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Hartford HealthCare   
Behavioral Health Network

# BHINews

## MATCH program thriving

*To combat the opioid epidemic, BHN's reach now totals 16 locations*

**I**n the shadow of a relentless opioid epidemic, Hartford HealthCare has become a leader in addressing the challenges of addiction and mental health in a compassionate, accessible and discreet way with its rapidly expanding MATCH Program.

MATCH, or Medication Assisted Treatment Close to Home, was first introduced in the Behavioral Health Network (BHN) in early 2016 as a multi-faceted way of helping teenaged and adult opioid users find lasting sobriety.

“Substance use and psychiatric disorders frequently co-occur and outcomes are significantly improved when treatment addresses both issues,” said J. Craig Allen, MD, medical director of Rushford. “With MATCH, we coordinate medication management and psychosocial therapy within a team that has expertise in both behavioral and substance use disorders.”

MATCH combines the use of the FDA-approved medications such as Suboxone or Vivitrol to reduce cravings for opioids and alcohol with group therapy aimed at relapse prevention and opportunities for



*Dignitaries from the Behavioral Health Network and local community gathered together to celebrate the grand opening of the BHN's newest MATCH clinic at 98 Main St. in Southington. Participating in the ribbon cutting were Pam Higgins, Barnes Memorial Trust Advisory Board Member; Susan Sadecki, President, Main Street Community Foundation; George Skarvinko, MD, Barnes Memorial Trust Advisory Board Member; Patricia Rehmer, MSN, ACHE, President, Behavioral Health Network and Senior Vice President, Hartford HealthCare; (back) Jessica Collins, BSN-BC, LPC, Regional Director Behavioral Health, HOCC and MMC; Gary Havican, President, HHC Central Region and Senior Vice President, HHC; Michael Balkunas, MD, Chief of Psychiatry, HOCC; and Letterio Ascuito, MD, President of the Medical Staff, HOCC.*

holistic treatment such as yoga. Through its various locations, the program has touched thousands of lives. From July 1, 2017 through June 30, 2018, alone, more than 2,500 clients with a diagnosis of

opioid addiction came through the various MATCH locations.

“Medications such as Suboxone help these individuals continue to function at

••••• *Continued on page 2*

# A combination of approaches leads to MATCH's success

continued from page 1

home and at work while they are working on their recovery,” Allen said, adding that “same-day appointments and flexible programming accommodates clients who have real-life work, family and social responsibilities in addition to managing their substance use disorder.”

Medication, he explains, improves treatment outcomes but every patient also participates in a relapse prevention group to help improve their overall functioning and provide support throughout the recovery process.

Private physicians can prescribe medications to help patients find sobriety, but the value of MATCH comes in the support and healthy services offered as well. Classes in yoga, meditation, exercise and mindfulness are also part of MATCH because Allen said they are known to have a positive impact on substance use disorder, depression, anxiety and overall mental and physical health.

To meet the state's demand for opioid-specific programming, MATCH expanded recently to add several new sites. The 16 locations now include:

■ Natchaug treatment sites are located in Danielson, Dayville, Enfield, Groton, Mansfield, Norwich and Old Saybrook, as well as a new location in Vernon



Yoga Therapist Pamela Mirante, a licensed clinical social worker, works with two clients in her Avon yoga studio. The MATCH program, encourages the use of yoga to overcome addiction and for those who are in recovery.

■ Rushford just added a site in Middletown in addition to its existing sites in Avon, Cheshire, Glastonbury and Meriden

■ Backus operates a location in Norwich

■ The Hospital of Central Connecticut has a site in New Britain and recently opened a second in Southington

“The opioid epidemic continues in Connecticut and nationwide,” said BHN President Patricia Rehmer. “The Hartford

HealthCare Behavioral Health Network continues to be proactive by providing MATCH services across Connecticut, in urban and suburban locations, so people can access the services that they need. We are consistently adding new locations because we are keenly aware of how important it is to have medication assisted treatment, close to home.

