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Dates, times announced for flu vaccine clinics.

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Hartford HealthCare  Behavioral Health Network

BHINews

Turning the tide against overdoses

HHC forum addresses breaking down barriers with substance abuse victims

Addiction is a growing health issue that is impacting a wider cross section of people in Eastern Connecticut, but the problem is solvable with the right mix of collaboration, evidence-based treatment and coordinated care, a panel of experts said at Eastern Connecticut State University on Tuesday, Sept. 29.

Addiction is a growing health issue that is impacting a wider cross section of people in eastern Connecticut, but the problem is solvable with the right mix of collaboration, evidence-based treatment and coordinated care, a panel of experts said at Eastern Connecticut State University on Tuesday, Sept. 29.

“The large homes with the fancy cars, they have drug problems too,” said Bill Muskett, Windham Hospital Emergency Medical Services Manager and a long-time paramedic. “Every town has different issues, different drugs, but it’s ultimately the same problem.”

Muskett was one of five panelists who participated in the Overdose Epidemic forum, hosted by Hartford HealthCare (HHC), Windham Hospital and the HHC Behavioral Health Network. They discussed the science of



From left, Overdose Epidemic Forum panelists Samuel Silverman, MD, Medical Director of Addiction Services, Rushford; Leah Russack-Baker, Ed.D., LADC, Director, Natchaug Hospital Quinebaug Adult Program; and Vicki Barbero, M.Ed., LADC, Director, Outpatient Services, Perception Programs, Inc., discuss the impact of drugs on families and the community.

■ To watch a video of the event, visit www.natchaug.org.



addiction, their firsthand experiences, and how they can work together to deal with K2, heroin and prescription drug

abuse in the Windham region.

Willimantic became the focus of state-wide media attention this year after a rash of overdoses was credited to K2, otherwise known as synthetic marijuana.

But despite perception, the issue

..... *Continued on page 2*

'If there was one solution, we would have figured it out already.'

continued from page 1

of substance abuse is not contained to Willimantic, said HHC Behavioral Health Network Vice President of Operations James O'Dea, PhD, MBA, who moderated the event.

"There are 169 towns and villages in Connecticut, and every community has people who are dealing with these issues," O'Dea said.

"This disease does not discriminate," said Leah Russack-Baker, Ed.D, LADC, Director at Natchaug Hospital's Quinebaug Program.

A major barrier to addressing the



James O'Dea, PhD, MBA, left, Vice President of Operations, Hartford HealthCare Behavioral Health Network, welcomes guests to a special forum at Eastern Connecticut State University for a community conversation on K2, heroin and prescription drug abuse.

issue of substance abuse is the stigma around addiction, said Rebecca Allen, MPH, of the Connecticut Community for Addiction Recovery.

"So many think it's a moral failing," Allen said, who has been in recovery from heroin since 1998.

Samuel Silverman, MD, Medical

Director of Addiction Services at Rushford, stressed that addiction is a disease where the brain's pleasure centers get "hijacked" by substances.

"Once the brain is addicted, it's like a dry creek bed in the desert," Dr. Silverman said.

Silverman added that we tend to "dehumanize" people with addictions, and that needs to change. He applauded Allen's achievements, including her graduation with a Master's Degree while in recovery.

"Pride is the antidote to shame," Silverman said.

A number of solutions were discussed including the widespread distribution of NarCan, which reverses the effects of an opioid overdose; medication-assisted treatment using Suboxone; and clearer paths from emergency rooms to treatment programs. The answer, however, is not simple.

"If there was one solution we would have figured it out already," O'Dea said.

But panelists agreed the first step is to start the conversation –whether it's in your home with a child or family member, or in a public forum like the Overdose Epidemic, which included Hartford HealthCare and its community partners, all of whom vowed to work together on the substance abuse issues that affect Eastern Connecticut. The group is in the process of cataloguing existing resources in order to come up with an approach to curb the rising tide of people abusing drugs like K2, heroin, prescription drugs and even alcohol.

"In order for change to happen we really do need to have uncomfortable conversations," Russack-Baker said.



