



**THINK BEFORE YOU DRINK**

When it comes to cancer risks, alcohol can also be a factor.

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**THANKS FOR THE MEMORIES**

Prevention Services manager Sheryl Sprague announces retirement.

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**COME OUT AND PLAY**

Rushford staff unveils first 'Buddy Bench' for area school kids.

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Hartford HealthCare   
Behavioral Health Network

# BHINews

## Donation boosts opioid defense

*\$15,000 will aid victims' families, first responders in New London area*

**T**hanks to \$15,000 in funding from the Community Foundation of Eastern Connecticut (CFECT), families of clients at Natchaug Hospital's Care Plus New London site and the city's first responders will have better access to Narcan to help save the lives of opioid overdose victims.

The funding was officially announced during a ceremony at the New London Fire Department Headquarters on Thursday, Oct. 12.

"Hartford HealthCare and Natchaug Hospital have a strong relationship with the city of New London, especially the fire department. This allows them to save someone's life instantly. They are our first line of defense," said Tom King, Vice President of Operations, Behavioral Health, Hartford HealthCare's East Region. "And, it's not just about saving their life; it's about connecting them to care. We have that ability to do that with this partnership."

Natchaug Hospital will utilize funds from CFECT to purchase Naloxone kits,

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### Pincus honored with Burlingame award



Top: The Institute of Living/Hartford Hospital presented its 2017 C. Charles Burlingame Award Wednesday, Oct. 18, to Harold Pincus, MD, right, during an event at the Hartford Golf Club. Harold Schwartz, MD, Hartford HealthCare Vice President for Behavioral Health and IOL Physician In Chief, presented the award to Dr. Pincus. Above: Patricia Rehmer, left, HHC Senior Vice President and Behavioral Health Network President, joined Dr. Pincus and Dr. Schwartz at the event. **See more, page 7.**

## Mayor Passero: ‘With Narcan, timing is everything.’

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known commercially as Narcan, for family members of clients who have been treated for opioid addiction and/or overdose, and also distribute them to New London first responders who will carry for emergency response.

“We’re very proud of the quick response times of our ambulance service here in New London. With Narcan timing is everything. This partnership is crucial because now the ambulance service can partner with the community, family members, friends and educate them on how to provide Narcan. The extra time that is saved can be really important,” said New London Mayor Michael Passero, a former firefighter.

Narcan prevents opiate overdose death by quickly reversing the effects of the drug. While pharmacies in Connecticut can now prescribe and distribute Narcan and the accompanying kit



*New London Mayor Michael Passero, right, recognized a number of people and organizations this week including Natchaug Hospital, Hartford HealthCare and the Community Foundation of Eastern Connecticut (CFECT) for a donation of \$15,000 from CFECT that will benefit families of clients at Natchaug Hospital’s Care Plus Groton site and the city’s first responders who will have better access to Narcan to help save lives of opioid overdose victims.*

over the counter, it is expensive and not covered by insurance.

New London Human Services Director Jeanne Milstein said New London has made strides in battling the opioid crisis and said community partnerships

are crucial to the effort.

“Hartford HealthCare has been an essential partner. We know we can get someone into treatment and that there are quality services available in the city,” she said.



## The Making a Difference Together Award is Making Some Changes.

*Nominations Open Now.*

The **Making A Difference Together Award** recognizes Hartford HealthCare employees, working together as a cross-organizational team, who maximize value and system alignment or coordinate care through clinical integration.

**See what’s new, and nominate your own team or a team you admire, visit [HHC Connect](#).**

Winners will be recognized at the annual State of the System event.

**Deadline: November 10, 2017**

**DEADLINE  
EXTENDED!**

# Do not overlook alcohol when it comes to cancer risks

As the opioid crisis continues to make national headlines, Rushford Medical Director Dr. J. Craig Allen cautions us not to overlook the dangers of alcohol.

“Excessive alcohol use leads to nearly 90,000 deaths a year in the United States,” Allen said.

Allen said people should be cognizant, not only of the obvious dangers like addiction, but also the impact alcohol consumption can have on a person’s overall physical health, especially an increased risk in certain types of cancer.



“Alcohol has been given a free pass in a lot of ways because it’s such a part of our culture,” said Allen.