For more information about MATCH, go to [www.matchrecovery.org](http://www.matchrecovery.org).

## inthenews

### Narcan treatment to the rescue

■ On July 24, an interview with Rushford Medical Director J. Craig Allen, MD, about Narcan aired on the local NBC affiliate after a Meriden police officer was accidentally exposed to the drug fentanyl in the line of duty. <https://www.youtube.com/watch?v=jfcNFbUUVGGE&feature=youtu.be>

■ On July 16, Fox 61 interviewed Laura Saunders, PsyD, ABPP, a child and adolescent psychologist with the Institute of Living, on how to help children cope with the loss of a pet. [https://www.youtube.com/watch?v=4oB\\_YfZZdc8&feature=youtu.be](https://www.youtube.com/watch?v=4oB_YfZZdc8&feature=youtu.be)

■ On July 10, Rushford Medical Director J. Craig Allen, MD, spoke to Channel 3 news about the rescue of a Thai soccer team that had been trapped with their coach in a cave for almost three weeks and the impact the incident would have on the boys' mental health. <https://youtu.be/pqsQycny3RQ>

■ On July 2, Channel 8 aired a piece on the use of recovery coaches in emergency departments across the state and included an interview with James O'Dea, PhD, MBA, regional vice president of operations for the Behavioral Health Network. <https://youtu.be/NNHPYxRQxjU>

For more behavioral health news updates, subscribe to the BHN's e-newsletter on [www.healthnewshub.org](http://www.healthnewshub.org).

# Roles, goals defined for Zero Suicide groups

In 2015, the Behavioral Health Network adopted Zero Suicide as its system-wide suicide prevention program. Fundamental elements of the Zero Suicide approach include a commitment to patient safety, and to the safety and support of clinical staff that do the demanding work of treating suicidal patients. We know that it is imperative to communicate with and support each other as entities within the BHN, as we implement this very important initiative.



As our work has matured over time, we have modified the Zero Suicide governance structure to reflect our commitment to this integrated approach. Our governance structure includes Project Manager Jennifer Ferrand, an executive steering committee, an operating committee, and five subgroups that will work towards key objectives to address suicide prevention. The subgroups consist of members from each BHN entity, working together to develop recommendations, standards of care, and procedures to support this important initiative at the system level. Below is the list of the five subgroups with their objectives and key priorities.

■ The **Environment of Care** subgroup's key objectives are to identify and evaluate potential environmental risks in our settings, develop plans to

mitigate safety risks, and communicate environmental safety to all staff, patients, and families. This group is currently creating a recommendation for frequency of EOC rounding and other supplemental rounding using a new detailed checklist and establishing a sustainable reporting structure across the system through each local Environment of Care Committee. In addition, this group will be identifying safe equipment such as stretchers, hardware, etc. and will share this list with facilities and support services across the HHC system.

■ The **Operations** subgroup will recommend standard work related to suicide prevention, risk and safety standards for implementation across the BHN. Thus far the group has prioritized the issue of no-show follow up, and is in process of standardizing our response to patients who fail to show for care in our IOP and PHP programs.

■ The main objective for the **Care transitions/Communication** subgroup is to optimize communication related to patient safety and patients at risk through the continuum of care. Currently, the subgroup has identified the first priority objective as rolling out and standardizing Caring Connection calls for all transitions from inpatient units across the BHN. Their next focus will be

on standardizing caring connection calls from PHP, IOP and OP levels of care.

■ The **Suicide Assessment** subgroup is charged with developing and recommending standard suicide assessment and documentation tools, including care pathways, safety planning, and screening measures. Once measures or procedures are chosen, the subgroup will also make recommendations about staff training and rollout.

■ The **Case Review** subgroup will review all HHC death by suicide cases to identify and monitor common themes, and will develop and implement a standard template for case review.

Since our kick-off meeting in June, groups have been working on key objectives and making progress toward our long-term goal of drastically reducing suicide deaths among individuals in our care. The efforts of these subgroups will align our clinical approach with the values of Zero Suicide, will develop standard tools to facilitate the workflow and measure impact, and will work collaboratively with our existing Zero Suicide Champions groups.

