a big part of recovering and learning to not just be dry and abstain from alcohol, but to live a full and joyful life.



Rushford Summer Outing Saturday, June 17, 2017

Lake Compounce

186 Enterprise Drive, Bristol
Park hours: 11 a.m.-10 p.m.

Adults - \$15

Children 12 and under - \$10

FREE for children 3 and under

Cash only. Limit 5 tickets per staff. Tickets are non-refundable.
Discount for season pass holders - \$5/person.



Includes unlimited rides, shows and attractions including Crocodile Cove Water Park, free unlimited soda and water, free parking, and an all-you-can-eat buffet from 12-2:30 p.m.

To purchase tickets, contact:

Paddock - anivette.cruz@hhchealth.org

Silver Street - sheila.gosselin@hhchealth.org



IOP client Mary Guarino enjoys Mexican food at the Cinco de Mayo celebration.