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Flu shot clinics announced for October

As a reminder, all staff who have not received exemptions are required to be vaccinated for the flu by Tuesday, Nov. 3.

Listed below are the times and dates for the upcoming flu vaccination clinics for the Behavioral Health Network. For additional flu vaccine clinic date and other info on the HHC influenza prevention program, visit hartfordhealthcare.org/flu.

INSTITUTE OF LIVING

Tuesday, Oct. 13	7-9 a.m.	Donnelly Building
Tuesday, Oct. 13	9:30-11 a.m.	Terry Building
Tuesday, Oct. 13	11:30 a.m.-1 p.m.	Commons Café
Tuesday, Oct. 13	2:30-4 p.m.	Donnelly Building
Tuesday, Oct. 20	7-9 a.m., 2:30-4 p.m.	Donnelly Building

NATCHAUG HOSPITAL

Friday, Oct. 2	9 a.m.-5 p.m.	Infection Control Office, Main Hospital
Monday, Oct. 5	1-3 p.m.	Joshua Center Enfield
	1-3 p.m.	Joshua Center Northeast
	1-3 p.m.	Joshua Center Thames Valley
Tuesday, Oct. 6	10 a.m.-6 p.m.	Infection Control Office, Main Hospital
Monday, Oct. 12	9 a.m.-5 p.m.	Infection Control Office, Main Hospital
Wednesday, Oct. 14	11 a.m.-7 p.m.	Infection Control Office, Main Hospital
Tuesday, Oct. 20	noon-8 p.m.	Infection Control Office, Main Hospital
Thursday, Oct. 22	9 a.m.-5 p.m.	Infection Control Office, Main Hospital

RUSHFORD

Monday, Oct. 12	7:30-11:30 a.m., 2-4:30 p.m.	Silver Street, Middletown
Friday, Oct. 16	7:30-11:30 a.m., 2-4:30 p.m.	Silver Street, Middletown
Monday, Oct. 26	8 a.m.-noon, 1-4 p.m.	Paddock Avenue, Meriden
Thursday, Oct. 29	8 a.m.-noon, 1-4 p.m.	Paddock Avenue, Meriden

New regional Supervisor of Clinical Documentation Improvement named

We are pleased to announce that Penni Bennett will be promoted to East Region Supervisor of Clinical Documentation Improvement. In her new role, she will oversee day-to-day operations and support clinical documentation improvement in the East Region. In addition, she will be actively involved in our ICD-10 education and Epic transition.

Penni has more than 30 years of experience in nursing, most recently in the transplant unit at Hartford Hospital. She has more than six years of progressive CDI experience and is a certified clinical documentation specialist. Penni has also willingly assisted with CDMP at Windham Hospital, while still being very involved in mentoring and training new CDSs.

Penni's office will be primarily located at Windham Hospital, and she will report to Mary Alice Dewees. Penni can be contacted directly at **860-462-0774**.

— **Deborah Wright,**
System Director,
Health Information Management



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BHN participates in Recovery Walks! event



The Behavioral Health Network was a proud sponsor of the Connecticut Community for Addiction Recovery (CCAR)'s annual Recovery Walks! event at Bushnell Park in Hartford on Sept. 18. The 16th annual event drew more than 1,000 people to walk a loop around the park to show their support for providing treatment and other services to those struggling with addiction issues. At left, Melissa Curtis, Behavioral Health Account Manager for the BHN, greets participants at the event. Right, participants gather at the starting line of the walk as the event gets ready to kick off.



Research suggests social media leads to higher anxiety, less sleep

New research sheds light on teenagers' use of social media, suggesting the pressure to be online 24 hours a day disrupts their sleep patterns and may lead to mental health problems, such as anxiety and depression, according to the website Medical News Today.

A research team recently presented their findings at The British Psychological Society (BPS) Developmental and Social Psychology Section Annual Conference in Manchester, UK.

To reach their findings, the team asked 467 teenagers ages 11-17 from a single school to complete a questionnaire.