The broader BHN goals for this fiscal year include adopting a new method of suicide screening in our entities, training our clinical staff more comprehensively in interview techniques for suicide assessment, routinely using safety planning in clinical care, and collecting data on our progress. Please look for a monthly update in BHNNews and in your Champions groups.



Duran

## Julio Duran joins medical staff at HOCC

The Hospital of Central Connecticut (HOCC) Counseling Center is pleased to welcome Julio Duran, APRN, to its medical staff.

Duran joins HOCC after spending three years at Johnson Memorial Hospital as the Director of Behavioral Health Services. Prior to becoming an APRN, he gained extensive psychiatric nursing and management experience

over a 12-year span at St. Francis Hospital. Duran also held nursing positions at Interim Home Health Care and Evergreen LTC.

Duran completed his psychiatric nurse practitioner degree at Wilkes University in Wilkes Barre, Pennsylvania and his BSN in nursing at Sacred Heart University in Fairfield.

# International Overdose Awareness Day fundraiser order form



Shirts and sweatshirts will be dark purple with silver lettering to represent the colors most commonly associated with International Overdose Awareness Day. Proceeds will be used to purchase Narcan kits. Payment is due at the time of the order. **Orders are due by Monday, Aug. 6.**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Site/Location/Dept. \_\_\_\_\_

T-shirts (write number on line) \$20 each S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_

Hoodies (write number on line) \$35 each S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_

**Total Amount:**

Order received by \_\_\_\_\_ Date \_\_\_\_\_

Paid by: Cash \_\_\_\_\_ Check \_\_\_\_\_ (include number)

- Order forms and money can be handed in to Kristin Yetishefsky at Silver Street and Janaira Pineda at Paddock Ave.
- You will be provided with a copy of your order form as your receipt.
- Payment is due at the time of the order. Checks can be made out to Rushford
- Items are expected to arrive the week of Aug. 27
- Shirts/sweatshirts will be dark purple with silver lettering with the slogan “a time to remember, a time to act”

## Overdose Awareness gear now available to order

International Overdose Awareness Day is Friday, Aug. 31. The Rushford Zero Suicide group is actively working on events for that week which include a community event on Aug. 31 that will include a DJ and other fun activities.

Based on the Survey Monkey results (thank you all who responded), Rushford staff overall liked the idea of another fundraiser. We will be selling shirts and hooded sweatshirts and proceeds will go to purchasing Narcan kits.

We heard the feedback that folks were not able to get the

correct size shirt for our last event so we have changed the process. This time, you can order the size and quantity of items in advance.

Once order forms are collected, we will place an order with the printer. This will allow people to select exactly what they want.

The order form is above. Thank you in advance for your participation in this important event. Your purchase could help save a life!

### About BHNews

BHNews is published every other Friday. Story ideas or submissions may be sent to [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org) or [susan.mcdonald@hhchealth.org](mailto:susan.mcdonald@hhchealth.org). Articles must be submitted as a Microsoft Word document. Every effort will be made to run the article in its entirety, but due to space constraints and style requirements, editing may be necessary.

**The deadline for the next edition of BHNews is Tuesday, Aug. 7, at noon**

# Rushford's Williams spearheads Narcan training for drivers

■ The following story about Rushford employee Donna Williams was featured in Elliot Joseph's blog.

Creating and sustaining a safe care environment often means filling in the gaps. We look closely at the in-between moments: the hand-offs and transitions when we might take our eyes off the ball. The Behavioral Health Network did exactly that recently and scored a great win for the people they serve.

Our Behavioral Health Network has been a leader in not only treating those with opioid addiction, but in shaping policy on a state and national level. The leadership team has advocated strongly for the use of Narcan (naloxone) as an overdose-rescue medication for patients, family members, first responders and others.

