



END OF AN ERA

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Hartford HealthCare Behavioral Health Network

BHINews

Powerful stories of hope

Close, panelists discuss their search for happiness at Changing Minds forum

Jessie Close, the younger sister of movie star Glenn Close, told a packed audience of more than 150 people Thursday that society has come a long way in accepting and understanding the realities of mental health and substance abuse disorders — but there is still a long way to go.

“The only way to get through hell is to keep going,” said Close, quoting Winston Churchill to convey the enormous struggles that people with mental health disorders live with every day. Jessie was the keynote speaker at a special National Dialogue on Mental Health forum, sponsored by the Hartford HealthCare Behavioral Health Network, at the University of Saint Joseph in West Hartford. The forum was moderated by Patricia Rehmer, Hartford HealthCare senior vice president for behavioral health, and featured panelists with first-hand experience with the issues of mental health and substance abuse.

Jessie Close, now 62, spoke passionately about the decades she lived under the cloud of substance abuse and depression, never fully understanding what she was struggling with. Her frequent efforts to obtain a clearer



Mental health advocates Jessie Close, left, sister of actress Glenn Close, and Bridget Marien, listen during the *Changing Minds 4 The Better* mental health forum Thursday, Sept. 17, at the University of Saint Joseph in West Hartford.

understanding led to often vague or counterproductive diagnoses, she said, often setting her on a path of ineffective treatments that only deepened her despair.

Her struggle with alcoholism hit a low point in her late 40s, she said, recounting an incident in which she seri-

ously considered using the gun in her husband's truck to kill herself. A short while later, during a family get-together

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'People in recovery can help people a lot'

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in Wyoming, she confided to her famous big sister that she was hearing voices repeatedly telling her to kill herself.

It was then that Glenn Close, who grew up with Jessie and two other siblings in Greenwich made sure that Jessie got the proper medical care, including a diagnosis of bipolar disorder that finally connected Jessie with proper medication and treatment. Eleven years later, Jessie credits her newfound happiness to her medication and her passion for inspiring others with her story. More than that, she said, she credits her recovery to her three children, especially her grown son Calen, who also is successfully living with a diagnosed mental health disorder.

"When I sobered up I didn't realize how big a favor I was doing for myself," Jessie said. Since that time, Glenn Close has called public attention to the issue by creating a non-profit organization called Bring Change 2 Mind, and Jessie

supports the organization's goals by making numerous appearances each year to share her story and urge others struggling with similar issues to seek help.

After the presentations, Rehmer took written questions from the audience and directed them to the panelists, who included Jennifer Henry, a woman successfully living with schizophrenia; Brooke Aker, a father whose young adult son has been diagnosed with mental illness; and Bridget Marien, a young woman recovering from alcoholism. All of the panelists said events like this were key to helping them cope.

"I think that's the theme that we're having, that people in recovery can help people a lot," Rehmer said.

The forum Thursday was part of the National Dialogue on Mental Health that was created in the aftermath of the tragedy at Sandy Hook and is meant to continue the conversation about mental health issues in local communities. The forum marked the



A packed audience of more than 150 people, above, turned out for the Changing Minds 4 The Better event, which was moderated by Hartford HealthCare Senior Vice President for Behavioral Health Patricia Rehmer, below.



20th National Dialogue event that the Behavioral Health Network has hosted over the past three years.



Making a Difference Together ... by Living Our Values AWARD

Every day, teams across Hartford HealthCare Connect to Healthier by working together to provide higher quality care and service.

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Deadline: September 25, 2015

Dr. Brian Benton bids farewell after 29-year career

In 1986, Dr. Brian Benton, then a young resident at the University of Connecticut medical school, visited Backus Hospital with his wife. As he met the staff and toured the department, Benton fell in love with the atmosphere of the community hospital.

“Everybody knew each other. Everyone was involved and friendly,” Benton said. “It’s a tired phrase when you say it was like a family, but it really was.”

The same family atmosphere that drew Benton into his first job as a Backus staff psychiatrist, kept him there. In August, he retired after 29 years in the psychiatric department.

“It was my first job, and it’s been my

only job,” Benton said.

For the last 20 years of his career, Benton served as medical director for the psychiatric department. When asked about his legacy, he does not cite accolades or accomplishments, but rather talks about the personal and humanistic care they provided.

“I was trained by nurses when I first came out of medical school that there was a really thin line between us and our patients,” Benton said “The same things that happen to our patients could happen to any of us. We didn’t look down on folks; we treated them essentially how we wanted to be treated ourselves. And that’s the standard

we set in the department.”

