



WHAT'S IN IT FOR ME?

Benefits open enrollment begins next week.

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Natchaug employees honored at annual recognition event.

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Hartford HealthCare 
Behavioral Health Network

BHINews

Lordy, lordy, look who's 40

Rushford celebrates four decades of providing quality behavioral health services

An enthusiastic crowd of Rushford supporters past and present gathered at the Wadsworth Mansion in Middletown on Oct. 8 to celebrate the organization's 40th anniversary and reflect on the profound impact that Rushford has had on the communities it serves.

"Thank you, thank you, thank you!"

said Linda Worden, a longtime member of the Rushford Board of Directors and former board chair who praised the organization's staff and leadership for their work on

Rushford 
Connect to healthier.™

40 YEARS

behalf of those struggling with substance abuse and mental health issues over the past four decades.

Along with staff and leadership, the event was meant to pay tribute to the hundreds of people who have served on Rushford's board and guided its evolution into a center of excellence in behavioral health treatment. Jeffrey Walter, who led Rushford for more than



David Director, left, chairman of the Rushford Foundation Board, shakes hands with Pam Gionfriddo, far right, at the Rushford 40th Anniversary celebration. Former Rushford Board Chair Marc Levin is immediately to Director's right and keynote speaker Paul Gionfriddo, President and CEO of Mental Health America, is standing to the left of his wife.

30 years as executive director and CEO, said the organization could not have grown and achieved as much as it did without a strong, dedicated board.

"It's been wonderful seeing everyone here," he said of the gathering, which also included area legislators and other

state leaders. A highlight of the evening included a video message from U.S. Sen. Christopher Murphy, D-Conn, who credited Rushford with influencing his decision to push for visionary new legislation that aims to overhaul much of

..... Continued on page 2

Innovative care has changed public perception about substance abuse

continued from page 1

the mental health infrastructure in the country — a measure which was drafted with input from leadership at Rushford and across the Hartford HealthCare Behavioral Health Network.

One such leader is Stephen W. Larcen, Ph.D, who is president of both Rushford and the BHN. Larcen told the gathering that through Rushford's affiliation with the BHN and Hartford HealthCare, the organization is poised to continue leading the way in providing innovative and compassionate care to those in need for years to come.

The event's keynote speech was provided by Paul Gionfriddo, president and CEO of Mental Health America and a former Connecticut state legislator and mayor of Middletown. Gionfriddo fondly recalled watching Rushford's early years in Middletown, when it was staffed by a small handful of people, and then marveling as it took on a desperate need that was only beginning to be understood. He said Rushford's innovative care has helped change public perceptions of how to treat substance abuse issues, and how to prevent them.

Rushford's Medical Director, J.Craig Allen, MD, said Rushford continues to benefit from innovations such as its prestigious fellowship program in addiction medicine, which is certified by the American Board of Addiction Medicine.

The evening was capped with an expression of gratitude from Patricia A.



■ To watch a video marking 40 years at Rushford, visit www.rushford.org.



Above: Rushford employees past and present enjoyed the celebration, including from left: Shawna Cain, Director of Quality Improvement and Risk Management; John Steele, Former Director of Facilities; Darlene Dubowsky, Director of Access Management; Beverly Coleman, Former Vice President of Operations; and Melissa Curtis, Referral Relations Liaison.

At left: Patricia Rehmer, left, Senior Vice President of Behavioral Health at Hartford HealthCare; Former Rushford CEO Jeffrey Walter, center; and James O'Dea, Vice President of Operations for the Hartford Health-Care Behavioral Health Network.

Rehmer, MSN, ACHE, Senior Vice President for Behavioral Health at Hartford HealthCare, who recently assumed her leadership role within the organization after serving as Commissioner of the Connecticut Department of Mental Health and Addiction Services.

"After seeing the kind of dedication

and passion that we have across this organization, I'm glad I made the decision I did," she said. "I look forward to another 40 years of outstanding growth and service."

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. 27, at noon.

Benefits open enrollment for 2016 is Oct. 19-30

Open enrollment is a great time to review your benefits to make sure that you understand what your plan covers and what your share of the cost will be in 2016.

Visit the HHC&Me Benefits Enrollment website or call **855-596-7448** during open enrollment to:

- Enroll in benefits.
- Make sure your benefit selections

are accurate and up to date.

- Change medical plans or drop coverage.
- Choose a new dental plan or drop coverage.
- Add dependents.
- Remove dependents from coverage.
- Contribute to a pre-tax Dependent Care Flexible Spending Account (DC FSA) for expenses such as daycare.

