



### TOO MUCH TO DRINK

Publicity surrounding Supreme Court hearings sheds spotlight on overdoing alcohol. • [PAGE 3](#)



### SLOW AND STEADY

Doctors say gradual tapering is the best approach to stemming the opioid crisis. • [PAGE 4](#)



### THE YEAR THAT WAS

Natchaug annual reception will take place Oct. 23. • [PAGE 11](#)

Hartford HealthCare   
Behavioral Health Network

# BHINews

## Healing body and mind

### Partnership with Planet Fitness benefits Rushford clients

**T**he Rushford at Middletown Fitness Center, featuring equipment donated by a local Planet Fitness and painted with the brand's bold yellow and purple, has been booked solid. Clients are eager to push themselves physically on the elliptical, treadmill, recumbent bikes or weight machines while they mark their days of sobriety — a testament to the body-mind connection.

"I was curious and wanted to burn off some anger," said one female client who visited the gym recently.

Under Planet Fitness signs like "In the end, it's all about you" and "Judgment-free zone," she and other clients sweated and groaned.

"It was eye-opening to see how much strength I lost," she admitted, adding that the exercise "helps me release negative emotions."

The opportunity the exercise helps clients in their recovery process, according to Rushford Nurse Manager Justin Sleeper, MSN, RN.



With the help of Planet Fitness, the new Rushford Fitness Center has been well received by clients.

"There's definitely a connection between physical and mental health, and it's also a way of coping. It's an alternative to the addiction, which has become the person's only coping skill," he said. "It's a naturally good feeling and helps distract them from their cravings. Cravings only last about 10 minutes so it helps them get through them."

That was the thought that prompted Jillene Bertolini, LMFT, director of residential services with Rushford, and Kate McNulty, director of development, when they announced intentions to partner with Planet Fitness to introduce equipment to the facility.

••••• See **FITNESS** on page 2

# FITNESS,

from page 1

“It’s something our clients have asked for,” Bertolini said. “To be able to do it at this level is a blessing.”

Many clients, she said, like being physically active when they’re living a sober life. When they are working on their sobriety, they long to be active, but all that had been available was walks outdoors.

“I go to the gym regularly and I have personal goals I want to attain,” a man using the gym recently said. “I think this is great. I started off light and set reasonable goals for myself.”

The Rushford Fitness Center is open from 5 a.m. to 11 p.m. Sunday through Thursday and until midnight on Friday and Saturday. Clients can sign up for one-hour sessions, with a capacity of six people allowed at a time. If there is space available on the schedule, staff can also use the machines. Once clients are discharged, Planet Fitness has agreed to waive annual and initial sign-up fees to help clients afford memberships at a location convenient to them. Rushford will also start them off with a three-month membership supported by community and staff donations.

“The feedback has been amazing. They feel that it’s a gift and it helps them learn to address their coping skills instead of reverting back to unhealthy behavior,” Bertolini said.



## Strengthen Your Practice: Caring for Patients in the Midst of the Opioid Crisis

Sponsored by the Hartford Healthcare Opioid Management Council

**Saturday October 13<sup>th</sup>, 2018**

**8am-1pm**

**Hartford Marriott Farmington  
15 Farm Springs Rd., Farmington, CT**

**Richard Gannon PharmD**

*Defining the Pain Syndrome*

**Dr. Richard Taboada**

*CDC/PMP Guidelines & Interventional Options*

**Dr. Michael Grille**

*Tapering Opioids*

**Dr. Jonathan Craig Allen**

*Substance Use Disorder Identification & Treatment*

**Drs. Jonathan Kost & Gualberto Ruano**

*Urine Drug Screen Interpretation & A Personalized Approach to Pain*

**Dr. Daniel Jones**

*Courageous Conversations: Managing Physician-Patient Interactions*

**Dr. Vittalramesh Setru**

*Successful Analgesic Hand Offs – Inpatient to Outpatient*

**Scott Bonczek, PharmD**

*Maximizing the Benefits of EPIC*

**Sean Jeffery, PharmD**

*Navigating Insurance Preferred Drug Lists*

**Registration Required - Click [here](#)**

***Breakfast will be provided***

Contact [ContinuingEd@hhhealth.org](mailto:ContinuingEd@hhhealth.org) or call 860-972-5816  
for questions

**Continuing Medical Education:**

Hartford HealthCare is accredited by the Connecticut State Medical Society (CSMS) to provide continuing medical education for physicians. Hartford HealthCare designates this live activity for a maximum of **4.5 AMA PRA Category 1 Credit(s)<sup>TM</sup>**. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

## About BHNews

BHNews is published every other Friday. Story ideas or submissions may be sent to [amanda.nappi@hhhealth.org](mailto:amanda.nappi@hhhealth.org) or [susan.mcdonald@hhhealth.org](mailto:susan.mcdonald@hhhealth.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, Oct. 16, at noon**

# Kavanaugh hearings put spotlight on binge drinking

Testimony in the hearing for Supreme Court nominee Brett Kavanaugh — including questions about adolescent behaviors involving alcoholic beverages — has blanketed the airwaves. The nominee's declaration "I like beer" has become fodder for water cooler talk, jokes and even a Saturday Night Live parody, but it's no laughing matter for people like Michelle Voegtle, MEd, LPC.