The students were asked questions around self-esteem, anxiety, depression and sleep quality. They were also asked questions about their emotional investment in social media, such as "How many hours do you use social media on a typical day?" and "How long do you use social media after the time you intended to fall asleep?"

The team notes that a researcher was on hand if they needed support while answering these questions.

The social media platforms the teenagers reported using included Facebook, Twitter, Tumblr, Pinterest, Instagram, and Youtube, the team told Medical News Today.

The researchers found that teens who used social media and had high emotional investment in social media had poorer sleep quality, lower self-esteem and higher rates of anxiety and depression than those who were less emotionally invested in social media.

The researchers found that this association was particularly strong for teenagers who used social media at night.

The Connecticut **Doctors' Orchestra**

An Evening of Music to Benefit:



October 11, 2015
4 pm – 6 pm

Join us at:
Alumni Hall
Kingswood Oxford
School Campus

Free admission
Donations requested

Parking at:
170 Kingswood Rd
West Hartford, CT 06119

Additional parking in lot through
Trout Brook Drive entrance

Established in November 2008, The Connecticut Doctors' Orchestra (CDO) is comprised of a group of health care and medical science professionals who enjoy playing string instruments and wish to share music with and support the community.

For More Information, Visit:
Facebook Group: "Jonathan's Dream Reimagined"





Opening the discussion on the signs of suicide

By **Alice Facente, RN**

Community Health Nurse, Backus Hospital

Ever since the tragic suicide of beloved actor and comedian Robin Williams last year, the discussion about this previously taboo subject has opened up. It seems that everyone knows someone personally who has committed suicide.

The Centers for Disease Control and Prevention (CDC) collects data about mortality in the United States, including deaths by suicide. In 2013 (the most recent year for which full data are available), 41,149



Facente

suicides were reported, making suicide the 10th leading cause of death for Americans. In that year, someone in the country died by suicide every 12.8 minutes.

A good source for information on suicide is the American Foundation for Suicide Prevention (AFSP). The mission of this organization is understanding and preventing suicide through research, education, and advocacy.

People who kill themselves exhibit one or more warning signs, either through what they say or what they do. The more warning signs, the greater the risk. Here are suicide warning signs, from the AFSP website:

Talk

If a person talks about:

- Killing themselves.
- Having no reason to live.
- Being a burden to others.

- Feeling trapped.
- Unbearable pain.

Behavior

A person's suicide risk is greater if a behavior is new or has increased, especially if it's related to a painful event, loss, or change.

- Increased use of alcohol or drugs.
- Looking for a way to kill themselves, such as searching online for materials or means.
- Acting recklessly.
- Withdrawing from activities.
- Isolating from family and friends.
- Sleeping too much or too little.
- Visiting or calling people to say goodbye.
- Giving away prized possessions.
- Aggression.

Mood

People who are considering suicide often display one or more of the following moods:

- Depression.
- Loss of interest.
- Rage.
- Irritability.
- Humiliation.
- Anxiety.

I recently took a suicide prevention training class called QPR Training, offered by South Eastern Regional Action Council (SERAC). QPR stands for Question-Persuade-Refer.

An attendee at the training asked, "Will asking someone if they are considering suicide plant the idea in their mind?" The QPR trainers explained studies show that people do not start thinking about suicide just because

someone asks them about it. If you suspect a friend or loved one is suicidal, tell them that you are worried and want to help them. Don't be afraid to question whether they are considering suicide, and if they have a specific plan in mind. Having a plan may indicate that they are farther along and need help right away. Sometimes people who are thinking about suicide won't tell you so because they don't want you to stop them. Your direct, non-judgmental questions can encourage them to share their thoughts and feelings.

Regardless of their response, if you suspect that the person may be suicidal, the next step is to persuade them to seek professional help, and ultimately, to refer the person to emergency services.

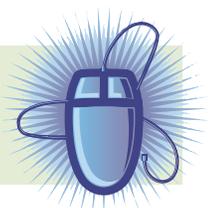
What should I do if I am worried about someone who seems suicidal?

