



MEDIA BLITZ

Netflix takes on another controversial topic with movie centering on anorexia. • [PAGE 3](#)



NEW GROWTH

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YOU'RE HIRED

Laurie O'Neil joins human resources staff at Natchaug. • [PAGE 8](#)

Hartford HealthCare 
Behavioral Health Network

BHINews

Dying for a drink

Actor's passing renews focus on alcohol abuse

While opioid abuse is getting the headlines, the recent death of actor Nelsan Ellis confirms that alcohol addiction remains a major problem in society.

"Alcohol use is often overshadowed by the opioid epidemic, but each year, approximately 88,000 die from alcohol-related causes, as compared to around 40,000 deaths from opioid overdoses," said J. Craig Allen, MD, Medical Director of Rushford.

Ellis, best known for his role as Lafayette Reynolds on HBO's "True Blood"

series, died Saturday, July 8, from alcohol withdrawals.

According to a statement from his family, Ellis struggled for years with alcohol and drug addiction, and after several stints in rehab, was attempting to withdraw from alcohol on his own. He was 39 years old.

"Detoxing from alcohol is very difficult — not only do you feel horribly, physically ill, but you can also develop high blood pressure, anxiety, depression, seizures, and other complications that can lead to death," Dr. Allen said. "No

one should attempt to detox from alcohol alone. Talk to a healthcare professional because it can be a life threatening situation."

According to the National Institutes of Health, 6.2 percent of American adults — more than 15 million individuals — suffer from an alcohol use disorder and millions more engage in high-risk binge drinking behavior. Alcohol is the second leading cause of preventable death in the United States, behind only tobacco use.

Despite how common alcohol use is, those who struggle with alcoholism still suffer from shame and stigma.

..... [Continued on page 2](#)



Alcohol is the second leading cause of preventable death

continued from page 1

"[Ellis] was ashamed of his addiction and thus was reluctant to talk about it during his life," said the statement released by his family. "His family, however, believes that in death he would want his life to serve as a cautionary tale in an attempt to help others."



Allen

The Hartford Health-Care Behavioral Health Network offers a wide

range of services for adults and teens struggling with alcohol addiction, including inpatient and residential detox, intermediate residential treatment, outpatient treatment, and support groups.

For more information on the BHN's alcohol services, visit <https://hhcbehavioralhealth.org/programs-services/alcohol-abuse>.

Mental Health First Aid trainings scheduled

HHC Behavioral Health Network employees are invited to register for upcoming Mental Health First Aid trainings at the Institute of Living.

■ Wednesday, Aug. 23, from 8 a.m. to 5 p.m. in the Hartford Room

■ Friday, Sept. 29, from 8 a.m. to 5 p.m. in the Litchfield Room

Please note that 10 participants are needed to fill for the course to run. To register please email patriciac.graham@hhchealth.org.

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.

Fake Healthcare and How to Spot It

You have heard of "fake" news, but what about "fake" healthcare?

In this FREE educational seminar, learn more about:

- The distinction between science and pseudoscience
- How pseudoscientific treatments are marketed to the public and healthcare professionals
- How to ask the right questions to detect beliefs, theories, or practices that appear to be scientific, but have no basis in scientific fact



Monday, July 31 | 6-7:45 pm

Hartford Hospital Family Health Center at Blue Back Square
65 Memorial Road, West Hartford
Suite #425



Presenter:

David Tolin, PhD, ABPP

Director of Anxiety Disorders Center at the Institute of Living, Hartford Hospital

Institute of Living

A Division of Hartford Hospital

✓ **Registration required**

📞 1.855.HHC.HERE (1.855.442.4373) 🌐 HartfordHospital.org/events

New Netflix movie sparks anorexia debate

First suicide, now anorexia.

Netflix certainly isn't shying away from controversial topics. On the heels of the "13 Reasons Why" series on suicide, Netflix has created a new movie, "To the Bone," that focuses on anorexia and debuts July 14.

"To the Bone" stars Lily Collins as Ellen, a young woman suffering from anorexia who, after multiple stays in inpatient treatment programs, reluctantly agrees to live in a group home overseen by an unconventional doctor, played by Keanu Reeves.

Like "13 Reasons," it has received mixed reviews — some say it brings to the fore a taboo topic like anorexia, while others say it is graphic and could trigger vulnerable populations to follow through on anorexic thoughts.