In a challenging health care environment, where there are many patients to treat and not enough time, personalized care isn’t always easy. But for Benton, it was a priority.

“One of my patients said to me, ‘You’re the only doctor who ever asked me about my cat,’” Benton said. “We didn’t keep it sterile and focused on a singular problem. It brought a human element to treating folks and practicing medicine.”



Benton

The relationships that Benton formed over the years with colleagues, staff and patients are not only a source of pride for him, but a source of strength. This January, Benton was diagnosed with an aggressive form of liver cancer. After trying several different treatments, Benton is now participating in an experimental first stage clinical trial through the Memorial Sloan Kettering Cancer Center. Four months later, his cancer is stable.

“It has been my pleasure and privilege to work with Dr. Benton for over 25 years,” said Jim O’Dea, PhD, MBA, vice president of the Hartford HealthCare Behavioral Health Network. “Brian’s contributions to his patients, our department, this organization and this community are simply immeasurable.”

As he reflects on his 29 years in the Backus psychiatric department, Benton can’t help but be proud of the patients he cared for and the staff he worked with.

“I think the patients realize the good care they received from us, and the department has continued to care for one another and maintain the same high standards,” Benton said.

“I think if anything, that’s a good legacy.”



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BHN’s pioneering primary care program receives attention

The Behavioral Health Network’s ongoing efforts to integrate behavioral health services into primary care practices as a way to provide more efficient care to patients were recognized in a recent article in *CT Mirror*, a widely respected online resource focusing on Connecticut news and issues.

An article in the Sept. 8 web edition of *CT Mirror*, titled “In some primary care offices, the social worker will see you now,” looked at the BHN’s recent success integrating a behavioral health specialist, Janine Fonfara, into the Backus Family Health Centers in Colchester and Norwichtown.

Fonfara was added in March, so now if providers think a patient could use assistance, they ask Fonfara to come to the exam room, she introduces herself to the patients and offers to work with them. Nearly all take her up on it, and she refers them for longer term services if needed.

“A lot of these people never would’ve gotten to a counselor if we didn’t have this system,” Colchester physician Stephen Kaye, MD, said. He called it “probably the most positive innovation I’ve seen” in 40 years of medical practice.

About BHNews

BHNews is published every other Friday, except for the weeks of Independence Day, 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 matt.burgard@hhchealth.org or 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. Thank you.

Deadline for the next edition of BHNews is Tuesday, Sept. 29, at noon.



Webinars on PeopleSoft

Need assistance using PeopleSoft for finance transactions? Attend an HHC one-hour webinar to learn how to submit requests for travel and expense reimbursements, look up the status of payments and invoices, identify suppliers and more.

THURSDAY, SEPT. 24, 9-10 A.M.

- **Visit:** <https://kpmg.webex.com/kpmg/j.php?MTID=m47e4ece96b6bd877f5d9d86bce3acc7a>
- **Meeting number:** 829 211 333
- **Meeting password:** HHC
- **Teleconference:** Call-in toll-free number (Verizon): 1-866-708-1312 (U.S.)
- **Call-in number (Verizon):** 1-210-937-1202 (U.S.)
- **Participant access code:** 747 493 1



BHN to benefit from special grant for adolescent substance use

The American Academy of Pediatrics (AAP) awarded the Connecticut Chapter one of four nationwide grants to be part of a learning collaborative focusing on Adolescent Substance Abuse.

The Chapter Quality Network (CQN) Practice Improvement to Address Adolescent Substance Use (PIAASU) project seeks to improve care for adolescents with substance use and mental health concerns. Funded by the Conrad N. Hilton Foundation, this quality improvement project aims to apply the screening, brief intervention, and referral to treatment (SBIRT) approach to

adolescent substance use and mental health concerns within pediatric practices.

Kim Brownell, MD, an IOL Child and Adolescent Psychiatrist (who is also an emergency physician and pediatrician), teamed up with Jillian Wood, the executive director of CT AAP and Sam Silverman, MD, the program director for Rushford’s American Board of Addiction Medicine (ABAM) fellowship to submit and win this grant.

This grant, along with last year’s award of the Access MH CT contract and Rushford’s ABAM fellowship SBIRT

grant, reinforces Hartford HealthCare’s commitment to prevention, screening and treatment of mental health and substance abuse within the community.

“This is an exciting opportunity to pair the reach of Connecticut’s pediatricians with the BHN’s behavioral health and addiction experts,” said J. Craig Allen, MD, medical director at Rushford. “Results of this collaborative should enhance the quality of services Connecticut’s pediatricians are able to provide to the state’s most vulnerable population.”