Allen said people should be cautious of recent studies that report that light to moderate drinking might actually be beneficial in preventing heart disease, stroke and diabetes. He said the known risks far outweigh any of the benefits.

“There’s pretty strong evidence that drinking more than the CDC recommended amount significantly increases your risk of cancer. The best strategy is not drinking at all,” Allen said.

The World Health Organization

lists alcohol as a group one carcinogen alongside substances like tobacco and asbestos. And, the American Cancer Society (ACS) links alcohol with an increased risk of cancers of the mouth, throat (pharynx), voice box (larynx), esophagus, liver, pancreas, stomach, colon and breast. According to the ACs, the correlation is simple: the more you drink the greater your risk of developing these cancers.

“This isn’t new information,” said Dr. Peter Yu, Physician in Chief of the Hartford HealthCare Cancer Institute. “But clearly excessive alcohol consumption is associated with a higher risk for cancers of the head and neck, stomach and other cancers in which it causes damage to the tissue. It also impairs the immune system which is important in preventing and fighting cancer.”

Yu said it’s difficult to compare tobacco use and alcohol consumption because there is societal acceptance of alcohol consumption, at least at some level. Yu said there is a need for more public education in the area of alcohol and cancer risk.

“With alcohol it’s more about excess versus complete cessation. There’s that nuance of a little is OK and a lot isn’t,” Yu said. “We’ve come a lot further in recognizing the harmful effects of smoking and we’re not there yet with

alcohol. Generally, smoking isn’t acceptable in any situation. There’s no safe amount of tobacco. Alcohol is considered a legitimate and acceptable recreational drug.”

So if you drink, what is a safe amount? The answer isn’t always clear as some studies show that any amount of alcohol can increase the risk of certain cancers. To reduce the risk of “alcohol-related harm,” the CDC recommends that if alcohol is consumed, it should be done in moderation, which means up to one drink for women — 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 80-proof distilled spirits per day — and two drinks per day for men.

Dr. Allen said people need to be knowledgeable and recognize there are serious risks of abusing alcohol beyond addiction.

“Let’s be honest, it’s not very sexy to talk about how having a couple of beers with your friends could actually increase your risk of getting cancer. I think the alcohol industry is well aware of the potential impact if the public got that message” Allen said. “We have warning labels on cigarettes, and on bottles of alcohol about the dangers of drinking for pregnant women. We don’t have them warning people about the link between alcohol and cancer. Maybe, it’s time we did.”



## HOGC’s opioid treatment program for new moms featured

■ A program at the Hospital of Central Connecticut for moms and newborns who are addicted to opioids was featured in a segment on Fox 61. <https://youtu.be/OKQrk1NCmz0>

■ Dr. Laura Saunders, from the Institute of Living was featured in a Fox61 story on cyber bullying <https://youtu.be/hFz4ZosxAeo>

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

## About BHNews

BHNews is published every other Friday. Story ideas or submissions may be sent to [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org) or [steve.coates@hhchealth.org](mailto:steve.coates@hhchealth.org).

Articles must be submitted as a Microsoft Word document. Every effort will be made to run the article in its entirety, but due to space constraints and style requirements, editing may be necessary.

**The deadline for the next edition of BHNews is Tuesday, Oct. 31, at noon**

# Officials express concern over opioid overdose crisis

■ This letter was sent to media outlets by the Connecticut Chapter of the American Society of Addiction Medicine expressing concern over the growing opioid overdose crisis in Connecticut and across the nation.

Dear Editor,

Opioid misuse, addiction, and related overdose deaths have reached historic levels in the United States. Each day, 129 Americans die from a drug overdose, and 79 die every day from prescription medications and heroin alone. Nearly 10 million Americans now report misusing opioids, a nearly four-fold increase since 2000. In Connecticut alone, over 830 residents died from an opioid overdose last year and through the first six months of 2017 the rate has increased with an average of 3 residents dying each day from accidental drug intoxication.

A recent New York Times editorial highlighted eight strategies that could have an impact on preventing opioid misuse and overdose. Among them:

■ Improving access to medication-assisted treatment for those with opioid addiction.