■ Contribute to a pre-tax Health Care Flexible Spending Account (HC FSA) with a Point-of-Service (POS) Plan.

■ Make changes to pre-tax Health Savings Account (HSA) contributions.

■ Add, drop or make changes to supplemental benefits (such as life insurance, short-term disability buy-up, pet insurance, homeowners insurance, auto insurance, vision insurance, etc.).

For more information, visit the Employee Benefits pages of the new HHC Connect intranet.

New reward program

Connect to Healthier is more than an advertising slogan. It is an expression of HHC's commitment to helping patients, families, communities and employees be healthier with the support of our coordinated network of care.

We are building a culture of wellness by encouraging our employees to learn about the risk factors that research has proven can have a significant impact on health and well-being:

- Blood pressure.
- LDL cholesterol.
- Blood sugar.
- Body mass index (height and weight).
- Nicotine use.

With the new "5 Ways to Connect to Healthier" initiative, employees and their covered spouses or domestic partners who are on a Hartford HealthCare insurance plan can earn rewards by learning more about their health.

Start to earn your first Connect to Healthier reward right now. Simply complete the online form and submit it by June 30, 2016.

For details, please read the FAQs and fact sheet on the Health and Wellness pages of the HHC Connect intranet.



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For additional information, contact the UConn Ticket Office at **877-AT-UConn** (M-F, 9am-4:30pm).

Hartford HealthCare Behavioral Health Network

www.hartfordhealthcare.org/services/behavioral-mental-health



Lean principles put to use at Natchaug

Sometimes a small change can have a huge impact, especially when it comes to patient care. In the case of a Lean demonstration unit from the adolescent and child inpatient team at Natchaug Hospital, the act of improving the organization of workplace supplies is paying immediate dividends.



In 2015, more than 200 leaders across Hartford Health-Care were certified

in 40 hours of advanced Lean Training. The transformation includes embedding the two primary pillars of Lean: Respect for People and Continuous Improvement, into daily operations. HHC launched 14 demonstration units across the system to start the journey utilizing Lean tools and methodologies in everyday work.

The team at Natchaug used the 5S system in Lean methodology — Sort, Set In Order, Shine, Standardize, and Sustain — to organize supply storage for

NATCHAUG LEAN DEMONSTRATION UNIT

- Jose Arriaga, Maryann D'Aprile, Jessica Dejesus, Michelle Ducat, Ohla Nechyporenko, Mayra Santana-Robles, Kellie Thompson, Jennifer Vaughn
- **Huddle Leader:** Paul Simeone
- **Director:** Amanda Watkins
- **VP Operations:** David Klein
- **Lean Sensei:** Sandi Voogd

items such as games and art supplies used for children and adolescent programs. The team organized areas with tape marking where specific supplies should go and created inventory lists to ensure items were properly stocked and that there was no duplication in ordering.

“In terms of patient safety, it's very important for us to know if a paint set or scissors are missing. But, it's also important for us to know what supplies we have on-hand to facilitate activities,” says Paul Simeone, assistant director of the child and adolescent inpatient unit at Natchaug and huddle leader. “In the end, the process will allow us to spend more time with our patients.”



Funding for care teams rescinded

Commissioner Miriam Delphin-Rittmon of the Connecticut Department of Mental Health and Addiction Services (DMHAS) has announced that \$1.5 million in funding to assist hospitals and other community health and social service providers to establish and operate community care teams (CCTs) has been rescinded. The impact for Hartford HealthCare and the Behavioral Health Network is not expected to lead to a loss in services, but will have an impact on people treated in emergency rooms who would benefit from a care team approach.

The General Assembly had appropriated funds to support CCTs in the biennial budget adopted in late June, but DMHAS was forced to rescind the funds that had been set aside as a result of Gov. Dannel Malloy's Sept. 18 action rescinding funds that had been approved for state hospitals. DMHAS now estimates that funding will be delayed until July 2016, when \$3 million is expected to be available to fund the program.