Tim Washington: A commitment to giving back

It's been over 25 years since Tim Washington had his last drink, but whenever he encounters someone struggling with drugs and alcohol during the course of his travels as housing case manager at Rushford, he feels like it was only yesterday that he went into recovery.

"I don't feel sad or angry or ashamed or heartbroken or any of those things," said Washington, who grew up in Meriden, the seventh of nine children. "I see these people, and I feel a deep sense of humility. It could just as easily be me out there on those streets."

Washington, 56, who is now happily married with four children, said a key to his continued happiness is the dedication he brings to his job at Rushford, where he offers assistance to the homeless in the Meriden area and tries to connect them to programming that will help them get their lives on track.

"This job never lets me forget where I used to be in life, and that's a good thing for me," he said. "It's also good for the people I'm trying to help, because they know I can relate."

Washington said his struggles began as a young man growing up in the Mills Project in Meriden, where he and his younger brother would routinely get into trouble, including an incident when he was 6 in which he and his brother accidentally set fire to their apartment. Their mother decided that the boys should stay with their grandmother, and that had a big influence on him, Washington said.

"My grandmother did not mess around," he said with a smile. "You went to church, you went to school, you did your chores, you did your homework. Anything else, and she would be all over you."

But even his grandmother could not keep Washington out of trouble as he



After struggling with alcoholism early in his life, Rushford housing case manager Tim Washington now helps homeless and other vulnerable people in the Meriden area. "I see these people, and I feel a deep sense of humility. It could just as easily be me out there on those streets."

got older. He remembers being suspended from a high school, and a local police officer was called to remove him from the building. Instead of taking him to the police station, he said, the officer took him to a nearby military recruiting office, and Washington discovered that he wanted to be a U.S. Marine.

Joining the Marine Corps gave his life structure, he said, but it also did nothing to discourage his fondness for drinking. He was stationed in North Carolina and Hawaii before being discharged and returning to his family in Connecticut. His drinking continued until he met his wife and had a son in the early 1990s, at which point he realized he was at a crossroads.

"I knew if I kept it up, those kids would not be able to stay with me, and

I did not want anyone else raising my children," he said. To help further his recovery, he joined Rushford as a transportation driver 10 years ago. Another wake-up call came around the same time, when he underwent quadruple bypass surgery at the age of 45.

His supervisor at Rushford, homeless outreach coordinator Deanna Benciven-go, said the organization is fortunate to have someone like him working in the community.

"He is so dedicated and so committed to the people we serve," she said. "I love Tim, he is a joy and a tremendous asset to our program."

"I'm blessed to be where I am," Washington said. "But I know I can't just sit back and do nothing; I need to give back."

IOL marks World Suicide Prevention Day

Thomas Steen of Simsbury came to Hartford Hospital on Sept. 10 to take part in the Institute of Living's third annual flag-lowering ceremony to mark World Suicide Prevention Day — and to honor the loss of his son.

"I feel events like this are an important way for me to stay positive and do what I can," said Steen, whose son died of suicide while in college six years ago. Steen, who now serves as executive director of the Capital Area Substance Abuse Council, said he was grateful to the IOL for holding an annual ceremony calling attention to the issue of suicide prevention.



A Hartford Hospital security officer lowers the flag during the ceremony.

The flag lowering ceremony drew a crowd of area residents and staff members who were welcomed by Harold I. Schwartz, MD, IOL Psychiatrist-in-Chief and Hartford HealthCare Vice President, who said suicide is now the 10th leading cause of death in the United States, with

a suicide-related death occurring every 12.8 minutes. After a blessing by Rev. Jay Cooke, the crowd silently observed as the flag in front of Hartford Hospital was lowered to half-staff.

Steen and many others at the ceremony then walked to the nearby Educational Resource Center for IOL's third annual World Suicide Prevention Day Conference, which annually draws a large crowd of specialists and caregivers in the mental health and substance abuse field. This year's conference featured a keynote address by Victor I. Schwartz, MD, Medical Director of The JED Foundation, who spoke about the rate of suicide among college students in the United States. Dr. Victor Schwartz has played an instrumental role in developing a model for the prevention of suicide among college students, and he discussed the challenges of ensuring student safety on

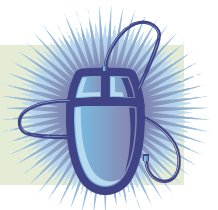


Above: Harold I. Schwartz, MD, Institute of Living Psychiatrist-in-Chief and Hartford HealthCare Vice President, welcomes people to the annual flag-lowering ceremony. Below: Keynote speaker Victor I. Schwartz, MD, Medical Director, The JED Foundation, discusses suicide on college campuses at the annual IOL suicide prevention conference.



campus. The crowd of more than 100 people included suicide prevention specialists and experts from across the state, as well as many people who have been personally impacted by suicide, such as Steen.