■ Protecting the Medicaid expansion set forth in the Affordable Care Act (ACA), which helps ensure equal and affordable access to a full continuum of substance use disorder treatment and has helped many states address this public health crisis.

■ Expanding access to naloxone, an opioid antagonist that can help prevent and reverse opioid overdose in emergency situations, in healthcare settings and beyond.

There are many other ways that we can make progress against this public health crisis, including reducing stigma around opioid addiction, providing education about opioid misuse, and providing treatment alternatives to incarceration for drug users involved in the criminal justice system and expanding the addiction specialty workforce.

Taken together, strategies like these

address the multiple causes and effects of the epidemic. The cost of this epidemic is too high to do nothing. It's time to take real, meaningful action to prevent and treat opioid addiction and overdose.

— J. Craig Allen, MD

— Vincent McClain, MD

— Sam Silverman, MD, FAPA, FASAM

— Douglas Gibson, MD

— Surita Rao, MBBS, FASAM

— Mark Kraus, MD, FASAM

Executive Committee

American Society of Addiction Medicine

Connecticut Chapter



## What's wrong (and right) with "13 Reasons Why"

Join us for the screening of an episode of the Netflix series "13 Reasons Why," followed by a town hall discussion led by experts from the Institute of Living, part of Hartford HealthCare's Behavioral Health Network.

"13 Reasons Why" captured attention from teens and adults. The series tells the story of a teenager who takes her own life and leaves behind tapes chronicling the 13 reasons.

The show has been criticized for its graphic themes, which include suicide, sexual assault, substance abuse and bullying. But it has also generated dialogue on the topic of suicide. This event is suitable for parents, teens and school employees.

## Aetna helps offset cost of Apple Watch purchases

From now until the end of the year, Hartford HealthCare employees can buy an Apple Watch with a \$75 discount from Aetna.

HHC employees will be able to purchase an Apple Watch online and pay for it with a credit card or, if they are eligible, spread the cost over a year, using interest-free payroll deductions. To learn more, click on the Wellness Incentives page of HHC Connect.



Speakers:

**Hank Schwartz, MD**

Psychiatrist-in-Chief, IOL  
Vice president of behavioral health at Hartford HealthCare



**Pat Rehmer**

President, Hartford HealthCare Behavioral Health Network  
Senior vice president  
Hartford HealthCare



**Laura Saunders, PsyD, ABPP**

IOL child and adolescent psychologist

**Wednesday, Nov. 1 | 7-9 pm**

West Hartford Conference Center at Town Hall  
50 South Main Street, West Hartford

Light refreshments will be served.  
Validated parking – registrant must bring ticket to the event for validation.

Hartford HealthCare  
Behavioral Health Network  
Connect to healthier.™

📍 Registration is required. 📞 1.855.HHC.HERE (1.855.442.4373) 🌐 [HartfordHospital.org/events](http://HartfordHospital.org/events)

# BHN announces sites, dates for flu vaccine clinics

Everyone who works, learns and volunteers at Hartford HealthCare stands firmly against influenza. Through our Influenza Prevention Program, we are achieving nearly 100 percent vaccination rate and significantly reducing the risk flu poses to our most vulnerable patients. We also are protecting our co-workers and families.

All non-exempted staff members must be vaccinated by Nov. 6. Those applying for medical or religious exemptions must do so by Oct. 1. Individuals

## Flu clinic schedule

Sunday, Oct. 22	6:30-8 a.m.	Natchaug Treatment Room
Monday, Oct. 23	2:30-4:30 p.m.	Natchaug Treatment Room
Wednesday, Oct. 25	7-9 a.m.	IOL Donnelly 1st floor conf. room
Wednesday, Oct. 25	2-4 p.m.	IOL Donnelly 1st floor conf. room
Monday, Oct. 25	10 a.m.-2 p.m.	Rushford Meriden Board Room
Friday, Oct. 27	9 a.m.-noon	Natchaug HR building
Friday, Oct. 27	10 a.m.-2 p.m.	Rushford Meriden Café conf. room
Monday, Oct. 30	2-4:30 p.m.	Natchaug HR Building

with existing religious and medical exemptions do not need to reapply.

When attending clinics, please be sure to bring your badge.