- If you are in a life-threatening situation, call 911.
- In Connecticut, if you or someone else is in crisis, call 211, and press 1 for emergency crisis intervention. Someone is available to talk 24/7, as this line is a suicide prevention hotline.

■ Outside of Connecticut, if you or someone else is in crisis, call **1-800-273-TALK (8255)** the National Suicide Prevention Lifeline

For more info on this subject, visit www.AFSP.org.

■ Do you have an article, study, or case study you'd like to share with the Behavioral Health Network? Send your submissions to amanda.nappi@hhchealth.org or matt.burgard@hhchealth.org for consideration.



Jeannie Cardona: Going the extra mile for a distressed patient

In her four years as a nurse in the detoxification unit at Rushford's Silver Street location in Middletown, Jeannie Cardona, RN, has seen her share of challenging patients who have come to her for treatment in moments of great distress, only to relapse once their condition is stabilized.

"It can be kind of hard to remain optimistic sometimes, especially when you see how much this disease has a hold on some people," she said, referring to the patients she cares for who struggle with addiction. "But when you get a patient who really responds to what we're trying to do, it makes it all worthwhile."

For Jeannie, such a moment came a few weeks ago when she went to a local supermarket and was greeted enthusiastically by an employee who recognized her right away. The man had gone to the detox unit earlier in the year suffering from acute alcoholism, and Jeannie had made sure he kept up with his treatment even after he repeatedly told her he wanted to leave the building.

"I remember he was getting ready to get up and leave, and I told him I would stay and make sure he got the care he needed so he could remain overnight," said Jeannie, who is one of the nursing team leaders on the unit. "I stayed four

hours past my shift, but he was still there when I came back the next day. Of course, he wanted to leave again, but I made sure he stayed with us. I could see he was at a critical point."

Jeannie said the man's alcoholism was so severe that he would likely have died if he went back out and relapsed. Instead, the man checked himself in for 30 days of treatment followed up with a stay at Rushford Stonehaven, where he embarked on a path to sobriety that still continues, Jeannie said.

The man was so grateful to Jeannie that he repeatedly checked in with her during the course of his recovery, and wrote commendations recommending her for a WOW Award, which is how Rushford employees are recognized for exemplary work.

"I thank God Jeannie talked to me," he wrote in his nomination. "If she had not, I would have gone back out and drank."

Jeannie was thrilled that he was on the right track, but lost track of him until she went to the supermarket that day several weeks ago. He was continuing with his treatment program and had begun working at the supermarket while moving into his own apartment.

"At first I didn't recognize him be-



Jeannie Cardona, RN, has helped countless clients in her four years as a nurse in the detoxification unit at Rushford's Silver Street location in Middletown.

cause he looked so much healthier," she said. "He had good color back in his face, he was positive and energetic. It was amazing."

Jeannie said the man's story reminds her of why she chose nursing for a profession.

"My mother and my aunt were both nurses, so I knew it was what I wanted to do," she said. "They used to always talk about the patients who they helped, you could see it meant a lot to them. It means a lot to me, too."

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, Oct. 13, at noon.

IOL psychologist to present at prestigious webinar

Laura Saunders, PsyD, ABPP, a staff psychologist at the Institute of Living who serves as clinical coordinator of the Institute's innovative program for LGBTQ youth, will be discussing her program at a prestigious national webinar sponsored by the Association for Ambulatory Behavioral Health later this month. The Institute's LGBTQ program, part of its wide-ranging and comprehensive Young Adult Services Program,

is the first of its kind in Connecticut and one of only two in the Northeast.

Dr. Saunders' presentation, called "LGBT Identity Development and Self-Acceptance in Young Adults: A Program Model," will look at the distinctive needs and struggles of LGBTQ (lesbian, gay, bisexual, transgender, queer or questioning) young adults, and services and treatment that can help them grow comfortable with their identity and cope

with co-occurring mental health issues.. The webinar will take place Wednesday, Oct. 21 from 3 - 4:30 p.m. Those interested in taking part can fill out the registration link on the host website at www.aabh.org.