"It's encouraging to know that so many people care about this issue," he said. "Progress is being made."



Last chance for Mental Health First Aid classes

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.

Class schedule

Saturday, Sept. 19	MHFA	8 a.m. - 5:30 p.m.
Saturday, Sept. 26	Youth MHFA	8 a.m. - 5:30 p.m.

All classes will be held at the Institute of Living, Hartford Room, Second Floor Commons Building, 200 Retreat Ave., Hartford, and are scheduled as shown above. For more information or to register, please contact patricia.c.graham@hhchealth.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. For addition 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:

- **Youth Psychosis Family Support Group.** Sept. 18, Oct. 2, Oct. 16 (First and third Friday of each month), 4:15 – 5:15 p.m. For parents with youth up to age 18 who have psychotic symptoms such as: hallucinations, delusions, paranoia, disorganized thoughts and behavior or are diagnosed with Schizophrenia and other related disorders. Join us to receive support, guidance and education on how to cope with and help your young person.
- **Alcoholics Anonymous.** Sept. 22, 29, Oct. 6, 13, 20, 27 (Every Tuesday), 2-3 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

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Sept. 23, Oct. 14, Oct. 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.

- **Support Group For Families Dealing With Major Mental Illness.** Sept. 17, Oct. 1, Oct. 15 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room. For family and friends of individuals who have schizophrenia, bipolar or other related disorders. Share your success and struggles. Learn to care for yourself while you are caring for others.
- **Sibling Support Group.** Sept. 17, Oct. 1, Oct. 15 (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 who have similar

circumstances.

- **Depression: An Introduction To The Disorder.** Sept. 29, 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.
- **Dementia Support/Educational Group Meeting.** Oct. 6 (First Tuesday of each month), 11:30 a.m. to 12:30 p.m. in the Donnelly Conference Room, First Floor. Please join us as we bring together experts and those who want guidance, direction, and support. Space is limited — reservations are required by calling **860-545-7665**.
- **Bipolar: An Introduction To The Disorder.** Oct. 6, Dec. 15, 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.

2015 Employee Recognition event coming Oct. 13

Join us for Natchaug's annual Employee Recognition Event, which honors staff celebrating milestone years of service, on Tuesday, Oct. 13, at The Windham Club at Willimantic Country Club, 184 Club Road, North Windham. The reception begins at 6 p.m. with the full program beginning at 7 p.m.

All staff are invited and may bring an adult guest. RSVP to the Receptionist at the main hospital by Oct. 9 at **860-456-1311**.

The following staff are celebrating milestone years of service:

- **30 years of service:** Gary Fox.
- **25 years of service:** Ed Moran.
- **15 years of service:** Stephen Bartok, Bruce Bessette, Nancy D'Angelo, Diane Daniels, Michael Florentino, Deborah

Forbes, Melissa Hayes, Salvatore Iacobello, Eugene McCarthy, Anthony Morelli, Ryan Patulak, John Phelps, Lynn Sauvageau, Arna Shofner, Susan Toolan, Robert Wagner.

■ **10 years of service:** Laura Beplat, Charlene Blanchette, Andrea Delage, Francine Fontaine, Marlene Gibbons-Brown, Lucy Hill, Susan Jacobson, John Komery, Gary Lindquist, Kathy Martinelli, Tyler Rowett, Danielle Ryea, Jose Scarpa, Linda Sene, Shahin Shaikh, Brenda Strogoff, Lori Van Meter, Jessica Wozniak.

■ **5 years of service:** Janice Ash, Keith Baughman, Mari-sol Caraballo, Nicole Habercoss, Melissa Hatfield, Noreen Hickson, Sharon Hinton, Katherine Hughes, Christian Klein, Sheila Koch, Mary Musco, Judy Nodwell, Sarah Pointbriant, Marie Roy, Katie Rychling, Nicole Simons, Paul Simeone, Ad-reanne Swanson, John Surprenant, Lisa Ward, Lucas Wojick.

Town Hall Meetings

Join your co-workers and Natchaug leadership for one of two upcoming Town Hall Meetings.