For more information on the flu

prevention program, or to view a schedule for vaccination clinics across the system, visit [hhconnect.org](http://hhconnect.org) and under “Community”, select “Initiatives” and click “Flu Prevention Program.”

## Mental Health First Aid classes on HealthStream

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

MHFA training is offered at the Institute of Living on the third Friday of each month starting Oct. 20 and continuing through September 2018. A minimum of 10 participants must be registered in order for the course to be run.

If you are interested in scheduling a training outside of the Hartford region, contact MHFA coordinator Patricia Graham at [patriciaac.graham@hhchealth.org](mailto:patriciaac.graham@hhchealth.org).

## Behavioral health part of CMS discussion



Rushford Medical Director J. Craig Allen, MD, (pictured) joined other Hartford HealthCare providers and administrators including HHC Chief Executive Officer Elliot Joseph and Senior Vice President and Chief Medical Officer Rocco Orlando, MD, during a roundtable discussion and visit to HHC by Seema Verma, Administrator for the Center for Medicare and Medicaid Services (CMS) on Oct. 16 at Hartford Hospital. The visit was part of a national listening tour by CMS with healthcare providers. In the area of behavioral health Dr. Allen brought up several issues including: access to addiction services in the midst of an opioid overdose epidemic; reimbursements that cover the costs of providing behavioral health services, continued investment in and promoting of integration of primary care and behavioral health care; and enforcement of parity by including behavioral health in the pay-for-performance conversation.



# Rushford Prevention Leader Sheryl Sprague retiring Nov. 3

A longtime leader of Rushford's prevention team is stepping down. After 11 years as Rushford's Manager of Prevention Services, Sheryl Sprague will retire on Nov. 3.

In her role at Rushford, Sprague directed all activities of the prevention department, including leading the Federal Drug Free Communities Support and STOP (Sober Truth on Preventing Underage Drinking) grant initiatives, Department of Mental Health and Addiction Services (DMHAS) funded prevention initiatives, as well as local and commu-



Sprague

nity foundation funding and activities.

"I am extremely proud to have led the Rushford prevention team in achieving a broader reach throughout Connecticut to serve more youth, families and communities. This would not have been possible without such dedicated, competent, talented staff. I have truly been blessed to manage an outstanding team of prevention professionals who strive to coach, support and mentor each other." said Sprague.

Sprague and her husband will relocate to their home state of Vermont, where she said they will enjoy working on the home and gardens at the log house built by her late father.

"Rushford has been blessed with Sheryl's tenacity and passion for years. She will be sorely missed. She has built strong, lasting relationships with our community partners and grant funders and has touched so many lives with the trainings and programs Rushford has facilitated and funded in schools,

businesses, agencies, and communities," said Amy DiMauro, LCSW, Director of Adolescent Services, Adult Services, & Prevention Programs.

Krystle Blake, a prevention professional at Rushford since 2008, will begin in her new role as Manager of Prevention and Wellness on Oct. 30. Blake has created and helped manage several initiatives including the Meriden Healthy Youth Coalition and the Meriden chapter of Students Against Destructive Decisions (SADD).



Blake

A retirement celebration will be held for Sprague on Nov. 8 at Il Monticello at 577 S. Broad St. in Meriden. Tickets are \$25. For tickets visit <https://www.eventbrite.com/e/sheryl-spragues-retirement-celebration-tickets-38651855741?aff=eivtefrnd>.



## Kiss your e-mail Good-bye (The Sequel)

Effective Nov. 15, 2017 all Hartford HealthCare e-mail will automatically be deleted after:

- Seven years for directors and above
- Three years for managers and below
- Deleted items folders will continue to be emptied once a week

Mid-2018: Six-month e-mail retention policy strictly enforced. All e-mail auto-deleted after six months.

For information and instructions for saving and storing your important business documents, visit the Information Technology page of HHC Connect.



This notice reflects stricter enforcement of Hartford HealthCare's existing e-mail retention policy. Non-compliance and improper storage of business documents may create business and regulatory risks.