Flu shot clinics continue

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 remaining times and dates for 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. 20

7-9 a.m., 2:30-4 p.m.
Donnelly Building

Thursday, Oct. 22

Monday, Nov. 2

Friday, Oct. 16

Monday, Oct. 26

Thursday, Oct. 29

NATCHAUG HOSPITAL

9 a.m.-5 p.m.
Infection Control Office, Main Hospital
9 a.m.-5 p.m.
Infection Control Office, Main Hospital

RUSHFORD

7:30-11:30 a.m., 2-4:30 p.m.
Silver Street, Middletown
8 a.m.-noon, 1-4 p.m.
Paddock Avenue, Meriden
8 a.m.-noon, 1-4 p.m.
Paddock Avenue, Meriden

1 BHNFirst

Quinebaug suboxone program offers help discreetly

A new program at Natchaug Hospital's Quinebaug adult treatment center in Dayville offers discreet treatment for the increasing number of people addicted to prescription opioids or heroin.

According to the National Institute on Drug Abuse, in 2014, 2.1 million people in the United States struggle with prescription opioid addiction, while 467,000 are addicted to heroin. In Connecticut, overdoses have been on the rise as well — with 558 deaths in 2014, as compared to 355 in 2012.

Natchaug's ambulatory detoxification program, which is also offered at Natchaug facilities in Mansfield, Groton and Vernon, provides therapy and Suboxone medication to help people struggling with opioid dependency.

Suboxone, also known as buprenorphine, is a partial opioid agonist that engages dopamine receptors in lieu of opioids. As a result, it prevents sickness from opioid withdrawal, blocks cravings and makes one feel normal without feeling high, thereby stopping the cycle of intoxication, withdrawal and drug-seeking behaviors.

Unlike methadone, another popular drug for assisting in detox from opioid



dependency, Suboxone is obtained in the privacy of a psychiatrist's office.

"Suboxone gives adults the opportunity to have flexibility in their life schedule, whether that's working, parenting or going to school," said Quinebaug program director Leah Russack-Baker, Ed.D., LADC. "We offer morning and evening groups, four days a week, so that working professionals have options."

In addition to the prescription of Suboxone, clients meet regularly with a psychiatrist to monitor dosage and participate in a relapse prevention group.

"Medication alone doesn't help someone who is struggling," said Rus-

sack-Baker. "The brain is still learning how to self-regulate, manage emotions and deal with stressors and conflicts in life. Having a supportive group helps clients be more successful in recovery."

Quinebaug's Suboxone program opened on Thursday, Oct. 1, and is now accepting referrals. For more information or to make a referral, call **860-779-0321**.

■ *BHN First is a regular feature of BHNNews designed to help readers become more familiar with the unique service offerings across the network, and provide staff with the information to refer within the BHN FIRST!*



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Stephen Guild and his anthem of hope

Stephen Guild remembers one of his lowest moments about 10 years ago when he was a patient at the Whiting Forensic Institute in Middletown, where he was sent after assaulting his father in the late 1990s in an incident that was due in large part to mental illness. Believing that he would never be released, Stephen sought comfort in music and craftsmanship, designing and building an electric guitar in the institution wood shop.

“I really came close to losing all hope that I could ever build a life for myself,” said Stephen. “I didn’t think I would ever be able to do what I’m doing now.”

Thanks to his commitment to overcoming his illness — and thanks to a dedicated team of caregivers at Rushford — Stephen is now living on his own in a transitional apartment in Meriden where he receives the support and treatment he needs. In the process, he has become a success story in overcoming the misconception that people with mental illness cannot live meaningful, independent lives.

“Stephen is remarkable in that he has persisted in realizing his dreams,” said Jessica Matyka, a Rushford coordinator who is Stephen’s supervisor with the Psychiatric Security Review Board, the state board which oversees patients found not guilty by reason of mental health issues. “He has embraced the course of treatment and recovery that we have offered him, and as a result, he is truly thriving.”

Stephen credits the Rushford staff members assigned to his care — including Matyka and James Pitel in the Friendship Club; Kelly Johnson, Monika Gunning, Laurie Shires



Stephen Guild with his Psychiatric Review Board Supervisor, Jessica Matyka, who is also a Rushford coordinator. Stephen is holding the guitar that he made during his time at Whiting Forensic Institute.

and Keith Richter in Outpatient Services; and Gina Maurizio and Gordon Green in Supportive Housing — for supporting his transition. But he also credits his love of music and electronics, which sustained him through the course of his time at Whiting until he was able to transition to another facility in 2010. In 2013, the supervisory board concluded that Stephen had progressed so much that he could return to the community, and Rushford was assigned to oversee his transition.

Stephen, who found refuge in the guitar and tinkering with electronics as a child, built his guitar with a distinctive layout for electronic wiring and construction of the neck and body. He played the instrument at a recent meeting of leaders at Rushford and the Behavioral Health Network, performing a song by Rihanna that left many in

the room deeply moved by his story.