- Ask questions about topics that are relevant to you
 - Voice opinions directly to senior leadership
- Snacks will be served. No RSVP required.

Tuesday, Oct. 6

2-3 p.m.
Natchaug Hospital Community Room
189 Storrs Rd., Mansfield

Wednesday, Oct. 7

Noon-1 p.m.
East Region System Support Office
11 Stott Ave., Norwich

Webinar Info (for Oct. 6 only)

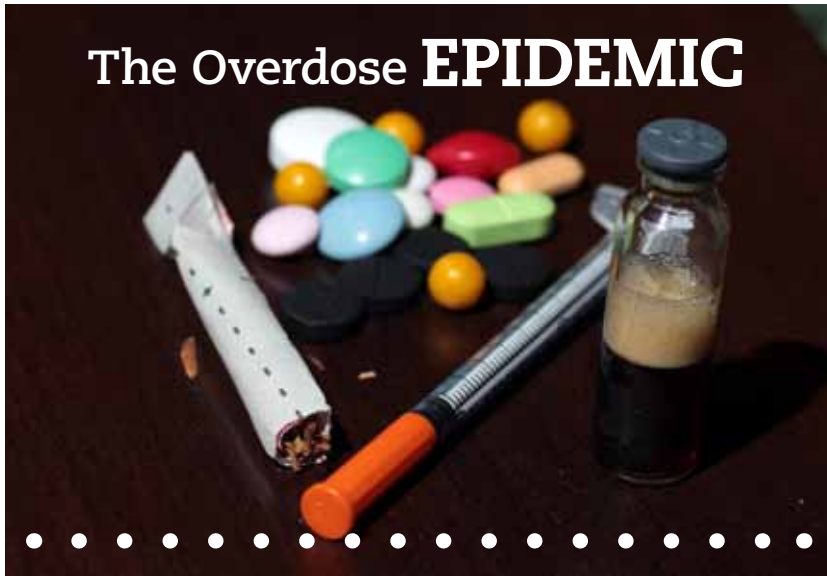
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Community Benefits reports due by Sept. 30

Attention Natchaug Hospital Community Benefit Reporters: Community Benefits are tracked and reported to the IRS on a fiscal year basis, which means **all community benefit activities need to be entered by Sept. 30**. Our numbers are incredibly low right now compared to last year.

A community benefits consultant will be on-site at the main hospital on Tuesday, September 29 from 9:30 a.m. to 3:30 p.m. to help with entries and answer questions.

The session will be held in the Info Services Training Room at 165 Storrs Road, and participants can drop by any time during the day. If you don't remember your user name or password, would like to register or have any other questions, please contact Sherry Smardon at **sherry.smardon@hhchealth.org** or **860-465-5910**.



The Overdose EPIDEMIC

A community conversation on K2, heroin and prescription drug abuse

Tuesday, Sept. 29, 6-8 pm

Betty Tipton Room
Eastern Connecticut State University
Willimantic

Join us for a panel discussion on the current substance abuse problem in the Windham region, the resources available and how we can work together to improve the situation. The forum includes medical experts, clinicians, advocates and first responders from Windham Hospital, Natchaug Hospital, the Hartford HealthCare Behavioral Health Network, Perception Programs and the Connecticut Community for Addiction Recovery (CCAR).

The event is free and open to the public.
Light refreshments will be provided.

For more information or to RSVP, e-mail Patty Graham at PatriciaC.Graham@hhchealth.org.


**Hartford HealthCare
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Positive Parenting class begins Sept. 28

Natchaug Hospital is pleased to offer its free Positive Parenting classes, with the first six-week course starting on Monday, Sept. 28. Classes are held on Monday nights from 6-8 p.m. at Natchaug Hospital, 189 Storrs Road, Mansfield.

The course, led by Joe Freeman, MDiv, LCSW, facilitates discussion amongst parents about behavior challenges and teaches effective, research-based methods of communication and discipline. Participants can expect to see improved self-esteem, cooperation, family atmosphere and parent-child communication. Single parents, grandparents, foster parents and all other caregivers are welcome to attend, and couples are encouraged to attend together.

For more information, visit www.natchaug.org or call Joe Freeman at **860-696-9500**.

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 or matt.burgard@hhchealth.org.

rushfordreport

Creative Expressions Group offered on Saturdays

Creativity offers us a way to tap into the rich inner world that we sometimes forget exists as we rush through our daily commitments and routines. With help from the Sestero Grant, the Rushford Wellness Program is offering a Creative Expressions and Connections Group on Saturday, Sept. 19, Sept. 26 and Oct. 3 from 11 a.m. to 12:30 p.m. at 110 National Drive, Glastonbury.

