



SIMPLY THE BEST

BHN wins six of HHC's 30 Lamplighter Awards for marketing and communications. • [PAGE 3](#)



LEARNING MORE

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FACING THE MUSIC

Makeup artist displays her craft for Rushford students. • [PAGE 9](#)

Hartford HealthCare 
Behavioral Health Network

BHINews

Sifting through '13 Reasons'

Forum breaks down the suicide-themed Netflix series that has sparked so much debate

The Netflix original series "13 Reasons Why," based on a young-adult novel of the same name, has captured the attention of adolescents and adults alike since its release on March 31. Many have criticized the series for glamorizing suicide and risking an increase in copycat suicides.

But is there anything the series gets right?

The Hartford HealthCare Behavioral Health Network hosted the latest event in the National Dialogue on Mental Health series on June 12 at Real Art Ways in Hartford. The evening featured a screening of an episode of "13 Reasons Why" and a town hall-style community forum led by experts from the Institute of Living.

According to Hank Schwartz, MD, IOL psychiatrist-in-chief and vice president of behavioral health at Hartford HealthCare, the series shows a dramatic example of suicide: the revenge fantasy suicide. Adolescents and troubled young adults are particularly vulnerable to this



Dr. Lisa Namerow, Dr. Hank Schwartz and Dr. Laura Saunders take questions from members of the community during a town hall about the Netflix original series "13 Reasons Why." Nearly 100 people attended the event and participated in the discussion at Real Art Ways in Hartford on June 12.

type of suicide because they think there is gratification in controlling the living after death and in leaving behind people tormented by the knowledge that they may have played a role.

"The episode we chose to show isn't so much about why Hannah kills herself, but about the power of suicide to inflict pain on the people around us," Schwartz

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'It's not just OK, it's important to be talking about these things with our kids'

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said. "However, I think one of the strengths of '13 Reasons Why' is trying to balance our understanding of Hannah and how she arrived at her decision with the horrendous damage that Hannah has caused by committing suicide.

"The depiction is brutal, graphic and almost unwatchable, and we're all concerned that kids may emulate it. But that depiction of the horror of what you can do to others is so powerful that I hope it actually has a deterrent effect."

While some clinicians have reported a spike in suicide attempts since the release of "13 Reasons Why," Lisa Namerow, MD, child and adolescent psychiatrist at the IOL and Connecticut Children's Medical Center, has seen a deterrent effect among some of her patients.

"After watching the show, I started asking questions about the themes of the show," Namerow said. "Several adolescents told me they struggle with very similar things as Hannah: bullying, peer

rejection, and that no one is listening to them. But those children also told me the series has shown them that suicide is not an option."

Laura Saunders, PsyD, child and adolescent psychologist at IOL, highlighted the benefits of using "13 Reasons Why" as a conversation starter between children and the adults in their lives.

"We live in a world where a show like this is literally two clicks away," Saunders said. "We don't always know what our kids have access to, but we do have control over creating a dialogue. We need to create a non-judgmental space to allow that conversation to happen, without throwing criticism and

without trying to fix it. Listening is hard, but that's what they need — and that's one of the important things '13 Reasons Why' shows us."

The Hartford HealthCare Behavioral Health Network will continue hosting town hall discussions about "13 Reasons Why" throughout the year. Starting in the fall, these conversations will be held in partnership with local school districts to help students and parents around the state discuss what's wrong — and right — with the series.

"It's not just OK, it's important to be talking about these things with our kids," Schwartz said, "and it's important to be doing it in more than a superficial way."

HARTFORD SYMPHONY'S
TALCOTT MOUNTAIN
MUSIC FESTIVAL

THE PERFORMING ARTS CENTER
AT SIMSBURY MEADOWS

Five Fantastic Nights!
June 30 - July 28



Friday, June 30 | 7:30pm
Celebrate America!
The Annual Red, White and Blue Tradition with Fireworks!



Friday, July 7 | 7:30pm
Sgt. Pepper's 50th!
featuring Classical Mystery Tour



Friday, July 14 | 7:30pm
The Music of David Bowie



Friday, July 21 | 7:30pm
Williams & Warner Bros.



Friday, July 28 | 7:30pm
Broadway A to Z

How you can help

Suicidal thoughts are a life-threatening health condition. If someone you know is thinking of taking their life, take it seriously and assume you are the only person who will reach out to them. Here are a few things you can do to help, according to the American Foundation for Suicide Prevention:

- Talk to them in private
- Listen to their story
- Tell them you care about them
- Ask if they are thinking about suicide
- Encourage them to seek treatment or to contact their doctor or therapist

For more information, visit the Foundation's website at afsp.org.