Much attention has been paid to the scourge of heroin, opioid addiction and related overdose deaths, but the manager and clinical supervisor of Rushford MATCH (Medication Assistance Close to Home) program in Avon said clients there are primarily suffering from alcohol use disorder.

"Eight-one percent of our clients last month were treated for alcohol problems and only 13 percent for opiates," Voegtle said.

"Alcohol abuse affects people from all economic, social and demographic backgrounds," added Jack Ryan, LADC, manager and clinical supervisor of the Rushford MATCH location in Glastonbury, a facility that also sees more admissions due to alcohol than opiates.

"They are definitely from all walks of life — we have had lawyers, medical professionals and 'soccer moms,'" he said.

While the nation's opioid troubles have been escalated to what public health professionals deem crisis proportions, J. Craig Allen, MD, Rushford medical director, said alcohol remains a



much more prevalent and even deadlier concern.

"On a yearly basis, alcohol kills nearly twice as many people as opioids, but because this has been going on for centuries, it's become part of the culture," he said. "With opioids, the rapid rise in overdose deaths is new and the sudden nature of death by overdose, as opposed to gradually succumbing to alcohol's ills over the course of years, is more striking and garners front-page coverage."

In addition, he said alcohol use remains a significant problem for adolescents and in high school and college, where most of the misuse is in the form of binge drinking (five or more drinks in a short period of time). In the young adult population, alcohol is linked to thousands of sexual assaults and "date rapes," other physical assaults and 80 percent of homicides.

The physical and emotional effect of drinking is widespread, Dr. Allen said.

"Alcohol damage goes far beyond blackouts, accidents and altercations.

Over time, organs — including the liver, heart, pancreas and brain — become involved and there is a direct relationship between alcohol consumption and various types of cancers."

In England, where residents drink more per capita than in the United States, there has been an organized national effort to have people reexamine their alcohol use and consider reducing or stopping use altogether. A campaign started this month — "Be Sober in October" — is aimed at encouraging people to see how they feel, think and sleep after stopping their alcohol intake.

The good news, according to Dr. Allen, Voegtle and Ryan, is that people can find help for alcohol use disorder, including the effective MATCH program offered throughout the Hartford Health-Care Behavioral Health Network. MATCH pairs counseling with outpatient medication treatment for clients dependent on drugs or alcohol.

While Voegtle said many Avon clients, perhaps in response to the opioid crisis, fear taking another drug, MATCH provides medication management during and after a client stay.

"Medication management is especially helpful for alcohol users who find it hard to stay sober in an outpatient level of care," Ryan said.

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For more information on treatment for alcohol use disorder or MATCH, go to [www.hhcbehavioralhealth.org](http://www.hhcbehavioralhealth.org).

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## Connecticut in line to receive \$22M in federal funds to fight opioids

A federal infusion of \$22 million to help fight the opioid crisis in Connecticut, where the overdose rate is higher than the national average, will be directed at retrieving unused narcotics through pharmacy and police department collection centers.

Vincent McClain, MD, associate medical director of residential services with Rushford, spoke in favor of a bill at a press conference held recently by Connecticut senators Richard Blumenthal and Chris Murphy. The bill, which was passed by the U.S. Senate and awaits House of Representatives approval, in-

cludes The Access to Increased Drug Disposal Act that funnels grant monies to increase participation in take-back programs.

"This would benefit the people of Connecticut by decreasing the amount of unused old prescriptions that are available to children, adolescents and others by decreasing the excess 'medicine cabinet' access," Dr. McClain said. "This is critical in an area hit so hard by the opioid epidemic. We need such a coordinated federal response to support the teams at Rushford and elsewhere that are meeting the challenges posed by this crisis."

# Opioid crisis won't be fixed by 'cold turkey' approach

As an opioid crisis grips the United States, spurred in part by the physical dependence many people develop after seeking a legal remedy for pain, politicians and caregivers in the nation's healthcare system are struggling to find a solution.

A recent *New York Times* op-ed (<https://www.nytimes.com/2018/09/26/opinion/opioid-crisis-chronic-pain.html>) suggests that the overarching answer is not to cut off the supply to all people, a notion supported by Rushford Medical Director J. Craig Allen, MD. Instead, an organized and thoughtful response to the epidemic that acknowledges the role of opioids in alleviating pain is needed, Dr. Allen said.

"There are big problems with the knee-jerk discontinuation of opioid analgesics. People go into withdrawal and then may seek relief from illicit prescriptions or other opioids," he said. "Tapering a patient who is actually benefitting from them is poor clinical practice and can potentially be malpractice because as the pain is decreased, function increases and the person's quality of life improves."

Connecticut statistics are alarming. From 2012 to 2016, opioid-related overdose deaths quadrupled in the state to double the national average. In 2017 alone, more than 1,000 Connecticut residents died of an opioid overdose.

"In the first four months of 2018, there were 3,090 emergency room visits in Connecticut for suspected overdoses," Dr. Allen said.