## Rehmer speaks at prevention meeting



Behavioral Health Network President Pat Rehmer gave the keynote address during the Connecticut Association of Prevention Professionals Annual Meeting on Oct. 19 in the Southington Municipal Building. Rehmer told attendees that it's never too early for parents to begin a conversation with children about the dangers of drug and alcohol abuse. Rehmer said that studies have shown that if you prevent a child from using any substance until they are 18, there is about a 90 percent chance that they won't struggle with addiction later in life, even if they are genetically predisposed. Also at the event, Rushford Manager of Prevention Services Sheryl Sprague, seen above, received a Lifetime Impact Award.

# Dr. Pincus honored with Burlingame Award

On Wednesday, Oct. 18, the 2017 C. Charles Burlingame Award was presented to Dr. Harold Alan Pincus. Dr. Pincus is professor and vice chair of the Department of Psychiatry and co-director of the Irving Institute for Clinical and Translational Research at Columbia



Pincus

University and director of Quality and Outcomes Research at New York Presbyterian Hospital.

Over a distinguished career, Dr. Pincus has made major contributions

to health services and policy research, science policy, research career development and the diagnosis, classification and treatment of mental disorders. He has had a particular research interest in the practice of evidence-based medicine, quality measurement and improvement and the relationships among general medicine, mental health and substance abuse — developing and empirically testing models of care that bridge these domains.

Dr. Pincus delivered the Burlingame Award Lecture in the Commons Building's Hartford Room on Thursday, Oct. 19. The title of his lecture was, "Integrating Behavioral Health and General Medical Care: Drowning in the Mainstream or Left on the Banks."

Dr. Pincus became the 30th recipient of The Institute of Living's annual Burlingame Award, considered to be one of the most prestigious annual psychiatric health awards in the nation.

## BrainDance Awards for Student Projects on Mental Illness

The Institute of Living at Hartford Hospital is sponsoring an academic and art competition designed to decrease the stigma of mental illness. The BrainDance Awards encourage high school students to gain knowledge about psychiatric diseases and develop a more tolerant and realistic perspective toward people with severe psychiatric problems. The competition also aims to promote students' interest in careers in mental health care. **Back after popular demand: A panel discussion featuring different mental health disciplines.** To receive a BrainDance Award, a student must submit an academic project or an art project on themes related to severe mental illness. Projects must be submitted using a flash drive or dropbox format only (WLMV files or project files are not accepted). Acceptable video formats are .WMV or MPEG 4. Awards up to \$1,000 will be given to the best submissions.

The projects will be judged by expert clinicians and researchers in the field, based on:

- Relevance to the issue of stigma
- Creativity
- Accuracy of information
- Scientific rigor

Projects on any theme related to severe mental illness will be considered for an award.



## The Hartford HealthCare Behavioral Health Network

is comprised of the Hartford Hospital Institute of Living, Natchaug Hospital, Rushford and the behavioral health departments of the Hospital of Central Connecticut, MidState Medical Center, and The William W. Backus Hospital. For more than a century, the members of the Hartford HealthCare Behavioral Health Network have been connecting people with services including inpatient and outpatient services in a variety of settings for children, adolescents and adults with mental health or substance abuse issues.

### The categories are: Academic, Art, and Mixed Media.

All applicants, their teachers, families and classmates will be invited to an awards day celebration hosted by the Institute of Living on April 26, 2018. This day is designed to be an educational extension opportunity and will include a lecture by a national expert on mental illness, an awards presentation, a visit to our Myths, Minds & Medicine museum on the history of mental healthcare and a tour of our neuro-imaging research center and a panel of experts in the mental health field. Winners are encouraged to present a brief synopsis summarizing their projects. The student lecture and presentations are designed so all participants can cite their BrainDance projects on future school or job applications.

**To apply for the awards:** please log on to: [www.nrc-iol.org](http://www.nrc-iol.org) and follow the link to BrainDance for application forms, information and procedures. Submission deadline is February 1, 2018.

**The awards are coordinated by:** Godfrey Pearlson, MD, Director, Olin Neuro-psychiatry Research Center and Nancy Hubbard, LCSW, Director of Outpatient & Ancillary Services.