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

Thank You to Our Sponsors (as of 4/20/17)

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BHN nabs six of HHC's 30 Lamplighter awards

Hartford HealthCare received 30 Lamplighter Awards — the annual best-of-class marketing and communications honors for healthcare organizations in New England — including six projects and campaigns from the Behavioral Health Network.

Three silver awards included:

- “Addiction has Met its MATCH” — overall marketing campaign
- Behavioral Health Network: BH-News
- Hartford HealthCare “Hope After Heroin”

And three Awards of Excellence were:

- Hartford HealthCare Behavioral Health Network Pat Rehmer Columns
- Hartford HealthCare Behavioral Health Network “Addiction has met its MATCH” — branding
- Hartford HealthCare Behavioral Health Network Student Artwork Calendar

Overall, HHC won 11 gold, 11 silver and eight awards of excellence on June 8 in Falmouth, Mass. The Gold awards were:

- Backus and Windham Hospital Nightingale Tribute
 - Hartford Hospital “RxTra”
 - The Hospital of Central Connecticut Women’s Health Campaign
 - Hartford HealthCare Lean Transformation
 - Hartford HealthCare “Time out for Health”
 - Hartford Hospital Black & Red Gala
 - Hartford Hospital Orthopedic Nurse Recruitment
 - Hartford HealthCare at Home (1-800-HOMECARE)
 - Hartford HealthCare Health News Hub
 - Hartford HealthCare Bone & Joint Institute Campaign
 - Hartford HealthCare Content Marketing/News Service
- Silver awards included:
- Hartford HealthCare Podcast Series
 - Hartford HealthCare “Tiffany Bi-

Mawhiney wins lifetime achievement award

Hartford HealthCare Director of Service Line Communications Shawn Mawhiney is the winner of the 2017 New England Society of Healthcare Communications’ (NESHCo) Evans Houghton Award for exemplary performance in, and significant contributions to, the field of health care marketing, communications and public relations.



Mawhiney

In one nomination letter, staff members credited Mawhiney’s humane leadership style for his department’s continued success.

“Shawn’s leadership approach brings out the best in his team and balances the needs of patients and our health system, allowing us to tell compelling patient stories and showcase services and care provided in our hospitals and beyond. Shawn brings a unique leadership style that fosters healthy competition, mentorship and has created a focused, goal-oriented team in which every member feels responsible for the group’s success,” the letter read.

Mawhiney, who oversees marketing and communications for the BHN, was presented the award during NESHCo’s 27th annual Lamplighter Awards ceremony on Thursday, June 8, in Falmouth, Mass. Prior to his current role Mawhiney served as director of marketing and communications for the East Region and was director of communications for Backus for 10 years before assuming the regional role in 2013.



Members of the Hartford HealthCare communications team display their awards at the 2017 Lamplighter Awards ceremony on Thursday, June 8, in Falmouth, Mass.

anco: Back on her Feet” video

- Hartford HealthCare “Connect to Healthier”
- Hartford HealthCare Human Resources Internal Communications: “We’re All on the Same Page”
- Hartford HealthCare Plain Language Emergency Communications
- Hartford HealthCare Annual Report Photography
- Hartford HealthCare Podcast Series Campaign

■ Hartford Hospital Eye Surgery Center Campaign

Awards of Excellence included:

- Backus and Windham Hospital: HospiTell
- Hartford Hospital Medical Rounds
- Hartford HealthCare Medical Group Urgent Care Sticky Notes
- Hartford HealthCare Support At Every Step” TV commercial campaign
- Hartford HealthCare “Manager’s Minute” and “HHC & You”

'Gender Revolution' promotes understanding

Documentary doesn't just ease discrimination, it can save lives

Transgender people are more likely to be unemployed, homeless and living in poverty. They are often victims of harassment, healthcare discrimination, housing inequality and family rejection, which appears to contribute to more suicide attempts.

These startling revelations have led to calls for people to be more open to different gender identities, especially those that do not fit the male and female categories people have grown accustomed to.

On June 6, the Family Resource Center at the Institute of Living offered an exclusive screening of "Gender Revolution: A Journey with Katie Couric" at Real Art Ways in Hartford.