But, like the opinion article, he feels there are more pragmatic ways to decrease the addiction rates and loss of life. That includes:

- Alerting physicians when one of their patients has died from an opioid overdose.
- Limiting prescriptions for post-surgery patients to three days of pills.
- Encouraging other forms of pain relief such as exercise and alternative therapies such as yoga.

In addition, Dr. Allen sees opportunity to better identify, engage and treat those with substance use disorders (SUD) like opioid dependence in the emergency room and recently presented opportunities to Hartford HealthCare emergency medicine physicians. They include:

■ Improving and standardizing the way patients needing help for substance use disorders (SUDs) are identified in the emergency room. For example, clinicians can ask pointed questions about alcohol and drug use to quickly identify individuals needing SUD-related help.

■ Increasing referrals to community treatment.

■ Increase use of medication assisted treatment (MAT) as the first line treatment. Research indicates that MAT reduces opioid use, protects against opioid-related overdoses, prevents injection behaviors and reduces criminal behavior.

■ Generating a level of empathy among emergency room clinicians for patients with substance use disorders.

"When we created the multidisciplinary Opioid Council in 2016, the goal was to take a dual approach to the opioid crisis that combines evidence-based medicine with patient-centered care," Dr. Allen said.

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To learn more about what Hartford HealthCare is doing to help people with SUD, go to [hhcbehavioralhealth.org](http://hhcbehavioralhealth.org).

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## HOCC Out of the Darkness Walk



Staff from The Hospital of Central Connecticut counseling centers in New Britain and Southington participated in the Out of the Darkness Walk on Saturday, Sept. 29, at Great River Park in East Hartford to support the American Foundation for Suicide Prevention.

# Study: Half of prescription meds misused, unused

“Devastating” and “staggering (toll)” are adjectives used by officials with the National Council for Behavioral Health’s Medical Director Institute (MDI) on its recent report showing a grave lack of compliance to medication prescriptions.

Noncompliance with medication regimens is a challenge for all acute and chronic medical diseases and mental health and substance use disorders are not spared. Medicare reports the following rates of noncompliance by condition:

- Major depression, 25-75 percent
- Schizophrenia, 30-60 percent
- Anxiety disorders, 57 percent
- Bipolar, 21-50 percent
- ADHD, 26-48 percent
- Alcohol abuse, 35 percent.

The MDI convened an expert panel to produce this report, which highlights that while one in six Americans — about 54.3 million — are prescribed a psychiatric drug, only about half take it as prescribed. In addition, half of those sick enough to be prescribed medication are not getting it, leading to more emergency room visits, hospital admissions and disability.

“A recent study looking at treatment for opioid use disorders showed that adherence to buprenorphine in the 12 months following induction was associated with reduced odds of relapse and, despite the higher pharmacy costs, a 30 percent savings in medical costs. However, treatment adherence was only around 40 percent,” said J. Craig Allen, MD, medical director of Rushford.

Dr. Allen was part of the expert panel. Both he and John Santopietro, MD, the new physician-in-chief of Hartford HealthCare’s Behavioral Health Network, are MDI members.

Noncompliance, Dr. Allen said, can be traced to many variables including expense, side effects, lack of social support and the stigma associated with behavioral health illness.

The MDI report offers various solutions aimed at ensuring that all Americans get whatever comprehensive behavioral healthcare they need. Proposals include:

- Empowering patients to play an active role in recovery and treatment, such as helping providers discuss medications with their patients.

■ Removing payer restrictions limiting access to programs that give choice and minimize out-of-pocket costs.

■ Engaging family and caregivers by stressing the important role of medication in recovery.

■ Making compliance easier with bubble packaging or pillboxes to help patients keep track of multiple medications taken at different times, or shifting to injections if possible.

■ Embracing technology such as compatible devices, pill implants, reminder alarms and other apps.

“The understanding is if we can implement most of the solutions by 2025, that would lead to a 25 percent increase in adherence and then, as a nation, we could avoid millions of dollars in unused medications and \$2 billion a year in avoided hospitalizations. Most importantly, we’d realize improved health in our communities,” Dr. Allen said.

For more information on the support available for behavioral health diseases and substance use disorders through Hartford HealthCare’s Behavioral Health Network, go to <https://hhcbehavioralhealth.org/>.

## Backus Hospital client thankful for treatment

The following excerpt is from a letter written to the Backus Hospital D-1 inpatient unit by a patient who received treatment there in June.

Every  
moment  
matters.

“I would just like to say that even though I did not remember all of your names, I will remember you all and how you saved me from myself. I know with the skill that I have learned from you all and continue to learn each day that I cannot help but get better and I send you all light and love now and always. Thank you all from the bottom of my heart. I will never forget you and keep on doing the good work that you do to save others like me.”

## Universal Flu Prevention



Exemption applications

due by  
October 1, 2018

Flu shots

due by  
November 6, 2018

Hartford  
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- Find a flu shot clinic schedule and exemption forms at [hhconnect.org/flu](http://hhconnect.org/flu), and on the HHC (external) internet at <http://www.hartfordhealthcare.org/flu>.