Dr. Saunders will talk about the needs of teens and young adults who identify on the sexual and gender minority spectrum, and the struggles they face in terms of social misperceptions, minority stress and family rejection. The webinar will also offer a development framework to help young people coming out, psychosocial risk factors and challenges to self-acceptance. The discussion is aimed at helping other behavioral health programs which offer services to young people.



FREE Depression Screenings

The Institute of Living Donnelly Building, Assessment Center
200 Retreat Avenue, Hartford

Thursday, Oct. 8 from 11am – 1pm; 5 – 7pm

Are you or someone you know exhibiting signs of depression? A screening can be a helpful way to resolve your concerns and get you back on the path to wellness.

Registration required. Please call (860) 545-7200, #3

Appointments may be arranged for those wish to follow up after their screenings.



Institute of Living
A Division of Hartford Hospital



Upcoming walk to highlight eating disorders

The Eating Disorder Program at the Institute of Living is serving as a sponsor of the third annual National Eating Disorders Association NEDAWalk on Oct. 17 at the University of Connecticut-Greater Hartford Campus, and all employees across the Behavioral Health Network are encouraged to take part. Registration starts at 10 a.m. followed by an opening ceremony at 11 a.m.

The walk, which takes place on the campus at 85 Lawler Road in West Hartford, is meant to call attention to the issue of eating disorders and how education and proper treatment can help save lives. Employees are encouraged to form teams and register at www.nedawalk.org/Hartford2015.

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:

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

cess feelings, and connect with others who have similar circumstances.

■ **Youth Psychosis Family Support Group.** 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.

■ **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.

■ **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** 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.

You are invited to a LGBTQ Networking event to Celebrate the two-year anniversary of the opening of The Right Track/LGBTQ Specialty Track in Young Adult Services.

Thursday, October 15 • 6 pm

Institute of Living – Hartford Room Commons Building, 2nd floor

Guest speaker Matthew A. Malouf, Ph.D., of Chase Brexton in Baltimore, will discuss the importance of supporting transgender young people as they transition from child and adolescent services to adulthood and adult-oriented services. Dr. Malouf specializes in social stratification and social theory research for Chase Brexton, a renowned health facility that emphasizes care based on diversity and cultural needs.

The event is free to providers and is sponsored by the Family Resource Center at the Institute of Living. There will be opportunities to connect and network with other providers who specialize in working with this population. Food and beverages provided.

Hosted by

Laura M. I. Saunders, PsyD, ABPP
Clinical Coordinator, The Right Track/LGBTQ Specialty Track in Young Adult Services



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)

1. Visit <https://global.gotomeeting.com/join/514356637>
2. Call in using your telephone:
+1 (646) 749-3122
Access Code: 514-356-637
Audio PIN: Shown after joining the meeting

Garden dedication for Washburn, Diaz

Dear Colleagues,

As the summer turns to the cooler months of autumn, we are reminded that the seasons move us forward even when we are not always ready. It is during this transition that I invite you to join us for the Waugh Memorial Garden dedication ceremony at Windham Hospital to mark the passing of friends and colleagues.

On Monday, Oct. 5, at 3:30 p.m., we will dedicate a memorial to Dr. Carl Washburn, who was our former resident psychiatrist. He was a member of the Natchaug staff from 2011 until his death in 2014.

Following this at 4:15 p.m., we will remember our colleague Jane Diaz, a nurse of many years at Windham, who died in the spring. She not only brought healing through her hands as a nurse but created beautiful pottery as well. Please join me in bringing a bowl or cup or some token of her craft into our garden for this dedication time.

Our garden dedications are informal and intended to celebrate the gifts our colleagues shared with us as members of our hospital team. I hope you can join us.