This group will give participants a chance each week to intentionally slow down and experience a sense of well-being and playfulness. By using guided imagery, we will actively



seek a connection with our inner wisdom and we will express the insights we've gained through painting, drawing, collage, and writing. No artistic or creative writing experience is necessary.

It is open to the community as well as Rushford clients, and all supplies are provided. Facilitated by Pamela Mulready, each session is \$15 to attend. Please call **860-657-8910** to register.

The purpose of the group is enjoy the freedom that comes with expressing yourself, to allow your creative side a chance to come out and play, and to be amazed at what appears when you make space for self-reflection.

A leader emerges

This year marks Rushford's 40th anniversary as a leading provider of substance abuse and addiction services in Connecticut. BHNews is celebrating by taking a look back at the organization's beginnings and early years in the Middletown and Meriden area, where it began making a profound impact in addressing the needs of the community.

Shown here is a photo from 1982 featuring Jeffrey Walter, who was hired as the organization's executive director in 1979 and would become synonymous with its vision and growth for more than three decades until his retirement in 2013. Walter is speaking here at the dedication ceremony for the new Rushford Treatment Center in Middletown, one of many new facilities and services that he would oversee during his many years at the helm of Rushford.



RUSHFORD RECOLLECTIONS

Rushford  Connect to healthier.™

40 YEARS

Free Community Event

Educational Empowerment Forum

A candid conversation on youth substance abuse in Meriden

Thursday, October 15

6:30 - 8 p.m.

Lincoln Middle School
164 Centennial Ave., Meriden

Featuring nationally recognized experts on substance use Judge Jodi Debbrect and former DEA agent Robert Stutman

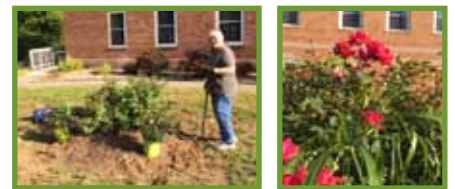
Open to all members of the public over the age of 18 including:

- Parents
- Teachers
- Coaches
- Anyone who looks out for our children!

For more information, contact Krystle Blake:
Krystle.Blake@hhchealth.org or 203.238.6800



A burst of color



Rushford nurses Beverly Francolino and Elizabeth Vasileff recently planted a variety of flowers and flowering plants as part of an ongoing project to beautify the front of Rushford's location at Silver Street in Middletown. They planted roses, white sage, blanket flower, lotus vine, ageratum and other plants, which created a colorful bouquet — and smiles from all passing by. The project also includes painted rocks created by female clients, adding a whimsical touch.



New IntNSA chapter founded at Rushford at Middletown

On Aug. 3, notification arrived that Rushford at Middletown has been granted recognition as one of the newest State Chapters of the International Nurses Society on Addictions (IntNSA), joining a select society of dedicated colleagues, one of only six chapters in Connecticut.

With organizational values of excellence, compassion, diversity and integrity, IntNSA has strived to advance excellence in nursing care for the

prevention and treatment of addictions across all practice settings through advocacy, collaboration, education, research and policy development since 1975.

Charter members include: Pam Waranowicz, Karen Ragaisis (Pres.), Monique Allgood (Treasurer), Dede Dwyer (Secretary), Mary Harris, Deb Dembo, Molly Reid, Heather Walton, Diane DesRoches, Mary James, Joni Anderson-Senk, Margaret Tracy, Elizabeth Vasileff, Jennifer Williams, Ron Maurice, Novlette Diaz.

IntNSA has something to offer every nurse, regardless of their area of nursing practice, and welcomes other clinicians and interested parties to join as well.

For more information, please contact Karen Ragaisis, APRN, CARN, at karen.ragaisis@quinnipiac.edu, Monique Allgood, APRN, CARN-AP, at monique.allgood@hhchealth.org or Dede Dwyer, RN, DARC, CARN, at denice.dwyer@hhchealth.org



Rushford experts present at Cape Cod event

Four addiction medicine specialists from Rushford were among the presenters at the 28th annual Cape Cod Symposium on Addictive Disorders Sept. 10-13. Presenters from Rushford included Medical Director J. Craig Allen, MD, right; Samuel Silverman, MD, Director of the Rushford Fellowship Program, left; Sarah Calnan, DO, center; and Monique Allgood, APRN, not pictured. Rushford specialists presented on various topics including the use of Naloxone in adolescents struggling with opioid abuse and the approach to educating physicians in addiction medicine under the Connecticut Society of Addiction Medicine.