**Center for Mental Health  
Group Schedule\***

**IOL leader Hank Schwartz's retirement featured**

■ *The Hartford Courant* printed a feature story about the career of Harold (Hank) Schwartz, MD, psychiatrist-in-chief of the Institute of Living, upon his retirement. Read it at (<http://www.courant.com/business/hc-news-schwartz-retiring-iol-20180926-story.html>)



Schwartz

■ J. Craig Allen, MD, medical director of Rushford, was quoted in an article in the *CTMirror* on Sept. 21, about the benefit of sharing medical records electronically on the opioid epidemic. Read the story at <https://ctmirror.org/2018/09/21/ct-docs-say-health-information-exchange-help-fight-opioid-epidemic/>.

■ Allen and Samuel Silverman, MD, FAPA, DFAPA, director of medical education and the Rushford Addiction Medicine Fellowship, were part of a panel of experts representing the American Society of Addiction Medicine presenting at the recent Cape Cod Symposium on Addictive Disorders. The presentation focused on distrust of medication by a treatment community rooted in abstinence. Their comments were used in an article on the conference for *Alcoholism and Drug Abuse Weekly*.

■ Vincent McClain, MD, assistant medical director of Rushford, commented as part of a Channel 8 story (<https://www.youtube.com/watch?v=gUkYhOuUbk&feature=youtu.be>) on Sept. 27 announcing \$30 million in federal funding to help the State of Connecticut fight the opioid crisis.

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

	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



Hartford HealthCare  
Behavioral Health Network  
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## Mental Health First Aid Train the Trainer

Just as CPR helps you assist an individual having a heart attack – even if you have no clinical training – **Mental Health First Aid allows you assist someone experiencing a mental health-related crisis.**

**In the Mental Health First Aid course,** you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

You learn about:

- Depression and mood disorders
- Anxiety disorders
- Trauma
- Psychosis
- Substance use disorders

**Mental Health First Aid teaches about recovery and resiliency** – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

### Three-day Adult Mental Health First Aid “Train the Trainer” Course

**Monday, Nov. 12-Wednesday, Nov. 14  
8 am-5:30 pm**

Institute of Living, Staunton Williams, Clarke Social Room

**Cost: \$2,000 per person**

For application, please contact Behavioral Health Network MHFA Coordinator **Patty Graham** at [PatriciaC.Graham@hhchealth.org](mailto:PatriciaC.Graham@hhchealth.org).

**This course is being offered by Hartford Hospital's Institute of Living.**



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\*Eligible discounts are for immediate family members

## Tip No. 6 — Find a way to get comfortable with an apology

In service recovery, the phrase “I’m sorry” can work like a charm. Yet, we sometimes resist saying it because the situation was not our fault, we fear being held responsible, or we don’t want to blame others. A blameless apology produces the magical effect of “I’m sorry” without taking the blame yourself, or blaming someone else.

A blameless apology recognizes the person’s experience and communicates your regret for that experience.

### How to communicate a blameless apology:

- Speak in the first person (“I’m sorry” instead of “we’re sorry”). Example: “I’m sorry this has been such a challenge for you.”

- Be personal — refer to the person’s specific experience. Example: “I’m sorry you have been waiting so long for your

Creating a positive patient experience is everyone’s responsibility. The Office of Customer Experience is sharing tips for improving patient experience in BHNews.

appointment today.”

- Be immediate — give the blameless apology right away, before finding out all the details or trying to solve the problem. Example: “I’m so sorry this happened. Tell me more and let’s figure out how we can fix this.”

- Don’t make excuses or try to defend yourself or others

- Remember, a genuine apology is never followed by the word “BUT!”

## Connecting you to healthier during Breast Cancer Awareness Month

### Classes

#### What’s New in Breast Cancer Treatment

October 9 • 6-7:30 pm

Hartford HealthCare Cancer Institute at The Hospital of Central Connecticut, 183 North Mountain Road, Conference Rooms A-C 6th Annual James Massi Lecture. Learn more about the latest advancements and discoveries involving the treatment of breast cancer.

Presented by: A panel of specialists from Hartford HealthCare.

To register, call 1.855.HHC.HERE (1.855.442.4373) or go to [hartfordhealthcare.org/events](http://hartfordhealthcare.org/events).

### Events

#### 7th annual Laura Beth Seder Memorial

##### “Pink” Golf Tournament

October 12

Proceeds benefit the Backus Breast Health Initiative. Mohegan Sun Golf Club, Baltic. Register online at [backushospital.org/seder-golf](http://backushospital.org/seder-golf).

#### 21st Annual Night of Lite Laughter

October 19 • 8 pm

The Bushnell Center for the Performing Arts, 166 Capitol Ave., Hartford

Join the belly laughs as Lily Tomlin headlines this annual event sponsored by Lite 100.5 WRCH to benefit breast cancer research at Hartford HealthCare Cancer Institute at Hartford Hospital. To purchase tickets, call 860.987.5900 or visit [bushnell.org](http://bushnell.org).