**For more information: contact Nancy Hubbard at 860.545.7665 or [nancy.hubbard@hhchealth.org](mailto:nancy.hubbard@hhchealth.org)**

## Help for those who need financial assistance

Do you know a patient who is in need of financial assistance? Hartford HealthCare can provide help to patients in need. Learn more about the program at <https://intranet.hartfordhealthcare.org/inside-hhc/patient-support>.

# IOL kicks off Annie Goodrich Psychiatric Nurse fellowship program

On Oct. 2, The Institute of Living began its Annie Goodrich Psychiatric Nurse Fellowship Program. Although the program is one of only a few nurse fellowships in the country, it follows a rich history of advanced post-graduate psychiatric nurse education started by Dr. Annie Goodrich, an internationally known nurse scholar and visionary. Dr. Goodrich was the first dean of Yale University School of Nursing and consulting director of the nursing service at the Institute of Living's Neuropsychiatric Institute from 1938 to 1941.

The Fellowship will be a nine-month

intensive program that will include intra-professional education with post-graduate physicians and psychologists.

The Institute of Living accepted its first fellow, Morgan Madore, APRN, to the Child Adolescent Division. The Fellowship will expand at the end of 2018 to the adult division and at the end of 2019 to the geriatric division.

Credit and enormous gratitude to those who supported this initiative: Suzanne Femino, APRN; Dr. Robert Sahl, MD; Ellen Blair, MD; Maryanne Pappas, APRN; Cheryl Ficara, MSN; Annetta Caplinger, MSN; Maria Tackett, MD; Salma



Malik, MD, Psychiatric Medicine; James DeGiovanni, MD, Psychology; and Cindy Belonick, APRN.

## Depression study planned for teens

The Olin Neuropsychiatry Research Center of Hartford Hospital/Institute of Living seeks right-handed teenagers (ages 12-18) who currently have depression (Major Depressive Disorder) or who were depressed in the past. We are looking for participants who are not currently taking medication for depression, but other types of treatment and past medications would be OK.

Qualified volunteers for the study will participate in an interview, some questionnaires, neuropsychiatric tests and a non-invasive brain imaging scan.

Volunteers will be compensated \$20 per hour for their time. The study is expected to take 6-8 hours total and can be split into separate visits if desired.

For more information, please call **860.545.7788**.

## Anything to share?

Are you interested in sharing your clinical experience or knowledge with co-workers? Consider submitting an article to the Clinical Corner. For more information, e-mail [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org).



You are invited to our 5<sup>th</sup> annual LGBTQ Networking Event to celebrate the opening of The Right Track/LGBTQ Specialty Track in Young Adult Services.

## We're on the Right Track



**Tuesday, November 7 • 6 – 8 pm**

Institute of Living – Hartford Room, Commons Building, 2<sup>nd</sup> floor



Dr. Laura Saunders will kick off our 5 year celebration by reviewing triumphs and learning moments in LGBTQ mental health over the years.

This year's event will feature a panel of LGBTQ young adults sharing some of their experiences with the mental health and educational system. Attendees will be given an opportunity to ask the panelists questions, as well.

This event is intended for healthcare professionals. Not a CME credit event.



*This event 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 this population. Beverages and hors d'oeuvre will be served.*

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

To register, visit:  
[hartfordhospital.org/events](http://hartfordhospital.org/events)



## Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. For additional information, please contact the FRC at **860.545.7665** or **860.545.1888**. All programs are free of charge and, unless otherwise noted, are held in the Massachusetts Cottage, First Floor Group Room at the IOL Campus, 200 Retreat Ave., Hartford. The upcoming IOL FRC Support Group schedule is as follows:

- **Support Group For Those Coping With A New Or Chronic Medical Condition.** Oct. 20, 27, Nov. 3, 10, 17, 24, Dec. 1, 8, 15, 22, 29 (Every Friday), 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 call Elizabeth Alve-Hedegaard, APRN, at **860.545.7050**.
- **Depression Bipolar Support Alliance Group (DBSA).** Oct. 23, 30, Nov. 6, 13, 20, 27, Dec. 4, 11, 18 (Every Monday), noon - 1 p.m. in the Todd Building, Bunker Room and Oct. 25, Nov. 1, 8, 15, 22, 29, Dec. 6, 13, 20, 27 (Every Wednesday), 7 - 8 p.m. in the Commons Building, 2nd Floor, Litchfield Room. Peer run support group for those who have been diagnosed with depression or bipolar disorder.
- **Dementia Lecture: An Introduction.** Oct. 24, 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.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Oct. 25, Nov. 8, 22, Dec. 13, 27. (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.
- **Trauma Support Group.** Oct. 25, Nov. 8, 22, Dec. 13, 27. (Second and fourth Wednesday of each month), 6-7 p.m. A peer-led group that offers a supportive environment for individuals with any type of trauma history. Attendees will discuss relevant topics and educational materials will be available.
- **Al-Anon Parent Group.** Oct. 26, Nov. 2, 9, 16, 30, Dec. 7, 14, 21, 28 (Every Thursday), 7 - 8 p.m. One hour topic discussion.
- **It's Hard To Be A Mom.** Nov. 2, 16, Dec. 7, 21 (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 in a safe and open-minded space. Babies welcome! Space is limited. Please RSVP to **860.545.7324**.
- **Support Group For Families Dealing With Major Mental Illness.** Nov. 2, 16, Dec. 7, 21. (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 caring for others.
- **Dementia Support/Educational Group Meeting.** Nov. 7, Dec. 5 (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**.
- **Depression: An Introduction To The Disorder.** Nov. 7, 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.
- **Substance Use Educational And Support Group.** Nov. 9, Dec. 14 (Second Thursday of each month), 4 - 5 p.m. For family members impacted by loved ones with substance abuse.
- **Autism Spectrum Support/Educational Group Meeting For Parents.** Nov. 15, Dec. 20 (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.

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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.

## Into the woods

The second annual 5K Trail Run and Nature Walk took place Saturday in the area of Mansfield Hollow on the Nipmuck Trail. All proceeds raised from the event benefit programs and services at Natchaug Hospital.



## JC-Enfield classes take part in community events

Students at the Joshua Center Enfield CDT School had a busy start to the school year that included:

- Reading of Shakespeare's A Midsummer Night's Dream and a field trip to the Hartford Stage to see the play performed live
- Visits to Asnuntuck Community College, Manchester Community College and another visit planned at Tunxis Community College



- The start of a speaker series that began with True Colors on Thursday, Oct. 19
- Preparation of Halloween baskets for children at a local domestic abuse shelter



## Defining Moments

Natchaug Hospital  
Connect to healthier.™

### 63rd Annual Board Reception Defining Moments

Thursday, Oct. 26, 2017  
Hartford HealthCare  
East Region System Support Office  
11 Stott Ave., Norwich, CT

Join us for a celebration of Natchaug Hospital's 2016-2017 accomplishments, and stories of recovery from mental illness and addiction shared by people with lived experience.

5:30pm – Reception  
6:30pm – Program  
RSVP by Monday, Oct. 16  
Ashley Laprade at 860.696.9872 or  
Ashley.Laprade@hhchealth.org



Natchaug Hospital  
Connect to healthier.™

Find us on Facebook at  
[www.facebook.com/natchaughospital](http://www.facebook.com/natchaughospital)

## Dr. Weigle to receive high honor at D.C. gathering

Paul Weigle, MD, Natchaug Hospital associate medical director, will be elevated to the rank of Distinguished Fellow, the highest membership honor, at the American Academy of Child and Adolescent Psychiatry (AACAP) Annual Meeting in Washington D.C.

In addition, Dr. Weigle will chair two clinical perspective symposiums, present at eight different programs (more than any other AACAP presenter), and head the AACAP's Media Committee meeting.



Weigle



SAT. NOVEMBER 11, 2017

### OCD BASICS & BEYOND

This free educational program will review the basics of Obsessive Compulsive Disorder in both adults and children. A review of symptoms, treatment and strategies to support a loved one with OCD will be presented. Real life experiences will be shared and there will be a Q & A session at the end. This program is an OCD Awareness Week Event!



NATCHAUG HOSPITAL  
189 STORRS ROAD  
MANSFIELD CENTER, CT

10:00 AM –  
12:00 PM

LIGHT REFRESHMENTS WILL BE SERVED

REGISTER FOR THIS PROGRAM BY CALLING OR EMAILING TO LET US KNOW YOU ARE COMING!

