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Olga Dutka named director of professional education.

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**STOPPING THE STIGMA**

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Hartford HealthCare  Behavioral Health Network

# BHINews

## Natchaug honors past, looks to future

*Change in board structure signals new era at annual reception*

**N**atchaug Hospital recognized 55 current and former members of its Board of Directors, 21 of whom were in attendance, at the organization's 61st annual Board Reception held at the East Region System Support Office in Norwich on Tuesday, June 9.

Starting later this year, boards of directors across Hartford HealthCare will be restructured regionally. Natchaug Hospital will be represented by select members of the current Board on a larger East Region Board of Directors, which will also include Backus and Windham hospitals. Rushford will help form the Central Region Board along with MidState Medical Center and the Hospital of Central Connecticut, and the Institute of Living will be represented on the Hartford Region Board.

"We are trying to improve the health of the community, and we can't do that in silos," said Natchaug and HHC Behavioral Health Network President Stephen W. Larcen, Ph.D.

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*Above: Hartford HealthCare President and CEO Elliot Joseph was among the keynote speakers at the Natchaug Hospital Annual Board Reception. Left: Toni Ellzey looks on as her fellow former board members are recognized for their time and contributions to Natchaug Hospital.*

# Dutka named BHN Director of Professional Education

Olga Dutka, RN, MSN, MBA, CHC, was named Director of Professional and Clinical Education for the Hartford HealthCare Behavioral Health Network. She assumes the role on July 1 and will report to Annetta Caplinger, IOL Vice President of Operations.

As Director of Professional and Clinical Education, Dutka will be responsible for planning and executing a comprehensive plan of educational activities, and coordinating and evaluating the professional education and staff development programs for the network.

“Olga’s job going forward is to leverage the professional educational and clinical development resources within the network and get to the best evidenced-based practices and trainings for all staff,” Caplinger said. “These network-wide best practices will help professional staff across the BHN standardize training and development

in order to best serve our patients and clients.”

Dutka has worked tirelessly throughout her career in the areas of direct clinical care, compliance and quality, having spent a good portion of her career at the IOL as a staff nurse, nursing supervisor, nursing staff educator, and unit director as well as Director of the IOL Assessment Center and Managed Care, Director of Utilization Management, and Director of Quality Improvement. She supplemented her time at IOL by working as a per diem or part-time nurse for many local behavioral health and acute care institutions, including Rushford, Natchaug Hospital, Long Lane School in Middletown, the Veteran’s Adminis-



Dutka

tration Medical Center in Newington, Johnson Memorial Hospital in Stafford Springs, and Whiting Forensic Hospital in Middletown.

A lifelong learner, Dutka holds a bachelor of arts in psychology and a bachelor of science in nursing from the University of Hartford; a master’s of science in psychiatric nursing from St. Joseph College (now the University of St. Joseph); and a master’s of business administration from the University of Connecticut. She has also earned a Six Sigma Black Belt certification from Central Connecticut State University and a certification in health care compliance from the Compliance Certification Board.

“With her experience and knowledge in a variety of areas of behavioral health, Olga is truly an asset to the BHN, and I’m pleased to welcome her to this new role,” Caplinger said.

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## Natchaug annual reception honors past, looks to future

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“These steps are key in becoming a true health care system that meets the needs of the community and survives in a challenging environment.”

HHC President and CEO Elliot Joseph, one of the keynote speakers for the event, complimented all the board members in the room for their dedication and commitment over the years.

“I want to thank you for your stewardship, your passion, your commitment and support of this organization,” Joseph said. “I am so proud to be part of a group like this — embracing change and continuously reinventing Natchaug Hospital.”

In recognition of the Board members’ contributions, Larcen unveiled plans to renovate the front circle at the main hospital. The new circle will include a garden and tribute pathway engraved with the name of each past and present member of the Board of Directors.

The presentation also included a 10-minute video highlighting the 38-year history of the Board featuring interviews with six former chairs and George Little, MD, son of founders Olga and Mervyn Little.

“I want to also recognize Sherry Smardon for her tireless

work to make the event such a success,” Larcen said. “Her work researching addresses for every board member since 1977, reading over 38 years of Board minutes to ascertain years of service, and organizing the Annual Board Reception not only made the event special, but will have a lasting impact on the garden and board recognition.”