The Transportation huddle at Rushford includes drivers who pilot vans that take clients to and from treatment. In the first week of Daily Visual Management, Donna Williams, one of the drivers, noted that clients might be at risk for overdose while being transported. Some clients still may be struggling to stay off opioids and might use drugs immediately before pick-up. She said, "We should have Narcan in our vans in the event that someone slumps over while I'm driving them and I might be able to



assist and even rescue them. Can we make that happen?"

It went to the daily Rushford safety huddle and became a "just do it." Transportation Coordinator Joe Shuckrow and Nursing Leader Justin Sleeper

helped make it happen. Drivers were trained in the use of Narcan and it's now included in the kitbag they pick up every day before climbing into their vans. From idea to completion, it took eight days.

You've heard me talk about the importance of bringing clarity, urgency and agility to our work. Here's tremendous example of a well-defined problem that needed to be solved and was tackled with precision and speed. Congratulations to the Rushford team — and especially to Donna Williams — for seeing and filling a gap and creating even safer care.



## Bonus cash on select vehicle purchases for HHC employees

That Hartford HealthCare employees are eligible to receive up to \$500 cash back when they purchase or lease certain vehicles?

Eligible manufacturers include Chrysler, Dodge, Jeep, Ram, Fiat and Hyundai. For more information, visit [www.bonusdrive.com](http://www.bonusdrive.com), choose Hartford HealthCare as your organization, and complete the application.

Rushford   
Connect to healthier.



Save the date:

## International Overdose Awareness Day

Prevention and remembrance

Friday, August 31, 2018

1-4 pm

Meriden Green

Save the date for this free community event featuring music, speakers, resources and more. A full schedule of activities will be announced at a later date

Rain or shine.

Special thanks to our sponsors:



## Tip No. 2 — Combating compassion fatigue and finding resiliency

Compassion fatigue is the emotional, physical and spiritual exhaustion that can result from internalizing the pain of others. It is very common among individuals in the healthcare profession and can impact all service areas and job functions.

### Compassion Fatigue — The Symptoms:

#### PERSONAL

- Excessive blaming/complaining
- Bottled up emotions
- Isolation from others
- Difficulty concentrating
- Mentally and physical tired
- Chronic physical ailments
- Substance abuse and compulsive behaviors

#### ORGANIZATIONAL

- High absenteeism
- Constant changes in coworkers' relationships
- Inability for teams to work together
- Desire among staff to break company rules
- Inability of staff to complete tasks and meet deadlines
- Lack of flexibility, reluctance to change
- Negativity towards management
- Inability of staff to believe improvement is possible

Creating a positive patient experience is everyone's responsibility. The Office of Customer Experience will be sharing tips and tricks for improving patient experience in the next few issues of BHNNews.

Resiliency is the ability to recover from adversity, and the development of coping skills to help combat compassion fatigue.

### Resiliency — The Treatment

#### PERSONAL

- Take good care of yourself – exercise, rest, eat well
- Seek out positive people and positive experiences
- Be “realistically optimistic” – believe that things can change and you can help bring about change
- Acknowledge how much you have accomplished despite stressors
- Be grateful and show gratitude
- Clarify your personal boundaries

- Set goals and keep your commitments

#### ORGANIZATIONAL

- Clearly define employee roles and responsibilities
- Ensure workload is in line with employees' capabilities and resources
- Give employees opportunities to participate in decisions and actions affecting their jobs
- Improve communication
- Reduce uncertainty about career development prospects
- Provide opportunities for social interactions