Stephen is now looking for a full-time work in the electronics field, and also has taken up golf as a way to continue his re-integration into everyday life.

Another crucial source of support, he said, has been his family members, who have supported his recovery and his treatment, including his parents and his brother. He said the entire family looks at the experiences of their past as a learning opportunity to understand how mental illness can ultimately be overcome.

“I’ve been really fortunate in that I have a family that has not chosen to let these things destroy us,” he said. “Instead we are strong because we are moving forward together.”

IOL, Natchaug participate in National Depression Screening Day

In honor of National Depression Screening Day on Thursday, Oct. 8, staff from the Institute of Living and Natchaug Hospital screened more than two dozen people for mental health issues.

The screenings were offered on the IOL campus in Hartford and in the student union at the University of Connecticut. Each screening includes a self-assessment questionnaire, consultation with a clinician and recommendations on treatment options.

National substance abuse leader to visit IOL

Nora D. Volkow, MD, who has been Director of the National Institute on Drug Abuse (NIDA) at the National Institutes of Health for the last 12 years, will give a special presentation on her work as a leader in the field of drug abuse and addiction at the Institute of Living on Thursday, Nov. 19.



Volkow

Dr. Volkow has played an instrumental and pioneering role in demonstrating that drug addiction is a disease of the brain, furthering the public understanding of addiction as a medical condition requiring clinical and psychiatric treatment. As a research psychiatrist and scientist, Dr. Volkow

pioneered the use of brain imaging to investigate the toxic effects and addictive properties of abusable drugs.

She will give a presentation on her work at a special meeting of clinical experts and specialists at IOL, followed by a luncheon in her honor. Dr. Volkow's visit comes after she was named recipient of the IOL's prestigious C. Charles Burlingame Award in 2013, but was unable to attend to receive her award due to developments in Washington DC at the time. Her visit in November was scheduled as a way for her to follow up on her interest in touring the IOL and interacting with its staff of experts.

Before taking over as Director at NIDA – the country's leading agency for drug abuse and addiction research – Dr. Volkow spent most of her professional

career at the U.S. Department of Energy's Brookhaven National Laboratory in New York, where she held several leadership positions including Director of Nuclear Medicine, Chairman of the Medical Department and Associate Director for Life Sciences. A native of Mexico, Dr. Volkow has published more than 580 peer-reviewed articles and written more than 90 book chapters and non-peer reviewed manuscripts, and has also edited three books on neuroimaging for mental and addictive disorders.

In 2013, she was a Samuel J. Heyman Service to America Medal (Sammies) finalist; and she was inducted into the Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) Hall of Fame.

Networking for the LGBTQ community



The Institute of Living held its second annual networking event for its pioneering program for LGBTQ young people, *The Right Track*, on Thursday, Oct. 15, at the Commons Building. The guest speaker was Matthew A. Malouf, Ph.D, of Chase Brexton in Baltimore, who specializes in social stratification and social theory research with an emphasis on diversity and cultural needs. Shown here is Malouf, at left, with Laura Saunders, PsyD, ABPP, the Clinical Coordinator for *The Right Track* who helps young people become confident in their sexual identity in order to live happy and fulfilling lives.

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 additional 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.** Oct. 21, Nov. 4, Nov. 18, Dec. 2, Dec. 16 (*First and third Wednesday 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.** Oct. 20, 27, Nov. 3, 10, 17, 24, Dec. 1, 8, 15, 22, 29 (*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.
- **Anxiety Disorders: An Introduction.** Oct. 20, 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 specific suggestions to help them better cope with the illness.
- **Youth Psychosis Family Support Group.** Oct. 21, Nov. 4, Nov. 18, Dec. 2, Dec. 16 (*First and third Wednesday 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.
- **Managing Schizophrenia.** Oct. 27, 6:30 – 7:45 p.m. This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Oct. 28, Nov. 11, Nov. 25, Dec. 9, Dec. 23 (*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.
- **Dementia Support/Educational Group Meeting.** Nov. 3, Dec. 1 (*First Tuesday of each month*), 11:30 a.m. to 12:30 p.m. in the Donnelly Conference Room, First Floor. Please join us as we bring together experts and those who want guidance, direction, and support. Space is limited — reservations are required by calling **860-545-7665**.
- **Substance Use Educational And Support Group.** Nov. 12, Dec. 10 (*Second Thursday of each month*), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.
- **Schizophrenia: An Introduction To The Disorder.** Nov. 17, 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 specific suggestions to help family members and friends better cope with the illness.
- **Support Group For Families Dealing With Major Mental Illness.** Nov. 5, Nov. 19, Dec. 3, Dec. 17 (*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.** Nov. 5, Nov. 19, Dec. 3, Dec. 17 (*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.
- **Bipolar: An Introduction To The Disorder.** 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.