#### Making Strides Against Breast Cancer

October 28 • 10 am

Bushnell Park, 550 Main St., Hartford

This event, sponsored by Hartford HealthCare, unites communities behind the American Cancer Society’s efforts to fight breast cancer. Join survivors, caregivers and friends who are passionate about saving lives from breast cancer. To register, go to [cancer.org](http://cancer.org).

### Support Groups

October 16 • 3-4 pm

Hartford HealthCare Cancer Institute at Backus Hospital, 330 Washington St., Norwich, Medical Office Building, radiation therapy waiting room. For more information, call 1.855.HHC.HERE (1.855.442.4373).

October 16 • 3:30-4:30 pm

Hartford HealthCare Cancer Institute at MidState Medical Center, 435 Lewis Ave., Meriden, Cancer Center conference room. Registration is required. To register, call Erin Stocking at 1.203.694.8669.

October 17 • 5:30-7 pm

Hartford HealthCare Cancer Institute at The Hospital of Central Connecticut, 183 North Mountain Road, New Britain, conference room A. To register, please call Lori Baranowski at 1.860.696.4815.

October 18 • 6-7:30 pm

Grupo de apoyo para el cancer de mama hispano at the Hartford HealthCare Cancer Institute at MidState Medical Center, 435 Lewis Ave., Meriden, radiation oncology waiting room. To register, call Tina Rodriguez at 1.203.694.8249.

### Mobile Mammography Coach

Hartford Hospital’s digital mammography suite on wheels is coming to your area. Call 860.972.1141 for appointments. Walk-ins are accepted as scheduling permits.

Oct. 9 • 9 am-1:45 pm

The Village for Family and Children, 1680 Albany Ave., Hartford

Oct. 11 • 9 am-1:45 pm

University of Connecticut, Fairfield Way, Storrs

Oct. 16 • 9 am-1:45 pm

Charter Oak Health Center, 21 Grand St., Hartford

Oct. 18 • 9 am-1:45 pm

Manchester Community Y, 78 North Main St., Manchester

Oct. 24 • 9 am-1:45 pm

First Choice Health Center, 94 Connecticut Blvd., East Hartford

Oct. 25 • 8 am-12 pm

Women’s Ambulatory Health Services, 111 Park St., Hartford

Oct. 29 • 9 am-1:45 pm

Hartford City Hall, 550 Main St., Hartford

Hartford  
HealthCare  
Cancer Institute



Backus Hospital  
Hartford Hospital  
MidState Medical Center  
The Hospital of Central  
Connecticut  
Windham Hospital

Member, Memorial Sloan Kettering Cancer Alliance

To speak with a nurse navigator, call our Cancer Connect line: 1.855.255.6181 • For a complete list of all support groups & classes, please visit [hartfordhealthcare.org/events](http://hartfordhealthcare.org/events)

## Epic upgrade goes smoothly

The recent Epic upgrade was a smooth transition at the IOL thanks to Raveen Mehendru, Adrienne Quarford-Deshnow, Bonnie MacGregor, Cynthia Belonick, and Krista Rokes. This interdisciplinary team was key to our success. They identified potential issues and hit the ground running with staff education for all inpatient nurses. They not only prepped us for the transition, they also followed through to help us sustain best documentation practices. We would like to recognize them not only for their dedication to our patients and staff but for their perseverance and determination to examining workflows. They used the Lean process by studying and adjusting to ensure that the staff are all on the same page for documenting in the electronic health record. Kudos to this wonderful team!



— Ellen Blair, APRN, Director of Nursing, and Amanda Watkins, RN, Nurse Manager

## IOL stay makes all the difference

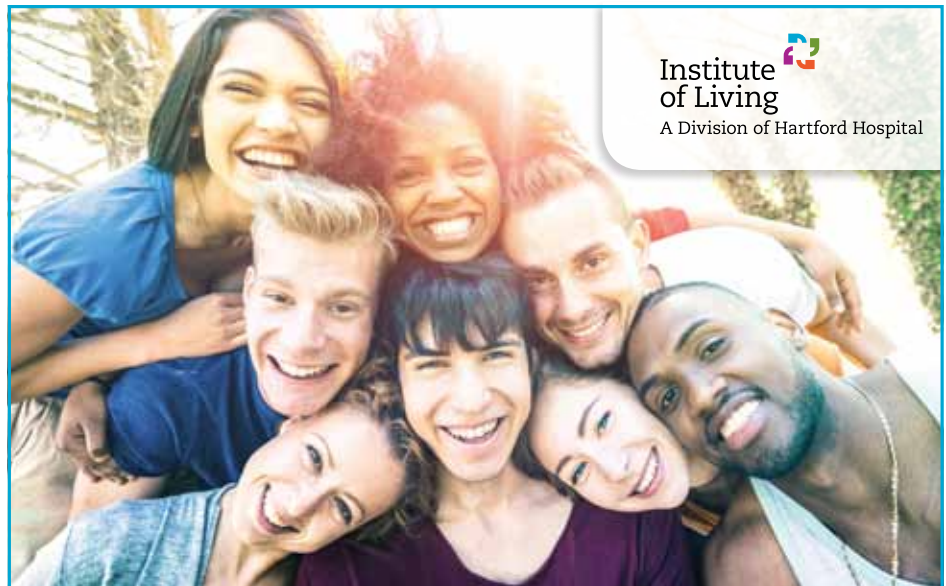
The following note was written to the staff at the Institute of Living Donnelly 3 North by a family member. Names have been changed to protect patient privacy:

Words cannot express the gratitude our family feels for the kind and caring way that you embraced Peter from day one. In such a difficult time, you made things so much easier with your kindness, patient, dedication and extreme flexibility for his needs.