— Rev. Mary C. Horan, MDiv,
Regional Director of Pastoral Care



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: Oct. 21 - Nov. 18 - Dec. 16
 Jan. 20 - Feb. 17 - March 16
Time: 5:30 — 6:30 p.m.
Where: Natchaug Hospital, 189 Storrs Road,
 Mansfield Center 06250

www.natchaug.org
 860-456-1311

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:

Stanley Hospod
 860-705-7644
 Stanley.Hospod@hhchealth.org

Please register for these FREE support groups, so we will have enough PIZZA

Rushford celebrates 40 years with gathering Oct. 8

Rushford is hosting a celebration of the organization's 40th anniversary, and all staff members across the Behavioral Health Network are invited to attend.

The event is free of charge and will take place Thursday, Oct. 8, from 5:30 - 8 p.m. at Wadsworth Mansion, 421 Wadsworth St., Middletown. The

event will feature commentary and reminiscences from board members and employees and Rushford leadership, past and present, as well as a video looking at the organization's history and evolution as a center of excellence in behavioral health.

Anyone wishing to attend should contact Paula Snedeker at paula.snedeker@hhchealth.org.

40 YEARS

Please join us for our

OPEN HOUSE

Wednesday, October 21

2 – 7pm Parent-Teacher Conferences/
Informational Campus Tours
5pm Light Dinner served

Rushford Academy/Stonegate

459R Wallingford Road • Durham, Connecticut 06422

Please RSVP to Susan Willmore, susan.willmore@hhchealth.org or 860.349.1989 by Oct. 14.



Top, Thomas Kearney sits by his display of paintings. Below, Valerie Levesque stands by her display.

Rushford artists show their work

Five Rushford clients showed off their artwork at a Consumer Art Exhibit in the Rushford cafeteria on Sept. 18. The artists displayed paintings and other pieces for dozens of staff members and other clients who stopped by that afternoon to enjoy the exhibit.

The artists included Anthony Piccirillo, James Stagon, Thomas Kearney, Heidi Mark and Valerie Levesque.

A Rushford jamboree

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 1988 featuring a group of high school students from throughout Middlesex County attending a Youth Jamboree at Camp Hemlocks in Hebron. Rushford was a pioneer in reaching out to young people to promote prevention strategies, team building and youth leadership. Jamborees like this usually lasted two days and often featured fun-oriented events and presentations as a way to encourage enthusiasm for the event's anti-drug message.



**RUSHFORD
RECOLLECTIONS**

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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!



Let's do lunch!



The Behavioral Health Home program at Rushford is taking innovative steps to help clients adopt a healthy lifestyle. Last month, staff members took several clients to have lunch at B Muse Café in Wallingford — something that many of the clients don't normally get to do. Here, clients enjoy their lunch at the café. The Behavioral Health Home team, which organized the lunch, includes care managers Melissa Weston, Joel Kirkland, Beatrice Diaz, Jennifer Williams and Kate Hutchinson.

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



Find us on
Facebook at

[www.facebook.com/
rushfordconnecticut](http://www.facebook.com/rushfordconnecticut)

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@hhhealth.org or amanda.nappi@hhhealth.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

ROLLATOR — Brand new rolling walker. Paid \$150. For sale \$125 or best offer. Please call Joni at **860-416-4705**.



1999 MERCEDES — CLK320C, Convertible, good condition, 60,000 miles, asking \$8,500. Call **860-439-1913**.

MISC. ITEMS — Double size electric blanket, like new, \$15. Double sized sheets, \$10. Typewriter stand, \$10. Two older file cabinets, \$15 each. Lawn roller, \$10. Call **860-822-8578**.

WANTED

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

EVENTS

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.

PARK CHURCH FALL FESTIVAL — Saturday, Oct. 3, 9 a.m. to 3 p.m. at Park Congregational Church, 283 Broadway, Norwich. All proceeds benefit St. Vincent de Paul Place Soup Kitchen and Food Pantry. Community and church tag sale, craft vendors, basket, raffle, bake sale, children's games, bouncy house, free coffee, blood pressure clinic, food available. Call 860-887-3747 or email parkchurchnorwich@netzero.com for more information.

FACES at FAHS — Saturday, Oct. 3, 9:30 a.m. to 3 p.m. at the Finnish Hall, Route 169, Canterbury. Free admission, handicapped accessible, artists, live music crafts, tours of the Hall, refreshments available. Call **860-974-2760** or email FACESatFAHS@gmail.com.