### Center for Mental Health Group Schedule\*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>First week</b> of each month	11:30 am – Transition Group (general support) 3:30 pm – Anger Management	10 am – Geriatric Group (every other Tuesday) 2 pm – Smoking cessation with Vickie	11:30 am – Women's General Support 1 pm – Grief & Loss Support	3 pm – Relapse Prevention	2 pm – General Support/Medication Management
<b>Second week</b> of each month	11:30 am – Transition Group 3:30 pm – Anger Management	2 pm – Smoking cessation with Vickie	11:30 am – Women's General Support 1 pm – Grief & Loss Support	3 pm – Relapse Prevention	2 pm – General Support/Medication Management
<b>Third week</b> of each month	11:30 am – Transition Group 3:30 pm – Anger Management	2 pm – Smoking cessation with Vickie	11:30 am – Women's General Support 1 pm – Grief & Loss Support	3 pm – Relapse Prevention	2 pm – General Support/Medication Management
<b>Fourth week</b> of each month	11:30 am – Transition Group 3:30 pm – Anger Management	9:30 am – Clozaril Group with John 2 pm – Smoking cessation with Vickie	11:30 am – Women's General Support 1 pm – Grief & Loss Support	3 pm – Relapse Prevention	2 pm – General Support/Medication Management

\* Effective July 2018

## Mental Health First Aid classes on HealthStream

In an effort to standardize BHN registration for trainings, Mental Health First Aid (MHFA) training schedules and registration are now found on HealthStream.

MHFA training is offered at the Institute of Living on the third Friday of each month through September. To learn more, contact MHFA coordinator Patricia Graham at [patriciac.graham@hhchealth.org](mailto:patriciac.graham@hhchealth.org).

## Anything to share?

Are you interested in sharing your clinical experience or knowledge with co-workers? Consider submitting an article to the Clinical Corner.

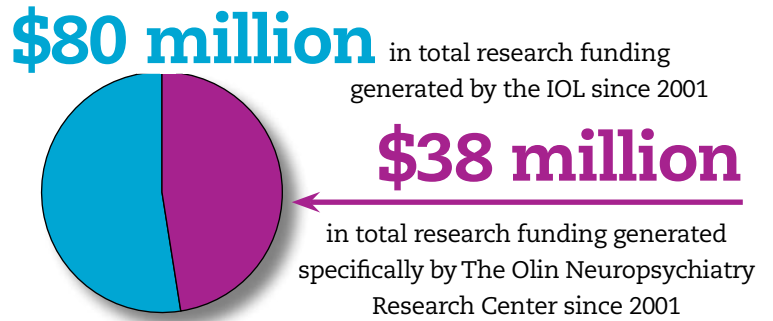
To learn more, e-mail [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org).

## Anxiety Disorders Center researcher receives HHC grant

Carolyn Davies, PhD, received a Hartford HealthCare grant for her study entitled “Frontal EEG Alpha Asymmetry in Anxiety Disorders.” Davies is a post-doc at the Institute of Living’s Anxiety Disorders Center and Center for Cognitive Behavioral Training.

The proposed study will examine the relationship between electroencephalography (EEG) resting state frontal alpha activity and symptom profiles in individuals with anxiety disorders. Increased understanding of the neurophysiology of anxiety disorders is important because it may pave the way for improved psychiatric disorder classification systems based on biological mechanisms and uncover biomarkers that could serve as predictors of treatment outcome or targets for intervention.

Davies assesses and treats anxiety and related disorders, and conducts research examining both the psychophysiological and neurobiological underpinnings of anxiety as well as predictors of behavioral treatment outcome.



*This is a very impressive achievement and we are very proud. The story behind these numbers is that they have funded many scientific achievements. Ultimately, those advances are more important than the dollars generated.*

■ **Harold Schwartz, MD** | IOL psychiatrist-in-chief and vice president of behavioral health for Hartford HealthCare.



## Roadmap to Retirement

**People of all ages should be thinking ahead and planning for retirement. But where do you start?**

Join the IOL’s Family Resource Center for a Financial Wellness Series open to all employees and their families. This series will be presented and sponsored by Financial Advisors with Coburn & Meredith, Inc.