Zajac

Jennifer Zajac, MD, who heads up the Eating Disorders Recovery Program at the Hartford HealthCare Behavioral Health Network's Institute of Living, sees both sides in the trailer, which is all that has been released so far. On one hand it makes anorexia part of the public conversation, just like 13 Reasons Why did for suicide. On the other, there is the possibility of it serving as a trigger for vulnerable populations.

"There are some positive spins, at least in the trailer, however there are also some really graphic visuals," Zajac told Channel 3 news in a recent interview.

Anorexia nervosa is an eating disorder characterized by weight loss (or lack of appropriate weight gain in growing children); difficulties maintaining an appropriate body weight for height, age, and stature; and, in many individuals, distorted body image. It can be a very serious mental illness, more likely in women, which is extremely hard to

Signs and symptoms of eating disorders

Early Warning Signs

When your loved one:

- Seems obsessed with weight
- Weighs herself more than once a day
- Exercises alone, for long periods
- Eats or refuses food when sad or upset
- Avoids eating with others

More Serious Signs

When your loved one:

- Loses weight or goes up and down in weight
- Eats considerably less, avoiding meals as much as possible
- Becomes secretive about eating
- Binges or eats till she feels sick or exhausted
- Appears depressed, moody, irritable, or isolated

Definite Distress Signals

When your loved one:

- Fasts or severely restricts food intake
- Spends excessive time in the bathroom after meals
- Vomits, takes laxatives, diet pills or other medications to lose weight
- Has lost a significant amount of weight is tired and depressed
- Has irregular periods, swollen glands or joints, broken blood vessels or bloodshot eyes

Source: Institute of Living Eating Disorders Center

To learn more or to find ways to get help, click on www.instituteofliving.org/programs-services/eating-disorders-program

overcome.

Zajac said there are two groups of people to watch closely and talk to about the movie — adolescents during puberty and those transitioning to young adulthood — so the new movie could serve as a trigger for them. This could lead to more cases and visits to emergency departments.

Part drama, part dark comedy, the "To the Bone" trailer has already received nearly 2.4 million views on YouTube. Its star, Lily Collins, has said that she has struggled with anorexic episodes over the years and wanted to make sure the movie does not glorify it.

Netflix posted the trailer on June 20,

which led to an intense Twitter debate around whether the film glamorizes anorexia or whether it could be a trigger for those with eating disorders. "13 Reasons Why" sparked similar controversy with its focus on a teenager's suicide.

Supporters say it's an authentic portrayal of the reality of eating disorders, and is sparking discussion on a topic that people usually don't talk about. The trailer shows Ellen ticking off calorie counts for the items on her dinner plate, a close-up of her very thin frame — which is very graphic but also might make someone rethink their need to lose too much weight.

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>.



Upcoming blood drives

Red Cross blood drives will be held at the Institute of Living Stauton Building on Thursday, July 27, from 11 a.m. to 4 p.m. and at Natchaug Hospital's Mansfield campus on Friday, Aug. 18, from 11 a.m. to 4 p.m.

To book an appointment, visit www.redcrossblood.org.

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>

We have momentum

Feel it. Share it. Build it.

Momentum is Hartford HealthCare's new internal social media platform. With just a couple of keyboard clicks you can say "thank you" and share your thoughts.

Make someone's day.

 Visit HHC Connect to get started.


Hartford HealthCare
Connect to healthier.™

Hartford HealthCare 
Behavioral Health Network
www.hhcbehavioralhealth.org



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, July 25, at noon.

Garden leads to growth — in more ways than one

People grappling with mental health issues often take on new activities that can aid the healing process. For some, writing and journaling is helpful; for others, coloring and sewing might offer the fulfillment they need while they learn strategies to cope with their conditions.

Gardening has emerged as another therapeutic option, and one inpatient psychotherapist at the Institute of Living has helped bring this activity to patients on Donnelly 2 South.

Sunshine Finneran, LCSW, has led the charge in growing a garden on Donnelly 2 South, now called the Sensory Integration Garden, since 2013. The patients admitted to 2 South assist in planting, watering and care of the garden, allowing them tranquil access to the outdoors.

“Being involved in the garden invites patients to engage in a sensory experience,” Finneran said, “filled with the aroma of lavender, lemon verbena, mint, oregano, to name a few.”