Employee Recognition Night



Above left: On Tuesday, Oct. 13, Natchaug employees gathered at the Windham Club in North Windham to celebrate their co-workers' milestone years of service. Above right: John Komery, left, celebrates 10 years and Marisol Caraballo, right, celebrates five years with their supervisor Scott Crawford.

Mural work at JCNE



Joshua Center Northeast therapist Darien Chalecki, LPC, is pictured in front of a mural created by JCNE's latency group. The group uses the task of creating the mural together to engage in collective flow. This art therapy exercise allows the young people to explore perceptions of their personal identity and a mode to engage in giving and receiving appropriate feedback and support. This intervention also focuses on improvement of group dynamics and developmental stages of group formation.



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

Paul Simeone, assistant director of the child and adolescent inpatient unit, and Amanda Watkins, director of the child and adolescent inpatient unit, show off one of two Vecta mobile sensory units purchased with grant funding.



Sensory units added to child and adolescent inpatient care

The child and adolescent inpatient units at Natchaug Hospital recently introduced two mobile sensory units thanks to funding from the Jeffrey P. Ossen Family Foundation. The units stand five feet tall and are used as a distraction and de-escalation tool for young clients in crisis. Each unit has an interactive bubble column with adjustable lighting, a projector, aroma diffuser, CD player and fibre optic light source cables, all of which clients can use under the supervision of staff.

R rushfordreport

An artist among us



Daisy Cruz, a client in the Friendship Club at Rushford, has been painting many of the bulletin boards and other display areas in the Meriden facility on Paddock Avenue over the past several weeks. Daisy has been using paints and pencils to show seasonal images and other themes, including a large Halloween mural, shown here. "Daisy has a lot of talent, and I think painting is a way for her to express herself," said Tracey Wilbur, a Friendship Club Social Rehabilitation Counselor.

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.

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Years of service

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 are photos of Lyn Connery, who joined Rushford in 1986 as a student assistance counselor assigned to promote prevention strategies among students Westbrook High School, where she has remained for nearly three decades. Over that time she has watched her role evolve from helping teachers identify signs of substance abuse to addressing a full range of prevention and intervention services, including family issues, cutting, eating disorders, bullying and other needs. Connery's dedication to Rushford's mission is an example of the organization's compassionate and knowledgeable staff, and the work they do every day to help those in need. Above right, Connery with a student in a photo taken from a Middletown Press article in 1990 and, above left, Connery today.



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Long-standing friendship



Joyce Heck, president of the Friendship Club at Rushford, was honored at a celebration Oct. 2 for her 30-year membership in the club. James Pitel, a Friendship Club Social Rehabilitation Counselor, said Joyce has contributed enormously to the club's growth and mission over the past three decades, advocating for others living with mental illness and helping new clients feel welcome. Joyce is shown here receiving a certificate of appreciation from Steven Zuckerman, Rushford's Vice President of Clinical Operations.

United Way campaign in full swing

For a \$1 per week (\$52 per year) donation to the United Way, you can:

- Provide dinner for 30 residents at a homeless shelter.
- Provide five bus passes to someone starting a new job but who has no transportation to get there.
- Fund youth leadership programs for 10 middle school or high school students.

If you completed a pledge form last year, you will still need to fill out a form this year if you would like to continue your contribution. Last year's forms do not carry over.

Our Campaign continues through

11/13/2015. Our campaign will include activities such as;

- **Week 1 (Oct. 12-16):** Kickoff with a chance to work with Senior Leadership or Director
- **Week 2 (Oct. 19-23):** Candygrams
- **Week 3 (Oct. 26-30):** Pumpkin-grams
- **Week 4 (Nov. 2-6):** Chili cook-off contest
- **Week 5 (Nov. 9-13):** Winner of 50/50 raffle is picked

All throughout our United Way Campaign we will have a 50/50 raffle. The winner will be chosen on the last day of our campaign.

Glastonbury recognizes National Recovery Month

In recognition of the important work being done to help provide care and treatment for those suffering from substance abuse issues, the Glastonbury Town Council issued an official proclamation observing National Recovery Month in September.