### Lunch and Learn Workshops

Bring your lunch to Clark Social, Staunton Williams Building, to dive deeper into the following topics:

- **Medicare and Social Security Planning: August 9**  
*Maximize Social Security and understand your Medicare options*
- **Train Your Brain: August 16 and August 23**  
*Understand the brain and improve focus while decreasing your risk of dementia*

To RSVP, contact **Laura Durst**  
Laura.Durst@hhchealth.org  
860.545.7324

Institute of Living  
A Division of Hartford Hospital

## 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**



## Family Resource Center Support Groups

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

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

July 27, Aug. 10, 17, 24, 31, Sept. 14, 21, 28, Oct. 12, 19, 26. (Every Friday except the first of the month), 1 - 2 p.m. in the Center

Building, First Floor Conference Room. For young adults ages 17-26 struggling with a new diagnosis, chronic medical conditions, physical symptoms or limitations. The group will help with difficult losses and limitation due to a medical condition, and build a positive, future-oriented focus with realistic goals. To RSVP, please email [marissa.sicley-rogers@hhchealth.org](mailto:marissa.sicley-rogers@hhchealth.org).

■ **Depression Bipolar Support Alliance Group (DBSA).**

July 30, Aug. 6, 13, 20, 27, Sept. 10, 17, 24, Oct. 1, 8, 16, 22, 29. (Every

Monday), noon – 1 p.m. in the Todd Building, Bunker Room, Aug. 1, 8, 15, 22, 29, Sept. 5, 12, 19, 26, Oct. 3, 10, 17, 24, 31. (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.

■ **It's Hard To Be A Mom.**

Aug. 2, 16, Sept. 6, 20, Oct. 14, 28, Nov. 1, 15, Dec. 6, 20. (First and third Thursday of each month), 10 - 11:30 a.m. 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. Babies welcome! Please RSVP to Laura at **860.545.7324**.

■ **Hearing Voices Network (HVN).**

Aug. 2, 9, 16, 23, 30, Sept. 6, 13, 20, 27, Oct. 4, 11, 18, 25. (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.

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

Aug. 2, 16, Sept. 6, 20, Oct. 4, 18, Nov. 1, 15, Dec. 6, 20. (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.

..... Continued on next page



## 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 p.m. on Friday, August 3**

For more information, contact Laura in the Family Resource Center at 860.545.7324 or Minka or Sayonara in the Assessment Center at 860.545.7200.



## Family Resource Center Support Groups (continued)

■ **Al-Anon Parent Group.** Aug. 2, 9, 16, 23, 30, Sept. 6, 13, 20, 27. Oct. 4, 11, 18, 25. (Every Thursday), 7 - 8 p.m. One hour topic discussion.

■ **Depression: An Introduction To The Disorder.** Aug. 7, Oct. 16, 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. To attend, please RSVP to Laura at

**860.545.7324.**

■ **Dementia Support/Educational Group Meeting.** Aug. 7, Sept. 4, Oct. 2, Nov. 6, Dec. 4. (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.**

■ **Social Support Group — LGBTQ Issues**

**(Lesbian/Gay/Bisexual/Transgender/Questioning).** Aug. 8, 22, Sept. 12, 26, Oct. 10, 24, Nov. 14, 28, Dec. 12, 26. (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.

■ **Substance Use Educational And Support Group.** Aug. 9, Sept. 13, Oct. 11, Nov. 8, Dec. 13. (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.

■ **Bipolar: An Introduction To The Disorder.** Aug. 21, Oct. 30, 6:30 – 7:45 p.m. For family members and friends of individuals who have bipolar or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help cope with the illness. To attend, please RSVP to Laura at **860.545.7324.**

■ **Anxiety Disorders: An Introduction.** Sept. 11, Dec. 18, 6:30 – 7:45 p.m. This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and suggestions to help them better cope with the illness. To attend, please RSVP to Laura at **860.545.7324.**

If you are a student that needs to observe a group for a class assignment, you must contact the Family Resource Center by emailing Laura Durst at [laura.durst@hhhealth.org](mailto: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.