SPONSORED BY

OCD CONNECTICUT  
860-415-6233  
ct.ocdf@gmail.com

www.ocdct.org

## Every moment matters.

■ A weekly roundup of kudos from staff and patients. Please email your submissions to [amanda.nappi@hhhealth.org](mailto:amanda.nappi@hhhealth.org). Editors reserve the right to edit submissions for length and grammar.

### Ex-Natchaug patient sends his thanks

“Just had to share this. Listening to radio on the way home Sunday morning (Soft Rock 106.5) and the DJ read a dedication from a former Natchaug patient. He said he was here for some time, and wanted to thank everyone who helped him while he was here. He said, “They are wonderful people, kind, caring, and they really helped me get back on track. I want to thank all of them for helping me and making my life better!”

Kudos to all our staff who work hard every day to make it a better world for our patients — we rarely know the final outcome, but all of you keep working to make a difference anyway. It's nice to hear about a success once in a while.

Thank you for all you do!

— Drea Koval, RNS

## Rushfordreport

### ‘Buddy Bench’ makes debut

On Friday, Oct. 13, Rushford staff and Stonegate clients presented Spencer Elementary School in Middletown with a hand-crafted Buddy Bench.

Buddy Benches are a social inclusion tool for young students who feel isolated during recess or free play time. When a student takes a seat on the bench, it acts as a signal for other kids to come invite them to play or talk.

The Buddy Bench presented to the school was built by boys from the Rushford Stonegate program in Durham as part of their community service efforts and was funded by the Community Foundation of Middlesex County.

Benches will be presented to each of the 12 schools that attended the fourth annual Rally for Bully-Free Communities held on Oct. 5 in Middletown.



Spencer Elementary School principal Richard Hendersen cuts the ribbon during the Buddy Bench presentation as, from left, Rushford's Greg Sims, Amy DiMauro, Ian Andrews, Felicia Goodwine-Vaughters, Community Foundation of Middlesex County President and CEO Cynthia Clegg and Sheryl Sprague look on.

## Middletown admissions offers detox by appointment

When people battling addiction reach out for help, they should have rapid access to the treatment they need. If not, the moment can be lost and recovery may never happen.

With that in mind, Rushford at Middletown's residential detoxification program is working to improve its admissions process and ensure easier access to its residential detox program. The facility began offering prospective clients scheduled admissions appointments starting on Sunday, Oct. 1.

Clients in need of detox are now able to call the Rushford admissions line and will be offered the next available screening appointment, which in many cases can be the same day.

The transition to admission by appointment is expected to eliminate patient build-ups and improve the admissions process, while still allowing Rushford staff to immediately respond to those in need of treatment. The end result will be less on-site wait time and increased access to detox beds for a broader range of clients.

"We know that Rushford's detox unit, which has the lowest detox readmission rates in Connecticut, is the first step towards recovery for many people," said James O'Dea, PhD, MBA, Vice President of Operations for the Behavioral Health Network. "That's why we sat down and really examined the admissions process and how to improve access to this vital service."

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### Ice cream socials to kick off United Way pledge drives

Please join philanthropy and development for United Way Kick-off Ice Cream Socials:

- **Meriden:** Friday, Oct. 20, 2-3 p.m. Paddock Avenue Cafeteria
- **Middletown:** Tuesday, Oct. 24, 2-3 p.m. Silver Street Café

Rushford at Middletown's detox offers a first step towards recovery for people with addictions to opioids, alcohol or benzodiazepines. Clients on the 19-bed co-ed unit are able to safely detox under the supervision of registered nurses and physicians, with access to group treatment for those who are physically and mental ready to

begin therapy.

The detox unit at Rushford's Middletown facility also offers clients access to a full continuum of addiction services including residential rehab and outpatient treatment.

For more information on Rushford or to schedule an appointment, call **1.877.577.3233**.



## 2nd Annual Rushford Client Talent Show



**Wednesday, Oct. 25 at 1 pm**  
Cafeteria, Rushford at Meriden

*Featuring clients from case management, outpatient, crisis-respite, CBI, homeless outreach, Friendship Club, young adult services, Kuhn employment and more!*

**Questions? Contact Martha at 203.630.5265**