Spending time in the garden promotes healing in many of its patients. Agitation and restlessness are common throughout the treatment process, but even something simple like watering the garden stimulates a bodily experi-



Sunshine Finneran, LCSW, has led the charge in cultivating the Sensory Integration Garden on Donnelly 2 South at the Institute of Living. The garden allows patients tranquil access to the outdoors while teaching them how to nurture and care for the plants.

ence that creates a sense of purpose and grounding.

Patients have responded positively to the garden. “It helps to think about something else, one person said, “it breaks up the monotony of being in here.”

“Everyone loves the Lambs Ear herb,” said another. “It’s so soft and everyone

likes to touch it.”

Today, the Sensory Integration Garden is in its fourth year. It has become a large part of milieu therapy on Donnelly 2 South. During the spring, summer and autumn, the garden helps patients feel calmer and centered, advancing the recovery process for patients struggling with mental health issues.

IOL’s Haber elected to AABH Board of Directors

Lawrence Haber, Ph.D., director of ambulatory, health psychology and young adult services at the Institute of Living, was elected to the board of directors of the Association for Ambulatory Behavioral Healthcare (AABH).

“This is an important recognition for Larry and for the Institute of Living,” said Dr. Hank Schwartz, psychiatrist-in-chief at IOL and vice president of behavioral health for Hartford HealthCare.

For more than 50 years, AABH has served as a conduit for best practices and networking in the industry. Its mission is

to promote partial hospitalization and intensive outpatient programs as a vital component of the behavioral healthcare continuum. The vision of AABH is to provide education, advocacy and support for partial hospitalization programs and intensive outpatient programs.

Young Adult Services at the Institute of Living received the Program of the Year Award from AABH in 2015.



Haber

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.** July 14, 21, 28, Aug. 4, 11, 18, 25 (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).** July 17, 24, 31, Aug. 7, 14, 21, 28 (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and July 19, 26, Aug. 2, 9, 16, 23, 30 (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.
- **Support Group For Families Dealing With Major Mental Illness.** July 20, Aug. 3, 17, Sept. 7, 21 (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 yourself while caring for others.
- **Al-Anon Parent Group.** July 20, 27, Aug. 3, 10, 17, 24, 31 (Every Thursday), 7 - 8 p.m. One hour topic discussion.
- **Managing Schizophrenia.** July 25, Oct. 17, 6:30 – 7:45 p.m. This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** July 26, Aug. 9, 23, Sept. 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.** July 26, Aug. 9, 23, Sept. 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.
- **Dementia Support/Educational Group Meeting.** Aug. 1, Sept. 5, Oct. 3, Nov. 7, Dec. 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**.
- **Substance Use Educational And Support Group.** Aug. 1, Sept. 5, Oct. 3, Nov. 7, Dec. 5 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.
- **Depression: An Introduction To The Disorder.** Aug. 8, Nov. 7, 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.
- **Autism Spectrum Support/Educational Group Meeting For Parents.** Aug. 16, Sept. 20, Oct. 18, Nov. 15, Dec. 20 (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.
- **Schizophrenia: An Introduction To The Disorder.** Aug. 22, Nov. 21, 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.
- **Dementia Lecture: An Introduction.** Aug. 29, Oct. 24, 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.

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Family Resource Center Support Groups (continued)

■ **It's Hard To Be A Mom.** *Beginning September 2017.* Peer-led group that acknowledges the inherent challenges with modern-day mothering and offers an opportunity for mothers to come together, share experiences, and support each other. This group welcomes expecting mothers and mothers with babies to discuss any and all challenges associated with motherhood in a safe and open-minded space. Babies welcome! Call **860.545.7324** for more information.

■ **Anxiety Disorders: An Introduction.** *Sept. 5, Dec. 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.

■ **Introduction To Mental Health Benefits and Services.** *Sept. 19, 6:30 – 7:45 p.m.* This presentation will provide an overview of benefit programs available for individuals with mental health disabilities.

■ **Bipolar: An Introduction To The Disorder.** *Oct. 3, Dec. 19, 6:30 – 7:45 p.m.* This program is for family members and friends of individuals who have

bipolar or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness.

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@hhhealth.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.

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



Hartford HealthCare
Connect to healthier.™

IOL Backpack and School Supply Drive



The Institute of Living is seeking donations of **backpacks** and **school supplies** to give away to children in need from Greater Hartford.