## Save the Date: World Suicide Prevention Day Conference

Sponsored by The Institute of Living and Hartford Hospital in collaboration with AFSP CT Chapter Board

### Treating Complicated Grief in Suicide Survivors

presented by

**Katherine Shear, M.D.**

Columbia University School of Social Work

**Sept. 14 | 8:30 a.m. - noon**  
Hartford Hospital, ERC, Heublein Hall

**Objectives:** As a result of participating in this live activity, participants should be able to:

- Understand the overall objective of this multi-site study and to compare the efficacy of Complicated Grief Therapy with or without the medication citalopram
- Identify medication and the therapeutic intervention as valuable tools in treating complicated grief, and determine whether one or the other has superior effects, or is the combination of the two optimal
- Ascertain whether there are unique aspects to complicated grief when it results from a loss by suicide, and to determine potential treatments for those with complicated grief after a suicide



## One for the kids

Chelsea Groton  
Foundation Senior  
Vice President of  
Commercial Listings  
and former Backus  
Hospital board chair  
Tony Joyce presented  
Natchaug Hospital  
and Joshua Center  
Thames Valley with a  
\$2,400 grant to build  
a therapeutic book,  
art and game library  
for youth clients in the  
JCTV and Intensive



In-Home Child and Adolescent Psychiatric Services (IICAPS) programs. Shown here, from left, are Carrie Pichie, Tom King, Pat Rehmer, Joyce and Stephanie Bonardi.

## Natchaug 5K set for Sept. 15

The Natchaug Hospital Stop the Stigma 5K Race and Walk will be held on Saturday, Sept. 15, starting and finishing at 196 Conantville Road, Mansfield. Proceeds will benefit the Natchaug adult inpatient unit.

Registration begins at 8 a.m. and the race starts at 9 a.m. Parking will be available at the main hospital.

Cost is \$20 for pre-registration and \$30 for registration the day of the race.

If you are interested in volunteering or would like more info, contact Sherry at [sherry.sardon@hhchealth.org](mailto:sherry.sardon@hhchealth.org) or 860.465.5910.

## Board reception planned for Oct. 23

Save the date for the 64th Natchaug Hospital Annual Board Reception on Tuesday, Oct. 23, at the Hartford HealthCare East Region System Support Office at 11 Stott Ave. in Norwich. The reception will begin at 5:30 p.m. with the program at 6:30 p.m.

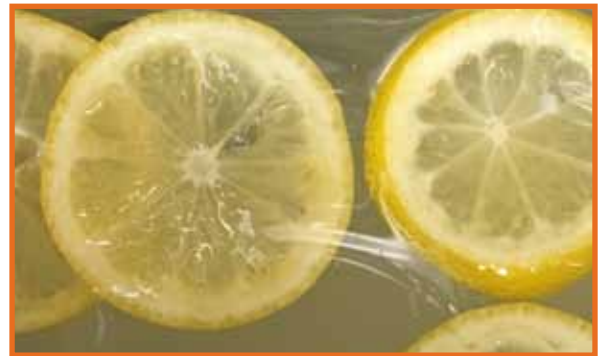
**SAVE  
THE  
DATE**

## R rushfordreport

### Lemonade day at Glastonbury

Rushford at Glastonbury IOP and PHP clients were treated to fresh, homemade lemonade and a sensory-mindfulness-related exercise in which they were able to select slices of lemon, lemon thyme and/or lemon balm for the theme of, "When life gives you lemons, make lemonade."

Clients were encouraged to consider how they have coped with adversity or consequences of their risky behavior in the past and were asked to identify what coping strategies they are using currently in their early recovery.



# Spanish language support group stays busy

Rushford Community Support Services recently started a new psycho-educational group at Rushford in Meriden called Latinos En Armonia. The group, run by Alexa Encarnacion and Victoria Cancel, offers Spanish-speaking clients the opportunity to socialize and interact with others in their native language.



During the group, clinicians share info related to the activities planned for the day in Spanish and offer clients printed copies if they wish to have one. Activities so far include chair exercises to improve mobility for those

suffering from arthritis; meditation to help manage anxiety; meal planning to help plan healthy meals while saving money; planting in painted pots for stress relief; and decoration of boxes for Mother's Day. The group is also planning a domino tournament and an arts and crafts fair, so stay tuned for more details!