Larcen also introduced Patricia A. Rehmer, HHC Senior Vice President of Behavioral Health and his successor when his retirement takes effect at the end of the calendar year. Rehmer, the former commissioner of the Department of Mental Health and Addiction Services, said she was unsure whether she would take the position at HHC, but was impressed by the organization’s commitment to mental health. She said she remains impressed after several weeks on the job.

“If we all stay true to Natchaug’s vision of helping people find their way, where we end up will be in a very a positive place,” Rehmer said.

Larcen, who has served as president of Natchaug for 23 years, was praised by Board Chair Jim Watson, MD, Rehmer and Joseph for the impact of his leadership over the years.

“It was a pleasure and an honor to work shoulder to shoulder with you,” Joseph said.

# staff speaks out

## What are your summer vacation plans?



I'm visiting my family in India this summer.

— **Joel Kirkland, Akashdeep Auja, MD,**  
**Child and Adolescent Psychiatrist,**  
**Rushford at Meriden**



I don't have any right now, but if I did, I think I'd want to visit a tropical island.

— **Beatrice Diaz, Rushford Case Worker**



We just got a boat, so my boyfriend and I are planning weekend trips to Block Island, Martha's Vineyard, and some other locations.

— **Kristine Wujcik,**  
**BHN Recruiting Assistant**

## inthenews

### Study links creativity and mental illness

A new study discovered a genetic link between components of creativity and those of certain psychiatric disorders.

The study examined genetic material from more than 86,000 people in Iceland and identified genetic variants that were linked with an increased risk of schizophrenia and bipolar disorder. These same variants were then looked for in a group of more than 1,000 members of creative organizations which included visual artists, writers, actors, dancers and musicians. The results showed that the creative professions were 17% more likely to carry the genetic variants linked with mental illness than people in the general population.

To read more, visit <http://huff.to/1Koe6mB>.

### Got something to share?

Are you interested in sharing your clinical experience or knowledge with co-workers throughout the HHC Behavioral Health Network? Consider submitting an article to the Clinical Corner. For more information, e-mail [Amanda.nappi@hhchealth.org](mailto:Amanda.nappi@hhchealth.org) or [carol.vassar@hhchealth.org](mailto:carol.vassar@hhchealth.org).

Hartford HealthCare  
cordially invites you to:

### Open house, tours, and ribbon cutting ceremony celebrating the new Inpatient Psychiatry Unit at The Hospital of Central Connecticut

*The Hartford HealthCare Behavioral Health Network, in collaboration with The Hospital of Central Connecticut and MidState Medical Center, is enhancing care for patients across Central Connecticut.*

*Refreshments will be provided*



Wednesday, June 24, 2015  
2 to 4 p.m.

Remarks and ribbon cutting at 2:30 p.m.

The Hospital of Central Connecticut  
New Britain General campus  
100 Grand St., New Britain  
3<sup>rd</sup> floor East and West Pavilion

Validated parking is available.  
Please call 203-694-8733 to RSVP.

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Dr. Stacy Nerenstone, left, and Dr. Matthew Saidal, right, present IOL's Psychiatrist-in-Chief Harold Schwartz, MD, with the John K. Springer Humanitarian Award from the Hartford Hospital medical community, honoring his compassion, civility, vision and integrity.

## IOL's Schwartz, Herzog honored

Congratulations to IOL's Psychiatrist-in-Chief Harold Schwartz, MD, and Psychiatrist Alfred Herzog, MD, both of whom were honored at the annual Hartford Hospital Medical Staff-Board Spring Event on Wednesday, June 3.

Dr. Schwartz received the John K. Springer Humanitarian Award and Dr. Herzog was recognized with Hartford Hospital's Distinguished Service Award.



Dr. Alfred Herzog thanks those present after being recognized with the Hartford Hospital's Distinguished Service Award.

### Class schedule

Thursday, July 23	Youth MHFA	8 a.m. - 5:30 p.m.
Thursday, Aug. 6	MHFA	8 a.m. - 5:30 p.m.
Saturday, Aug. 22,	MHFA	8 a.m. - 5:30 p.m.
Saturday, Aug. 29	Youth MHFA	8 a.m. - 5:30 p.m.
Tuesday, Sept. 8	Youth MHFA	8 a.m. - 5:30 p.m.
Friday, Sept. 11	MHFA	8 a.m. - 5:30 p.m.
Saturday, Sept. 19	MHFA	8 a.m. - 5:30 p.m.
Saturday, Sept. 26	Youth MHFA	8 a.m. - 5:30 p.m.