**Every  
moment  
matters.**

We appreciate the many accommodations you made for him (The many special trips for his food, individual fresh air breaks, allowing all of his family and friends to be with him, the daily communication with the doctors.) Nothing has gone unnoticed. It has been a long and grueling three and a half weeks, but we can honestly say we will miss you all and so will Peter!

To each and every one of you... thank you for your part in leading our boy on his way back to us, his smile means everything! We are forever grateful.



## Treating the Whole Person: LGBTQ Identity Development from a Clinical Perspective

Friday, October 26 • 8am–5 pm

**Institute of Living**, Commons Building, Hartford Room, 200 Retreat Avenue, Hartford  
Breakfast and lunch will be provided | Sponsored by the Family Resource Center, Young Adult Services  
CEUs available

**This conference is for clinical providers and will provide info on:**

- Family functioning
- Medical/Endocrinology
- Standards for transgender-affirmative care
- Resiliency and environmental support for trans youth
- Gender dysphoria and borderline personality functioning
- LBGT adolescents of color
- Substance use and LGBT identity

☑ **Registration is required.** Registration fee: \$75, \$30 for HHC employees

☎ 1.855.HHC.HERE (1.855.442.4373)

🌐 [HartfordHealthCare.org/events](https://HartfordHealthCare.org/events)

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## 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 Families Dealing With Major Mental Illness.** 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.
- **Depression Bipolar Support Alliance Group (DBSA).** Oct. 8, 16, 22, 29. (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room, Aug. 29, Sept. 5, 12, 19, 26, Oct. 3, 10, 17, 24, 31. (Every Wednesday), 7 – 8 p.m. in the Commons Building, second floor, Litchfield Room. Peer-run support group for those who have been diagnosed with depression or bipolar disorder.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** 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 in their lives. The goal is to discuss support strategies to manage life challenges.
- **Hearing Voices Network (HVN).** Oct. 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.
- **Al-Anon Parent Group.** Oct. 11, 18, 25. (Every Thursday), 7 - 8 p.m. One-hour topic discussion.
- **Substance Use Educational And Support Group.** 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.
- **Support Group For Those Coping With A New Or Chronic Medical Condition.** 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).
- **It's Hard To Be A Mom.** 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**.
- **Depression: An Introduction To The Disorder.** 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**.
- **Autism Spectrum Support/Educational Group Meeting For Parents.** Oct. 17, Nov. 14, Dec. 19. (Third Wednesday of the month), 6 - 7 p.m. Providing a place for parents of children on the autism spectrum, or another related disorder, to come together and get support and information. Monthly, peer-run support groups interspersed with special guests and speakers to offer additional guidance and perspective. Please RSVP to Goviana at **860.560.1711** or [gmorales@spedconnecticut.org](mailto:gmorales@spedconnecticut.org).
- **Bipolar: An Introduction To The Disorder.** 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**.
- **Dementia Support/Educational Group Meeting.** 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**.
- **Managing Schizophrenia.** Nov. 6. 6:30 – 7:45 p.m. This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what

..... Continued on next page

## Free talk on OCD behaviors Oct. 25

It's one of those abbreviations that gets tossed around freely in conversation, but OCD, or obsessive compulsive disorder, is a chronic, long-lasting disorder that plagues many people with uncontrollable, reoccurring thoughts and causes them to repeat behaviors over and over again just to get through the day.

To help people understand OCD, Hartford Hospital's Institute of Living is offering a free talk that will cover the reasons why some people struggle with OCD, the biology behind the disorder and the best treatment options. Entitled "Obsessive-Compulsive Disorder: Understanding It and Getting Help," the talk will feature David Tolin, PhD, director of the Anxiety Disorders Center at the Institute of Living, and is scheduled for Thursday, Oct. 25, from 6-7:45 p.m., at Blue Back Square, 65 Memorial Road,

West Hartford.

"People oversimplify OCD, using it as a term to describe someone who is extremely clean and organized," Dr. Tolin said. "That may be true, but it is more extreme than that, to the point where the obsessions or uncontrollable thoughts and compulsions become very debilitating."

People with OCD, he explains, are often compelled to do tasks such as washing their hands repeatedly, counting things and checking over and over to see if a door has been locked or a light turned off. The uncontrollable activities can take hours each day and can lead to severe anxiety, depression and an increased risk of suicide.

Registration for the talk is requested. To register, call **1.855.HHC.HERE (1.855.442.4373)** or go to [hartfordhospital.org/events](http://hartfordhospital.org/events).

## Family Resource Center Support Groups (continued)

you can do to make things better at home. To attend, please RSVP to Laura at **860.545.7324**.