Members of Rushford's Latinos En Armonia group show off their decorative Mother's Day boxes with group leaders Victoria Cancel, back row far left, and Alexa Encarnacion, back row second from left.



**Sunday, Aug. 12 | 5:05 pm**

Bowie Baysox vs. Hartford Yard Goats.  
A portion of each ticket sold supports Rushford, a Hartford HealthCare Behavioral Health Network partner.  
Ticket Order Deadline: Monday, Aug. 6, 2018.

**Order Tickets Online:**  
<https://groupmatics.events/event/Hartfordhealthcare>



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## Rushford Summer Outing

**Saturday, Aug. 18, 2018**  
10 am-5 pm

**Holiday Hill**  
43 Candee Road  
Prospect, CT



- Unlimited buffet all day long
- Rowboats, kayaks, canoes on the lake
- DJ with music for games and dancing'
- Activities for kids and adults, including basketball, volleyball, ping-pong, mini golf, pony rides, arts and crafts, air brush tattoos and face painting, rock climbing walls and more!

**Adults/Children 3 and older - \$20 (FREE for children under 3)**  
**Cash only.** Limit 5 tickets per staff. Tickets are non-refundable.

**To purchase tickets, contact:**  
Paddock - Anu (anubhuti.baghel@hhchealth.org)  
Silver Street - Sheila (sheila.gosselin@hhchealth.org)



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# Behavioral Health Home client finds future with family



Terele is a 33-year-old male, who came to Rushford in May 2012.

Terele is a single father of two and co-parents with the mother of his children. Terele was faced with some difficult hurdles and needed some help facing and conquering these. He knew he did not want to live this way and wanted to be a better role model for his children.

Terele worked closely with clinicians, both individually and in a group setting, to improve his health and wellness.

Over the past several years, Terele has taken his recovery and mental health very seriously. He is always looking for ways to improve and move forward. He takes suggestions, and is very humble. Terele has also taken advantage of the other programs that Rushford has to offer such as the BHH Case Management Friendship Club and Kuhn-supported employment. Terele has been to several interviews, has taken jobs and done very well for himself.

He never passes up a chance to say hello and rarely forgets a name. He is kind and always willing to help others. Rushford is very fortunate to have him.

**SUCCESS  
STORY**

## SMART groups offer help for young adults

Are you a teen or young adult struggling with an addiction? In the weekly Rushford Self-Management And Recovery Training (SMART) group, teens and young adults work to gain independence from addictive behavior, including:

- Alcoholism
- Drug abuse or addiction
- Eating disorders
- Gambling addiction
- Self-harm or injurious behavior
- Addiction to other activities

Group meetings are held at the following times and places:

■ **Rushford at Glastonbury, 110 National Drive:** Tuesdays, 6-7 p.m. — family and friends group; Fridays, 2:30-4 p.m. — 16- to 18-year-olds; Fridays, 4:30-6 p.m.: 19- to 24-year-olds.

■ **Rushford at Meriden, 883 Paddock Avenue:** Thursdays, 2:30-4 p.m. — 16- to 18-year-olds; Thursdays, 4:30-6 p.m. — 19- to 24-year-olds; Thursdays, 4:30-6 p.m. — family and friends group (separate group)

No registration or cost to participate. For more information, contact Krystle Blake at **203.238.6800** or **krystle.blake@hhchealth.org**.

## Recovery Concert *to benefit* Rushford at Middletown

*Featuring Selfish Steam*  
**Saturday, August 11, 2018**  
**6-7:30pm**

Rushford at Middletown  
1250 Silver Street

### **Suggested donation \$5**

All proceeds will benefit the detox and intensive rehabilitation program client funds.

To donate and pre-order your ticket, see Kristen Yetishefsky at Rushford at Middletown.

Donations will also be accepted the day of the event.

**For more information**, please contact Lauren Galarneau, CAC, GADC, at [lauren.galarneau@hhchealth.org](mailto:lauren.galarneau@hhchealth.org) or call 860.852.1089.

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