## Mental Health First Aid classes scheduled through September

Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) classes will be offered by the BHN through the month of September. Classes are open to the general public at a cost of \$50 per person and to HHC employees at a discounted rate of \$20 per person.



MHFA and YMHFA are interactive training courses designed to give members of the public the key skills required to help an individual who may be experiencing signs of crisis that are related to a mental health disorder such as depression, panic-anxiety disorder or post-traumatic stress disorder.

All classes will be held at the Institute of Living, Hartford Room, Second Floor Commons Building, 200 Retreat Avenue, Hartford, and are scheduled as shown above. For more information or to register, please contact [patriciac.graham@hhchealth.org](mailto:patriciac.graham@hhchealth.org).

### Clinical trial study participants needed

In addition to direct clinical services to patients, Hartford Hospital's Institute of Living supports and augments its clinical excellence through research at the Olin Neuropsychiatry Research Center; the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy (CBT); the Braceland Center for Memory and Aging; and the Burlingame Center for Psychiatric Research and Education.

As part of the research taking place at IOL, volunteers are needed to help with numerous clinical trials including: Adolescent Schizophrenia, Pediatric and Adolescent Bipolar Disorder, Pediatric and Adolescent Depression, Adult Generalized Anxiety Disorder, Adult Major Depressive Disorder, Adult Bipolar Disorder and Schizophrenia, Schizophrenia and Autism Research, Alcoholism, Teen Depression and Alcoholism.

For more information and greater details about these clinical trials, go to <http://bit.ly/1EkaZFc>.

## 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. For additional information on these support groups, please contact the FRC at **860-545-7665** or **860-545-1888**. The upcoming IOL FRC Support Group schedule is as follows:

- **Anxiety Disorders: An Introduction.** June 16, 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 specific suggestions to help them better cope with the illness.
- **Peer Parent Support Group For Those With Children On The Autism Spectrum.** June 17 (Third Wednesday of each month), 6–7 p.m. Facilitated by Goviana Morales, Family Resource Center Peer Volunteer and parent of a child on the autism spectrum. This group is open to any parent who has a child on the spectrum.
- **Support Group For Families Dealing With Major Mental Illness.** June 18 (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.
- **Sibling Support Group.** June 18 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room. This group will provide support for siblings of those struggling with mental illness, create a safe place to discuss and process feelings, and connect with others.

- **Bipolar: An Introduction To The Disorder.** June 23, 6:30 – 7:45 p.m. This program is for family 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).** June 24, (Second and fourth Wednesday of each month), 5 – 6:15 p.m. in the Center Building, Young Adult Service Group Room. Sup-

port 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.

- **Schizophrenia: An Introduction To The Disorder.** June 30, 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 specific suggestions to help family members and friends better cope with the illness.

Seeking donations for the upcoming back-to-school resource fair

## IOL Backpack & School Supply Drive



The Institute of Living's Back-to-School Resource Fair is set for Wednesday, August 12, and we're seeking donations of **backpacks** and **school supplies** to give away to needy children from greater Hartford.

**Donation ideas include:**

- |                |                |   |
|----------------|----------------|---|
| Backpacks      | Markers        | Spiral bound notebooks                      |
| Pens & pencils | Glue sticks    | Paper-lined & unlined                       |
| Erasers        | Index cards    | Kid-friendly scissors (left & right handed) |
| Highlighters   | Rulers         |   |
| Notebooks      | Calculators    |   |
| Crayons        | Pocket folders |   |

Donated items may be dropped off in the IOL Assessment Center, located in the lower level of the Donnelly Building.

**Donation deadline: Monday, August 10 by 4:30 PM**

For more information, contact Anne Marie Gorman in the Assessment Center at [AnneMarie.Gorman@hhchealth.org](mailto:AnneMarie.Gorman@hhchealth.org) or call 860-545-7200.



## Stopping the Stigma at E.O. Smith

Patty Graham from the Institute of Living and Amanda Nappi from Natchaug Hospital presented on mental illness, substance use and stigma to four Human Behavior and Individual/Family Development classes at Edwin O. Smith High School in Mansfield on Thursday, June 4, and Friday, June 5.



“The presentation showed us just how much mental illness can impact a person’s life and daily functioning,” said E.O. Smith senior Laura Townsend. “It’s so likely that we know someone with a mental illness, which makes being educated on the topic so important.”