### ■ Dementia Lecture: An Introduction.

Nov. 20, 6:30 – 7:45 p.m. This program is for family members and friends of individuals who have dementia or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness. To attend, please RSVP to Laura at **860.545.7324**.

### ■ Schizophrenia: An Introduction To The Disorder.

Dec. 4, 6:30 – 7:45 p.m. This program is for family and friends of individuals who have schizophrenia or a related disorder. It will present a basic understanding of the disorder, its treatment, along with suggestions to help family members and friends cope with the illness. To attend, please RSVP to Laura at **860.545.7324**.

### ■ Anxiety Disorders: An Introduction.

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@hhchealth.org](mailto:laura.durst@hhchealth.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.



**Institute of Living**  
A Division of Hartford Hospital

# ClinicalTrials

CLINICAL TRIALS UNIT NEWSLETTER    AUGUST

**ADULT & ADOLESCENT TRIALS**

Actively Recruiting!



*Listed here are clinical trials currently enrolling study subjects for both adult and adolescent populations.*

**Have a question or a potential patient?**

Please contact the **Clinical Trials Unit Staff**

**Phone:**  
860.545.7323 (Sherika)  
860.545.7265 (Allie)

**Email:**  
[clinical.trials@hhchealth.org](mailto:clinical.trials@hhchealth.org)

**Location:**  
Butler Building, 2<sup>nd</sup> Floor  
Institute of Living Campus

*Thank you for your continued help and support!*



**\*Adult Major Depressive Disorder**

- Must 18-65 years of age
- Meet diagnostic criteria for MDD
- Cognitive and memory testing
- No study drug
- Study PI: Andrew Winokur, MD, PhD

**\*Adult Obsessive Compulsive Disorder**

- Must be 18-65 years of age
- Meet diagnostic criteria for OCD
- Double-Blind trial with optional Open-Label Extension phase
- Study drug: BHV-4157, a novel glutamate modulator
- Study PI: Andrew Winokur, MD, PhD

**\*Adolescent Schizophrenia**

- Must be 13-17 years of age
- Meet diagnostic criteria for Schizophrenia
- Double-Blind trial with optional Open-Label trial
- Study drug: Brexpiprazole
- Study PI: Mirela Loftus, MD, PhD

**\*Inpatient Trials**

- We have two inpatient trials looking at MDD and suicide ideation/attempt
  - Adult (18-65 years old)
  - Adolescent (12-17 years old)

Please contact study staff for more information about trials or to refer a patient!

## Annual reception set for Oct. 23

Join us at 5:30 p.m. on Tuesday, Oct. 23, at the Hartford HealthCare East Region System Support Office at 11 Stott Ave. in Norwich for a celebration of Natchaug Hospital's 2017-2018 accomplishments.

The evening will include a reception and buffet dinner, recognition of exemplary staff and a presentation entitled, "Suicide Prevention: Definitely a Team Sport" by the new Behavioral Health Network Physician-in-Chief John Santopietro, MD, DFAPA.



Santopietro

RSVP by Monday, Oct. 15, to Sherry Smardon at **860.465.5910** or **sherry.smardon@hhchealth.org** or visit **https://natchaugannualreception2018.eventbrite.com**

John Santopietro, MD, DFAPA, is the new physician-in-chief of the Hartford HealthCare (HHC) Behavioral Health Network (BHN). Prior to coming to HHC, Dr. Santopietro was the president and medical director of Silver Hill Hospital, following a stint as chief clinical officer for behavioral health and chair of the Department of Psychiatry at Carolinas HealthCare System where he spearheaded the integration of behavioral health practitioners in 70 primary care practices.

A graduate of Yale University, Dr. Santopietro earned his medical degree from Northwestern University Medical School, completed residency in psychiatry at Cambridge Hospital and a fellowship at the Austen Riggs Center, both in Massachusetts and part of the Harvard system.

## Donations sought for local family


Natchaug Hospital philanthropy and development is collecting donations of gently used clothing and bedding to support a local family that recently lost their home and all of its contents to a fire.

The family consists of a mother, three boys and one girl (sizes listed below). If you have household items to donate, please notify the development department, but they cannot be accepted yet because the family has not found new living space yet.

■ **Mom:** Medium/8 clothing; **Boy #1:** Size 7 clothing, size 3 shoes; **Boy #2:** Size 8 clothing, size 4 shoes; **Boy #3:** Size 10 clothing, size 13 shoes; **Baby Girl:** Size 18-24 months, size 4 or 5 shoes. \*Other sizes will be accepted since the children are still growing.

Items should be brought to Kate McNulty's office (P202) in the Natchaug Conantville Building.

### Inaugural Charity Ride for Recovery Motorcycle Poker Chip Ride



## Saturday, October 13

**Starts at Sachem House, 151 Storrs Road, Mansfield Center, CT**

Check-in 9AM, last bike out 11AM • \$20 per rider, \$10 passenger  
All proceeds support Natchaug adult outpatient treatment for mental health and addiction.