The proclamation was the only one of its kind to be issued in Connecticut, and was due in large part to the work being done on behalf of those suffering from substance abuse issues in the Glastonbury area — including the Rushford Glastonbury location for adult addiction, mental health and community services.

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



1998 LEXUS ES300 — Grey exterior. 210,000 miles. Asking \$1,600. Email Ambercd035@gmail.com

STIHL CHAINSAW MS310 — 18-inch bar, two extra chains, excellent condition, \$325. Call **401-322-0882**.

WILTON CAKE PANS — Ghost, Santa, Turkey, Bugs Bunny and many more. Mini, standard size, 3D, ice molds, \$7 and \$10 each. Call **860-822-6911** and please leave a message.

MISC. ITEMS — Netting to protect your plants from animals. Beer, Seagrams 7 and Joe Camel sign. 29 sets of knitting needles. Antique claw foot with glass ball piano stool. New six-piece Char-Broil BBQ set, \$20. Call **860-822-8578**.

MISC. ITEMS — New queen bedroom set with mattress and box spring. New dark wood dining room set with four chairs. Armoire. Four glass living room tables. Any reasonable offers accepted. Photos and pricing available by contacting karenshairdesign1234@sbcglobal.net.

WANTED

CAREGIVER — Seeking reliable and caring individual to provide morning care 7-11 a.m., two days per week. Orientation provided, personal care experience helpful. Call **860-245-5714**.

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

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.

HUGE YARD/ MOVING SALE — Saturday, Oct. 17, 8 a.m. to 3 p.m. and Sunday, Oct. 18, 8 a.m. to 12 noon at 162 Kendall Road, Lisbon. Indoor and outdoor, Antiques, clothing, children's toys, furniture, glassware, artwork, new dining room set, bedroom set with brand new mattress, antique lawn mower, and more, everything must go, make an offer.

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 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.

KRIPALU YOGA — Tuesday/Thursday, 5:30 p.m. to 6:30 p.m., at Norwich Recreation, 75 Mohegan Road, Norwich. Session I: Oct. 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, 10-day pass, non-resident: \$60, five-day pass or \$95, 10-day pass, drop-in: resident \$12 or non-resident \$15. Call **860-823-3791**.

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**.

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.

TURKEY DINNER — Saturday, Oct. 24, 5-7:30 p.m. at Lee Memorial United Methodist Church, 294 Washington St., Norwich. Adults, \$11, seniors and children 5 to 12 years old, \$9. Dinner includes homemade dessert and beverage, take-out avail-

able, reservations recommended. Call **860-887-5886**.

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**.

ST. JOSEPH SCHOOL OPEN HOUSE — Wednesday, Oct. 28, 9-11:30 a.m. at 10 School Hill Road, Baltic. Full day pre-kindergarten ages three to four years old and kindergarten to grade eight are available. Visit classrooms, speak with teachers and current parents, refreshments offered. For further information call **860-822-6141**.

SILENT MOVIE NIGHT — Friday, Oct. 30, 7:30 p.m. at Christ Church School of the Arts. Silent movie "Faust" will be showing, free admission with a suggested donation \$5, a Halloween celebration for all ages, wear your creepy costume, concessions are available. Call for more information **860-425-0663**.

JOSHUA CENTER SEEKS STAFF VOLUNTEERS FOR FIRST EVER TRUNK-OR-TREAT — Natchaug Hospital's Joshua Center Thames Valley is seeking staff volunteers for its first ever Trunk-or-Treat on Friday, Oct. 30, from 4-4:45 p.m. at 11 Stott Ave. Volunteers will provide candy as children trick-or-treat from trunk to trunk of volunteer's cars. Volunteers are encouraged to get into the Halloween spirit by decorating their cars and wearing costumes. Spaces will be blocked off in the parking lot for those cars that will be participating. Those interested in volunteering should contact Kerri Sisson at **860-823-5353** or by email at kerri.sisson@hhchealth.org.

JOLLY HOLLY HOLIDAY BAZAAR — Saturday, Nov. 7, 8 a.m. to 2 p.m. at Bethel Community United Methodist Church, 1 Rixtown Road, Griswold. Variety of gift/holiday items from quality vendors (a few spaces still available), baked goods, chili, chowder. Call **860-376-0022** or **860-319-4957**.

HARVEST FAIR — Saturday, Nov. 7, 9 a.m. to 3 p.m. at St. Mark's Lutheran Church. Treatures, vendors, soup, barbecue pulled pork, bagels, cardamom 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**.