The screening of the National Geographic documentary film, which aims to foster conversation on gender issues and promote understanding of the notion that gender exists on a spectrum,



Community members Natalie Garcia and Hunter Robinson join Dr. Priya Phulwani and Lori Davison for a panel discussion about gender identity issues. The conversation followed a screening of the new documentary "Gender Revolution: A Journey with Katie Couric" at Real Art Ways on June 6.

was 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.

"We really wanted to make sure we answered questions from the audience and make a connection to their needs as a community and people who are interested in this topic," said Laura Saunders,

PsyD, clinical coordinator of The Right Track/LGBTQ Specialty Track in Young Adult Services at the Institute of Living. "Everyone's experiences are different. The more we provide open discussion and affirming conversations, the better the whole process is."

The discussion focused on ways to promote understanding and reduce the

..... [Continued on next page](#)



Blair receives doctorate

Ellen Blair, DNP, APRN, Director of Nursing at the Institute of Living, received her Doctorate in Nursing Practice, from the University of Saint Joseph in Hartford on Saturday, May 13. Her doctoral study was entitled, "Non-psychiatric Nurses' Perceived Self-efficacy After an Educational Intervention on Suicide Prevention and Care."



Blair

IOL employee awards set for June 27

The Institute of Living will hold its annual Employee Awards and Recognition Day Ceremony on Tuesday, June 27, from 2:30-4 p.m. in the Hartford Room in the Commons Building. Staff from the IOL will be honored with the following awards:

- Arne Welhaven Memorial Award
- Linda J. Stacy Service Excellence Award
- Psychiatrist-in-Chief Award
- Ned Graffagnino, MD, Honorary Award
- Dedicated to Caring Award
- CAPSEF Golden Apple Award
- Quarter Century Club inductees for 2017
- Every Moment Matters

Berry shortcake will be served to those in attendance. For more information, contact your manager or director.

'Every day I've become more like myself — the person I was supposed to be.'

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negative consequences of stigma on gender identity issues.

For one member of the panel, improving this situation is both critical and personal.

"Every day I continue on this journey and I will be on this journey for the rest of my life," said Hunter, a 23-year-old transgender man who described his transition. "Every day I've become more like myself — the person I was supposed to be. It's an exciting journey and sometimes it's scary, but I am a little happier every day."

When a person is born, they are not just assigned a sex by the doctor — they are assigned a gender by their family and community. That gender assignment at birth has consequences for a lifetime, and always brings expectations from society at large.

When people don't adhere to those expectations because their gender identity doesn't match the gender they were assigned at birth, they often become victims of discrimination, segregation, and in many cases, violence.

Priya Phulwani, MD, pediatric and adult endocrinologist and director of the Gender Program at Connecticut Children's Medical Center, works with transgender people of all ages and champions the need for greater understanding to combat stigma.

"This is not something new and it's not just a trend," Phulwani said. "Adolescents who hit puberty and still feel very strongly that the gender assigned at birth doesn't fit their affirmed gender, the chances they will change their mind are very, very slim. And less than two percent of people who have undergone a gender-affirming surgery say they regret their decision."

"For the vast majority of people, not doing something because you fear that it's a phase has a huge negative consequence with suicide attempt rates greater than 40 percent. There's no question

in my mind that supporting transitions is the way to go in nearly every case."

According to the film, gender has always existed on a spectrum and some cultures have embraced a broader definition of gender for thousands of years. But these issues have only recently entered mainstream discussion in the United States, in part because of improvements in communication and community building, both on- and off-line.

"PFLAG was originally set up as 'parents and friends of lesbians and gays,' but we don't call ourselves that anymore," said Lori Davison, president of PFLAG Hartford. "We have between 50 and 80 people that come to our Hartford chapter meetings, and about three-quarters of them are there for gender

identity issues. This is happening and it's growing because there is more exposure and people are getting educated about it."

Davison praised Katie Couric's approach in the documentary.

"I think the film was very well done," Davison said. "Katie Couric got a public whipping from the transgender community after an interview that went awry a few years ago. Instead of getting riled up about it, she sought to learn more about gender and transgender people. I commend the way this film was set up and portrayed her asking important questions we hear all the time."

You can watch a preview of the documentary on the National Geographic website or purchase and stream the film at home through Amazon or YouTube.



Every Moment Matters

This is your moment to tell us how we can create an even better environment for you and those we serve.

Take the 2017 Employee Engagement/ Culture of Safety Survey

June 5 - June 16

- Confidential
- 15 minutes to complete
- Your feedback helps us improve

We're listening...Tell us what **you** think!