Town Hall Meetings

Join your co-workers and Rushford leadership for one of three upcoming Town Hall Meetings.

- Ask questions about topics that are relevant to you
 - Voice opinions directly to senior leadership
- Snacks will be served. No RSVP is required.

Three Town Hall Meetings:

Tuesday, Sept. 22

1-2 p.m.

Rushford at Durham Rec Room

Wednesday, Sept. 30

2:30-3:30 p.m.

Rushford - Silver Street Cafeteria

Thursday, Oct. 1

2:30-3:30 p.m.

Rushford - Paddock Avenue Cafeteria



Questions? Contact Laurie at Laurie.Clinton@hhchealth.org

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 matt.burgard@hhchealth.org or 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

1999 MERCEDES — CLK320C, Convertible, good condition, 60,000 miles, asking \$10,000. Call **860-439-1913**.

TIRES — Four tires, Firestone Winterface, 205/60/R16. Two Uniroyal Tigers Paw, 205/60/R16. All tires in good condition. Call **860-456-7950** and please leave a message.

BEDROOM SET — Black, double bed, bedside table, six drawer dresser with mirror, five drawer bureau, good condition, \$450. Email btin1947@yahoo.com.

ROCKWELL DELTA — 14-inch, wood cutting band saw, good condition, asking .250 or best offer. Call **860-376-4741**.

WEDDING DRESS — Alfred Angelo, Belle Disney Princess, ball gown, size 10, brand new, in bag, with slip, tiara, matching veil, \$1,000. Call **860-501-4133**.

BOOK OF MORMON/SHUBERT THEATER — Sunday, Oct. 18, 1 p.m. Two orchestra seats, on the aisle, face value of \$220 for both seats, must be sold together. Call **860-884-5400**.

VINTAGE/MISC ITEMS — 1950s Flexible Flyer wooden sleds, made in USA by S.L. Allen & Co., good condition. One is 55 inches long, one is 48 inches long. \$35 each or \$60 for both. 1940s US Military footlockers, one with a history of Army World War I, World War II, Korean conflict, \$65, one is 1940s Navy, \$55. 1944 Army folding shovel with canvas cover, \$25. Cabelas, camouflage hunting/survival vest with attached seat pad, eight large pockets, size XL, like new, \$40. Call **860-848-1108** and please leave a message.

MISC. ITEMS — Clip on lamp, silver, perfect condition. \$5. All wool rug for apartment or dorm, \$40. Call **860-639-9026**.

FREE

CAT — Female, very affectionate, indoor cat, needs home without other pets. Call **860-546-6677**.

WANTED

USED BOOKS — The Friends of Otis Library would like gently used books, DVDs, CDs for their fall book sale to be held Oct. 16-18. Please drop off up to three bags at the circulation desk at the Otis Library.

WOMEN TO PLAY ICE HOCKEY — Connecticut College, Monday nights, September through March. Experience preferred, beginners welcome. Call Karen at **860-303-3484**.

CRAFTERS — Craft, Hobby and Product Show spon-

sored by the Lebanon Volunteer Fire Department Ladies Auxiliary, Saturday, Nov. 21. Call **860-942-8283**.

EVENTS

FESTIVAL — Friday, Sept. 18, Saturday, Sept. 19 from 11 a.m. to 9 p.m. and Sunday, Sept. 20 from 12 noon to 4 p.m. at Holy Trinity Greek Orthodox Church, 247 Washington St., Norwich. Gyro tent, Mousaka, Lamb shank and more, live music, dancers, wine/beer booth, rain or shine, free admission and parking, take out orders available by calling **860-887-1458**.

YARD/MUM SALE — Saturday, Sept. 19, 9 a.m. to 2 p.m. at Norwichtown Green. Vendors welcome. Sponsored by the Yantic Women's Auxiliary. Call **860-859-1150**.

MULTI FAMILY YARD SALE — Sunday, Sept. 20, 8 a.m. to noon at 212 Water St., Canterbury. Graco Pack & Play, boys shoes, clothes, books, children's toys, stuffed animals, crib mobile, radio flyer three wheeler, Mary's Moo Moos, Disney VHS movies, household items, 1967 to 1969 Mustang parts.

ALL YOU CAN EAT BREAKFAST — Sunday, Sept. 20, 8-10:30 a.m. at Jacques Cartier Club. \$7 per person, corned beef hash, biscuits, sausage, gravy, scrambled eggs, homefries, bacon, coffee, juice.