Donation ideas include:

Backpacks	Markers	Spiral bound notebooks
Pens & pencils	Glue Sticks	Paper (lined & unlined)
Erasers	Index cards	Kid-friendly scissors
Highlighters	Rulers	Calculators
Notebooks	Calculators	Pocket folders
Crayons	Binders	Pencil cases

Donated items may be dropped off at two locations: the IOL Assessment Center, located in the lower level of the Donnelly Building, at any time, or at the Carolina Cottage, in the Family Resource Center office on the second floor, Monday through Friday from 9 a.m. to 3 p.m.

Donation deadline: 4:30 pm on Friday, August 4

For more information, contact Laura Durst at 860.545.7324 or Paula Rego at 860.545.7665 at the Family Resource Center.

Institute of Living
A Division of Hartford Hospital



Great fun on the diamond

To whom it may concern,

I recently played in the first annual softball tournament for your organization. I would like to mention how well structured and strategically orchestrated the tournament was run. [Ben Nazario] produced a great turnout facing numerous difficulties and I would like to make sure he is recognized for his efforts.

Between the rain early in the morning which quickly became flooding, to playing umpire until 10:30 at night while surely facing enormous fatigue. He did a fantastic, over-the-top job. I hope you guys had a great turnout and I was glad to be a part of it. Thank you!

— Stephen Mooney

O'Neil joins human resources team

Laurie O'Neil has joined Natchaug Hospital in the role of Human Resources Generalist. She will report to HR Business Partner Jenna Hanelius.


In her new position, O'Neil will work in conjunction with Hanelius on employee relations issues/investigations, policy interpretation, labor contract interpretation, grievances, performance management and performance evaluations. Additionally, she will handle workers compensation and special projects.

O'Neil brings 20 years of experience to her new role, having held human resources positions at Inter-Community, Inc., Schuster Driscoll, LLC, and Rushford (1998-2007). She comes highly recommended, and her skills and experience will enable her to be a great resource and partner. Laurie received her Bachelor of Science from Boston University.

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

Every moment matters.

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



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: 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



Meriden's National Night Out is Aug. 1

Rushford and the Meriden Healthy Youth Coalition will be among the many civic organizations participating in Meriden's National Night Out on Tuesday, Aug. 1, from 5 - 8 p.m. in Hubbard Park.

Presented by the Meriden Council of Neighborhoods and Meriden Police, the evening will include free food and family activities for all.

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Aetna helps with Apple Watch price

Hartford HealthCare employees can buy an Apple Watch with a \$75 discount from Aetna. The promotion is part of a partnership between Aetna and Apple to help employees stay active, track their health and keep track of their insurance.

Employees of Hartford HealthCare will be able to purchase an Apple Watch online and pay for it with a credit card or, if they are eligible, spread the cost over a year, using interest-free payroll deductions. To learn more, including purchasing instructions, click on the Wellness Incentives page of HHC Connect.



Help Rushford help others!

We are currently interviewing for membership on the

Rushford Client Advisory Council

The **Rushford Advisory Council** is a volunteer collaborative partnership between Rushford staff and our clients and their families to help make Rushford's great client service *even better.*

We are seeking members from **across Rushford's programs, services and locations.** The council meets on the second Wednesday of every month at 5 p.m. at Rushford's Paddock Avenue location in Meriden.

If you have a client or client family member who might be interested in providing ongoing constructive feedback about their experiences with Rushford, please contact Caitlin.Swartz@hhchealth.org.

Rushford 
A Hartford HealthCare Partner



\$ thetreasuretrove

The Treasure Trove is a free classified ad section for the benefit of Behavioral Health Network employees, retirees, medical staff and volunteers.

We welcome your submissions, which you can submit by emailing 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.

FOR SALE

ENGAGEMENT RING — 18K white gold classic diamond, antique setting ladies engagement ring, weight of diamond .75 carats G-H near colorless in a diamond halo setting of additional .55 carats, size 6 can be sized if needed, bought this past January, in

brand new condition, appraisal paperwork included, \$1000. Call **203.215.3620**.

WANTED

VENDORS — Saturday, Nov. 11, for the Sts. Peter and Paul Kris Kringle Fair. Call **860.887.9857**.

EVENTS

TAG SALE — Saturday, July 15, 9 a.m. to 2 p.m. at Holy New Martyrs Church, 364 Canterbury Tpke., Norwich. Indoor, outdoor, rain or shine, refreshments.