Hartford
HealthCare
Connect to healthier.™

Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. For additional information, please contact the FRC at **860.545.7665** or **860.545.1888**. All programs are free of charge and, unless otherwise noted, are held in the Massachusetts Cottage, First Floor Group Room at the IOL Campus, 200 Retreat Ave., Hartford. The upcoming IOL FRC Support Group schedule is as follows:

- **Support Group For Those Coping With A New Or Chronic Medical Condition.** June 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**.
- **Alcoholics Anonymous.** June 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.
- **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.
- **Hearing Voices Network (HVN).** June 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.
- **Al-Anon Parent Group.** June 22, 29 (Every Thursday), 7 - 8 p.m. One hour topic discussion.
- **Depression Bipolar Support Alliance Group (DBSA).** June 26 (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and June 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.
- **Anxiety Disorders: An Introduction.** June 27, 6:30 – 7:45 p.m. This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and suggestions to help them better cope with the illness.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** June 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.

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, June 27, at noon.

Natchaug garden gets proper unveiling

Dozens of Natchaug staff, donors and former board members attended the dedication of a tribute garden and brick pathway on Tuesday, June 6.

The garden and pathway, which adorns the front circle of the main hospital in Mansfield, features personalized bricks and donated benches honoring former board members. The garden's flowers and shrubbery were planted by the Master Gardeners, who created the plans for the project and will continue to maintain the area.



Above: Former board chair Raymond B. Johnson, MD, and his wife, Arlene, admire the tribute pathway engraving.

Below: The dedication was attended by former board members, from left, Raymond B. Johnson, MD; Toni Ellzey, APRN; James Watson, MD; Edward Sawicki, MD; Halle Wilson; and Betsy Ritter.



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.

**Natchaug
Hospital**
Connect to healthier.™



Red Nose Day sheds light on ending child poverty

On May 25, students at Hickory School in Norwich participated in Walgreens Red Nose Day in honor of “N” day during their alphabet countdown to the last day of school.

Students participated in a short lesson on child poverty and members of the school community were invited to donate spare change to the Red Nose Day campaign, run by the non-profit organization, Comic Relief, Inc. Red Nose Day launched in 2015 to end child poverty both in the United States and abroad. Students and staff were provided with red noses in recognition of their school donation to wear for part of the school day.



Principal Scott Trepanier discusses child poverty with students at Hickory School.

Graduation day



Left: Joshua Center Thames Valley CDT School Principal Walter Signora welcomes families, students and guests to graduation and promotion ceremonies for the Class of 2017. The event took place at the Hartford HealthCare East Region System Support Office in Norwich which is adjacent to the school. With Mr. Signora is Diana Hutchinson. Above: Graduation keynote speaker Risley Dimock, a Natchaug housekeeping employee, shared his observations about how much the students had grown and changed for the positive during their time at JCTV.



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

Natchaug Hospital
 Connect to healthier.
www.natchaug.org

Dates: 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

HHC employee discount for Infinity Hall shows

Hartford HealthCare employees receive a 15 percent discount on Infinity Hall shows. To receive the discount when purchasing tickets on-line you can use the code: HHCMUSIC or when calling you can say you are a HHC employee to receive the discount.

For a list of shows please visit: <http://www.infinityhall.com/events>

Financial assistance for patients

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

Anything to share?

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

Makeup artist shows students how its done

Christina Uvino, owner of Make-Up by Christina based in Meriden, visited Rushford Academy School in Durham on Tuesday, June 13, to teach students in becoming make-up artists how to hone their artistic craft.

Principal Katie Gomes donated her face for the afternoon and Uvino demonstrated techniques, tricks and air-brushing and allowed students to practice and ask question throughout the hour-long demonstration. One student in particular, who had been practicing her skills for a few years, demonstrated



Rushford Academy Principal Katie Gomes volunteered to be a subject during a demonstration at the school by make-up artist Christina Uvino. This progression shows Uvino's work before, during and after application.

her ability to match Uvino's professional skills by completing Gomes' face after Uvino had made-up only one side. Uvino complimented her saying, "You did a great job. This is not the work of an amateur."

Uvino also brought books and small donations to make-up for students to help them continue to improve their skill and confidence as they practice on friends and hopefully, new clients of their own.



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

Encounters in the wild



Rushford at Avon had early morning and evening visits from some of the local wildlife. Above: A mother turkey leads her young across the road. Right: Two black bears stroll past the building during evening intensive outpatient hours.