## The final countdown



Staff gathered in the Community Room to celebrate BHN Vice President of Human Resources Janet Keown’s retirement after eight years at Natchaug Hospital. Keown, whose last day is Friday, June 12, was joined by Vice President of Clinical Operations Justin Sleeper, whose last day is Thursday, June 11.

## Blood drive planned for Natchaug

Natchaug Hospital will host an American Red Cross blood drive on Thursday, Sept. 17. Remember to plan your dona-

tions around the 60-day mandatory waiting period. For more information, contact Shawn Cyr at **860-465-5926**.

## Wellness committee seeks volunteers

Are you passionate about wellness? Do you want to help make Natchaug Hospital a healthier place?

Employees are needed for Natchaug Hospital’s new Wellness Committee. The committee, which will meet several times a year, is responsible for implementing health and wellness initiatives at the grassroots level with support and resources from the newly formed HHC Wellness Council. Each HHC affiliate will have its own committee that will bring lunch-and-learns, on-site yoga, and other healthy ideas to life.

If you are interested in joining the committee, e-mail [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org).

## Appointment, presentation for Weigle

Natchaug Associate Medical Director Paul Weigle, MD, was appointed co-chair of the American Academy of Child and Adolescent Psychiatry’s (AACAP) Media Committee. Weigle, who has been a member of the AACAP Media Committee since 2003, begins his two-year term on Oct. 31.

Weigle will also present at the AACAP Annual Meeting in San Antonio, Texas in October. His presentations include: Caught in the Net: How Electronic Media Affects Mental Illness; Understanding Video Games: A Psychiatrist’s Call of Duty; Model for Scientist–Clinician–Family Collaboration: Translation of Science to Service Via AACAP Resources; and Virtual Lives, Real Dilemmas: When Online Behavior Impacts Mental Health.



Weigle



Above left: Natchaug's Justin Sleeper, Rushford's Steven Zuckerman, Backus' Jim O'Dea and Rushford's Craig Allen. Above right: Rushford's Rosanne Gumlaw gets ready to tee off for the day. She ultimately took home the prize for longest women's drive.



Alexis Steele, daughter of Rushford at Glastonbury's Denise Steele and former Rushford Director of Facilities John Steele, takes a tee shot.

## Golfers hit the links 'fore' a good cause

Nearly 90 golfers took to the links on a picture perfect day at the Lyman Orchards Golf Club in Middlefield for the 27th annual Rushford Golf Classic. Last Friday's event was sponsored by the Rushford Foundation to raise money for child and adolescent programming as well as prevention services at Rushford.

### About BHNews

BHNews is published every Friday, except for the weeks of Thanksgiving, Christmas and New Year's. Articles for submission are due by noon on the Tuesday of the publication week.

Story ideas or submissions may be sent to [carol.vassar@hh-health.org](mailto:carol.vassar@hh-health.org) or [amanda.nappi@hhhealth.org](mailto:amanda.nappi@hhhealth.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. Thank you.

**Deadline for the next edition of BHNews is Tuesday, June 16, at noon.**

### Generating big things



The Rushford at Meriden generator project has been completed. Workers are shown lowering the generator into place near the building's administrative entrance last Friday.

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One site.  
Everything you need to understand your retirement benefits and plan for the future.

Coming to a screen near you on April 27, 2015 at [hhcandme.ehr.com](http://hhcandme.ehr.com).



In a photo submitted June 14, 2014, Rushford's Jessica Walls shows off her Stop the Stigma T-shirt on her trip to the U. S. Virgin Islands as part of the last summer's Stop the Stigma World Wide edition contest.

## Flashback Friday



**You are invited!**



# Rushford Family Outing

## Saturday, August 15, 2015

**Where:** Lake Compounce, 186 Enterprise Drive, Bristol

**Time:** 11 am-10 pm (park hours)

**Includes:** Unlimited rides, shows & attractions  
Crocodile Cove Water Park  
Free parking  
Lunch for Rushford party from 12 noon – 2:30 pm

**Tickets\*:** Adults \$15  
Children 12 years and under \$10  
Free for children age 3 & under

To purchase tickets, please contact: [Anivette.cruz@hhchealth.org](mailto:Anivette.cruz@hhchealth.org) or [Sheila.gosselin@hhchealth.org](mailto:Sheila.gosselin@hhchealth.org).