HARVEST FESTIVAL — Saturday, Oct. 3, 10 a.m. to 5 p.m. at Voluntown Baptist Church, 52 Main St., Voluntown. Rummage sale, children's games, harvest snacks, fritters, caramel apples, country store, baked goods, homemade canned goods, live music. For every non-perishable food donation, children will receive tickets to play the children's games.

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.

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, quarter 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**.

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**.

WOMEN'S CITY CLUB OF NORWICH — Wednesday, Oct. 7, 8 a.m. to 6 p.m. trip to New York City. Bus pick up at Norwich Holiday Inn commuter parking lot, tickets \$45. Proceeds benefit the scholarship fund. Call **860-608-1596** for tickets and more details.

GRISWOLD BICENTENNIAL HEALTH FAIR — Saturday, Oct. 10, 9 a.m. to noon at Griswold Middle School, 267 Slater Ave., Griswold. Activities include Backus Hospital Health Van, Bone Density screening, Brown Bag Medication Review, Farmer's Market, Blood Pressure Measurements, United Community & Family Services, American Ambulance, Portion Distortion Food Review, Medication Disposal and more, all ages welcome.

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.

KRIPALU YOGA — Tuesday/Thursday, 5:30 p.m. to 6:30 p.m., at Norwich Recreation, 75 Mohegan Road, Norwich. Session I: Oct. 13, 15, 20, 22, 27, 29 and Nov. 3, 5, 10, 12. All levels welcome, bring mat, water bottle, yoga postures, flexibility, calmness, strength, renewed energy, instructor: Cheryl Hughes. Norwich residents: \$50, five day pass or \$85, ten day pass, non-resident: \$60, five day pass or \$95, ten day pass, drop-in: resident \$12 or non-resident \$15. Call **860-823-3791**.

FALL BOOK SALE — Friday, Oct. 16 and Saturday, Oct. 17, 10 a.m. to 3 p.m., Sunday, Oct. 18, 12 noon to 3 p.m. at Otis Library, 261 Main St., Norwich. Great variety of gently used fiction and non-fiction books, CDs, and DVDs. Sponsored by the Friends of Otis Library.

FLEA MARKET & HARVEST FESTIVAL — Saturday, Oct. 17, 8 a.m. to 2 p.m. at Divine Providence Church, Silver/Golden St., Norwich. Vendors, Country Kitchen, Sweet Shoppe, Treasure booth, Polish luncheon, Pierogi, Golabki, kielbasa, potato pancakes, soups, sandwiches, crepes. Vendors wanted, call **860-887-8781**.

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 noon-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.

SPOOK-A-THON — Saturday, Oct. 24, 10 a.m. to 1 p.m. at Dodd Stadium, Norwich. Dress up to scare cancer, funds benefit local families served by the Backus Hospital Cancer Center through the Connecticut Sports Foundation. Costume prizes, haunted locker, face painting, photo booth, balloon artist, bouncy house, lunch vendors and more. \$5 donation per person at the gate. View www.SpookathonCT.org.

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**.

HARVEST FAIR — Saturday, Nov. 7, 9 a.m. to 3 p.m. at St. Mark's Lutheran Church. Treasures, vendors, soup, barbecue pulled pork, bagels, cardamon bread, vendor tables available at \$20. Call **860-428-9794**.

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**.

STS. PETER & PAUL CHURCH — Saturday, Nov. 14, 9 a.m. to 4 p.m. at 181 Elizabeth St., Norwich. Kris Kringle Fair, crafters, baked goods, lunch, raffle, basket raffles.

TAFTVILLE LIONS CLUB — Saturday, Nov. 14, 6-9 p.m. at NFA Atrium, Norwich. Beer and wine tasting, hors d'oeuvres, raffles. Advance tickets, \$20 per person or \$25 per person at the door. All proceeds benefit Lions Club charities. Call **860-608-4304** for tickets