ST. JAMES CHURCH CEREMONY — Sunday, Sept. 20, 9 a.m. at St. James Church Poquetanuck, 95 Route 2A, Preston. Celebrate the rededication of the historic Bishop Samuel Seabury Window and honor Father David Canon's 50 plus years of ministry.

GRISWOLD RECREATIONAL PROGRAM — Every Tuesday and Thursday from 6-7 p.m. Exercise class, low impact aerobics, weights, Pilates, bring mats and weights, open to surrounding towns. Call for more information **860-376-4741**.

SIX PACA FARM — Saturday, Sept. 26, Sunday, Sept. 27, 10 a.m. to 4 p.m. at 44 Bozrah St. The open house is a time when you play with the Alpacas in the pasture and take photos. The farm will also have vendors for a Farmers Market of honey, fruits, vegetables, handmade Artisan crafted items, 100% locally grown Alpaca blankets, children's games, classes, demonstrations of spinning, weaving, free admission, free parking. Call **860-204-0386** for more information.

WALK FOR CHILDRENS TUMOR FOUNDATION — Saturday, Sept. 26 at Rotary Park, Putnam. Registration for adults is \$20, children \$10, ages four and up. Register at www.nfwalk.org/putnam.

CHICKEN BARBECUE — Saturday, Sept. 26, 4:30-6 p.m. at the Yantic Firehouse. Reservations only, adults/seniors, \$10. Call **860-859-1150**.

NORWICH RUSSIAN FESTIVAL — Saturday, Oct. 3, 9 a.m. to 4 p.m. at The Orthodox Church of The Holy New Martyrs and Confessors of Russia, 364 Canterbury Tpke., Norwich. Russian food, silent auction, children's games, vendors, tag sale.

ARTISTS — FACES at FAHS (Fine Art & Craft Exhibit and Sale at the Finnish American Heritage Society) is seeking artists and crafters for a Saturday, Oct. 3, 9:30 a.m. to 3 p.m. at the Finnish Hall, Route 169, Canterbury. Free admission, handicapped accessible, live music crafts, tours of the Hall, refreshments available. Call **860-974-2760** or email FACESatFAHS@gmail.com.

BULLY BUSTERS WALK — Saturday, Oct. 3, 10 a.m. to noon, meet at United Congregation Church, 87 Broadway, Norwich. Picnic after the walk, entertainment, prizes awarded. Ages 17 and older \$10, ages 17 and under \$5, free for ages 6 and under.

CRAFTS FOR CHRISTMAS — Saturday, Oct. 10, Sunday, Oct. 11, 9 a.m. to 3 p.m. at Saint James Parish, 95 Route 2A, Preston. Crafts, silent auction, lunch, baked goods, vendors.

GRISWOLD BARBECUE — Saturday, Oct. 3, 4-6 p.m. at the Griswold Volunteer Fire Department, Route 138, Griswold. Tickets are \$8 adult, 1/2 chicken, potato salad, coleslaw, cranberry sauce, roll, dessert and \$4 for children, 1/4 chicken and all of the above. The fire department is willing to deliver to Backus employees for ten orders and above. Call **860-376-3246**.

ATTENTION HORSE RIDERS — Shetucket River Pleasure Trail Ride and the Friends of Shetucket River Valley are assisting the Town of Sprague in purchasing and conserving open land to be added to the Sprague Land Preserve for recreational use. Ride the trails on Saturday, Oct. 17, 9 a.m., rain date is Saturday, Oct. 24. Pre-entry is \$25, event day is \$30. Lunch served between 12-2 p.m. for \$10. Raffle prizes, drawings, free parking, pavilion, picnic tables, bathrooms and water for the horses. Email Loree at todd_loree@comcast.net for a flyer, registration form or questions.

POWER OF PURPLE — Sunday, Oct. 25, noon at Eastern Point, Groton. October is Domestic Violence Awareness Month. Along with our annual Power of Purple Hot Cider Walk and Rally we will have a seaside walk, hot cider, donuts, tee shirts, bracelets. For more information call **860-884-8945**.

WINES OF AUTUMN FUNDRAISER — Saturday, Nov. 7, 5-7 p.m. at the Norwich Free Academy Slater Atrium. Wines from Towne Liquor, refreshments and wine samplings, \$20 per person. Sponsored by The Women's City Club of Norwich, all proceeds benefit the scholarship fund. Call for tickets **860-887-0573** or **860-887-7515**.