Lunch/snacks provided  
Prizes for first, second and third place  
T-shirt for all participants

For more information, contact Kate McNulty  
katherine.mculty@hhchealth.org  
860.465.5909

**Natchaug Hospital**  
Connect to healthier.™

## Nurses garden at Silver Street



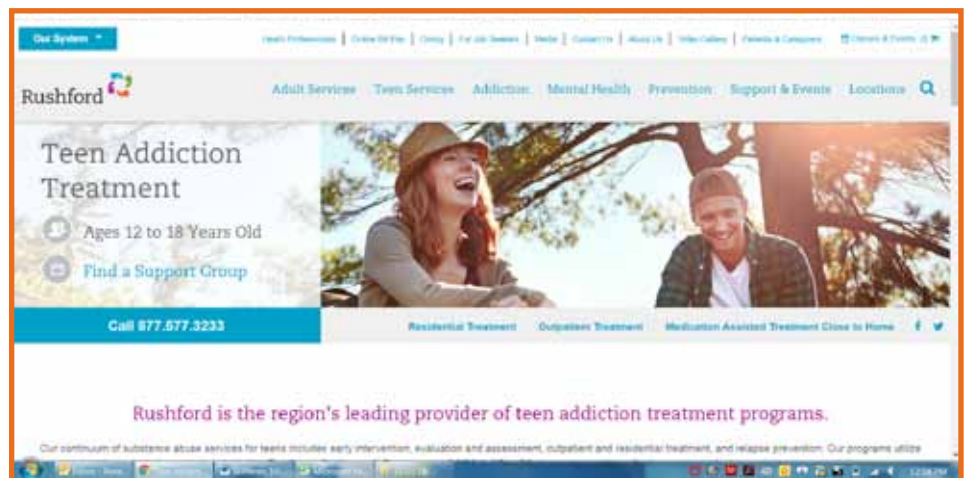
The Rushford at Silver Street nurses' garden continues to delight clients and staff for the fourth year! Once a weed patch, the garden has come to symbolize growth, achievement, and success. The addition of herbs this year, including lemon verbena and several types of basil, opened up the power and joy of aromatherapy to many, according to Elizabeth Vasileff, a third shift nurse.

Find us on Facebook at [www.facebook.com/rushfordconnecticut](https://www.facebook.com/rushfordconnecticut)

## Diversity council creates 'Safe Zones'

The Rushford Diversity and Inclusion Council was created to develop a reputation for cultural competence and inclusiveness within Rushford that provides respectful and effective quality care for people of all diverse backgrounds. As a result of the council, "safe zone" posters were created and will be displayed at all Rushford locations to promote respect for all people.

If you are interested in joining the council, contact [amy.dimauro@hhchealth.org](mailto:amy.dimauro@hhchealth.org) for more information. The next meeting will be held on Tuesday, Oct. 16. in the VT room at Paddock and on VMR at [meet.amy.dimauro@video.hhchealth.org](https://meet.amy.dimauro@video.hhchealth.org)



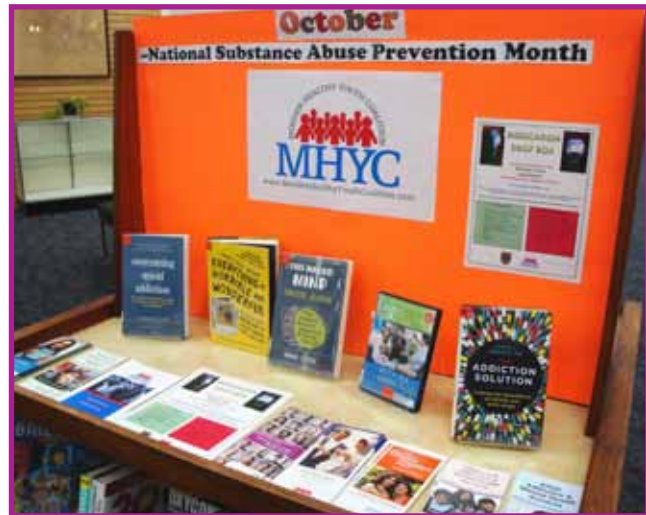
## Rushford web site gets a fresh look

In order to maintain a competitive web presence, Rushford recently upgraded its external website. The new site features improved navigation, eye-catching page templates, and updated, engaging copy. Phase two of the website upgrades will include brief service line videos. To see the changes to the website, visit [www.rushford.org](http://www.rushford.org).



## MHYC Narcan kits for Meriden police

The Meriden Healthy Youth Coalition and Rushford provided 70 Narcan kits to the Meriden Police Department along with 100 face masks for the officers to use when handling a possible overdose situation.



## Meriden library touts prevention display

The Meriden Healthy Youth Coalition partnered with the Meriden public library to create an informational display in recognition of October as National Substance Abuse Prevention month. The display includes resources, information on the medication drop box, Rushford programs, and books and videos specific to substance use disorders.



**We care about you!**

# Health & Wellness Fair

Featuring more than a dozen health and wellness agencies from across Connecticut

**Tuesday, Oct. 16 | 10 am – 2 pm**

Rushford Cafeteria  
883 Paddock Ave, Meriden

Door Prizes and Raffle • Refreshments will be served.

**Rushford**  
Connect to healthier.™