**Deadline for registration & payments is July 1. Cash only, please.**

*\*Limit 5 tickets per staff. Tickets are non-refundable and cannot be combined with Season Passes.*

- **Tuesday, June 23 from 7:30 - 8:30 a.m., 3 - 4 p.m., and 5 - 6 p.m.:** Tours for all staff and volunteers interested in seeing the new HOCC inpatient unit (3rd Floor, East-West Pavilion), 100 Grand St., New Britain. For more information, please contact [danielle.siedsma@hhchealth.org](mailto:danielle.siedsma@hhchealth.org).
- **Wednesday, June 24, from 2 - 4 p.m.** Open house and ribbon cutting for the HOCC inpatient unit (3rd Floor, East-West Pavilion), The Hospital of Central Connecticut, 100 Grand Street, New Britain. For more information, please contact [danielle.siedsma@hhchealth.org](mailto:danielle.siedsma@hhchealth.org).
- **Saturday, Aug. 15 from 11 a.m. – 10 p.m.:** Rushford Family Outing, Lake Compounce, 186 Enterprise Drive, Bristol. Includes: Unlimited rides, shows and attractions, Crocodile Cove Water Park, free parking and lunch for the Rushford party from noon - 2:30 p.m. Tickets are \$15 for adults, \$10 for children 12 and under, free for children age 3 and under. Free for children age 3 and under. Deadline for registration and payments is July 1. Cash only, please. Limit five tickets per staff. Tickets are non-refundable and cannot be combined with season passes. To purchase tickets, please contact [anivette.cruz@hhchealth.org](mailto:anivette.cruz@hhchealth.org) or [sheila.gosselin@hhchealth.org](mailto:sheila.gosselin@hhchealth.org).



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[www.hartfordhealthcare.org/services/behavioral-mental-health](http://www.hartfordhealthcare.org/services/behavioral-mental-health)



**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 [carol.vassar@hhchealth.org](mailto:carol.vassar@hhchealth.org) or [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org).

The deadline for submissions to be included in each Friday's BHNews is Tuesday at noon. BHNews 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. Please do not list hospital phone numbers or hospital e-mail addresses for responses.

You must submit your item weekly if you want it to appear more than one week.

**FOR SALE**



**BRAND NEW SECTIONAL SOFA** — Microfiber, brown color. Comes with pillows and one ottoman. From non-smoking house. \$300. Call **860-309-3010**.

**TWO KAYAKS** — Old Town Loon 111 and Loon 138, both grey, excellent condition, sliding seats, adjustable foot rests. Loon 111 has 275 pound capacity, \$250. Loon 138 has 375 pound capacity, \$300. Call **860-305-6119**.

**AIR CONDITIONER** — Frigidaire Energy Star, 10,000 BTU, Model FAH105N27, excellent condition, asking \$200. Call **860-885-1912**.

**WASHER/DRYER** — Large Kenmore washer and large Whirlpool dryer, both in excellent condition. Call **860-886-1512** and please leave a message.

**GE PROFILE MICROWAVE** — White 2.1 cubic feet, over-the-range sensor microwave, excellent condition, one rack, asking \$200. Call **860-887-7459**.

**MISC. ITEMS** — Old fashioned Buggy seat with cushions, vanity with mirror, country jugs, primitive items, chairs, stools. Call **860-908-0161**.

**EVENTS**

**BAKE/RUMMAGE/YARD SALE** — Saturday, June 13, 8:30 a.m. to 2 p.m. at Lee Memorial Church, 294 Washington St., Norwich. Clothes, books, furniture, white elephant items, baked goods, plants, hotdogs, hamburgers, steamed cheeseburgers.

**FIBER ARTS FAIR** — Saturday, June 13, 10 a.m. to 4 p.m. at 25 Stockhouse Road, Bozrah. Admission is free to see how fiber or hair is made into yarn, free parking, vendors will be showing their creative talent with the yarn produced at the mill, food available.

**ST. JAMES FREE SPAGHETTI DINNER** — Friday, July 10 from 3:30-7 p.m. at St. James Church, routes 2A and 117, Preston. The church is hosting this dinner to raise awareness of the Church Mission Trip to Ecuador. A free will offering will be accepted to help defray costs for the Mission trip.



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We want to see how you connect to healthier! Submit photos of yourself enjoying your favorite healthy activities — from working out to eating well — and you could win an Apple Watch, or be featured on our Facebook page and upcoming ads and promotions.

Submit your photos at [connect@hhchealth.org](mailto:connect@hhchealth.org)

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