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Hartford HealthCare 
Behavioral Health Network

BHINews



From left, Stephen Larcen, Senator Chris Murphy and Harold Schwartz, MD

Sen. Murphy launches listening tour with stops in Middletown, Hartford

Representatives of Hartford HealthCare's Behavioral Health Network were at the table last week as U. S. Sen. Chris Murphy embarked on a state-wide listening tour designed to educate him and his staff on the issues facing behavioral health providers and patients.

Each session brings together about 15 people representing a cross-section of patients, advocates and providers to get their input on a variety of topics associated with the mental health delivery system in Connecticut and across the nation.

"There is enormous opportunity for bipartisan support on this issue," Murphy noted in his opening remarks at the inaugural event on Thursday, Oct. 23, in Middletown, which was attended by Rushford Medical Director J. Craig Allen, MD, and HHC BHN Consultant and former Rushford CEO Jeff Walter. "I'm doing these small sessions to get some broad-based trend lines about what you see, where you see the gaps are in federal dollars coming down, opportunities for new programs and new ideas that the federal government can help lead on."

Jeff Walter raised the issue of the



Rushford Medical Director J. Craig Allen, left, with Sen. Chris Murphy

need to fully integrate behavioral health — including substance abuse and prevention together with mental health — with community primary health care

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Listening tour comes to Middletown, Hartford

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services.

“This includes cost-based reimbursement and workforce development,” said Walter, who also serves as Chairman of the Board of the National Council on Behavioral Health based in Washington, DC.

The Institute of Living hosted Sen. Murphy’s second listening session on Friday, Oct. 24, featuring input from HHC Senior Vice President and BHN President Stephen W. Larcen,

Ph.D., as well as BHN Vice President and IOL Psychiatrist-in-Chief Harold I. Schwartz, MD.

“In the system of care that we have now, the focus has been on the identified patient once he or she is ill,” Dr. Schwartz stated. “As we change our

See it yourself

■ **Sen. Chris Murphy’s roundtable discussion on mental health is now available On Demand at CT-N at <http://ct-n.com/ondemand.asp?ID=10851>**

systems, we need to focus on prevention. We need to focus on early identification and early intervention.”

“When you look at the legislation in the Senate to create a similar reimbursement system for community mental health centers as we do for community health centers, it’s a big deal,” noted Dr. Larcen. “It’s long overdue, and it’s the only way that the system will be able to meet the demand for outpatient levels of care.”

Sen. Murphy’s office is planning to convene between 12 and 20 similar listening sessions across the state between now and early 2015.



Gale Sullivan, MSN, RN-BC, Regional Nurse Manager for Behavioral Health Services in the East Region

Sullivan presents at American Psychiatric Nurses Conference

Gale Sullivan, MSN, RN-BC, Regional Nurse Manager for Behavioral Health Services in the East Region, presented two posters at the American Psychiatric Nurses Association (APNA) 28th annual Conference held Oct. 22-25 in Indianapolis.

Sullivan’s entries, “Older Gamblers on the Rise: Casino Gambling” and “Backus Hospital Psychiatric Emergency Department Nurses” were among 112 posters presented in the areas of Education, Research, Practice and Student. She also serves on a national work group through the APNA Institute of Safe Environments that examines models of care for psychiatric patients in the emergency department.

The conference was attended by more than 1,500 psychiatric nurses, including the IOL’s Ellen Blair, APRN, who was honored with the 2014 Excellence in Practice Award.

About BHNews

BHNews is published every Friday, except for the weeks of 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 carol.vassar@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, Nov. 4, at noon.

1 BHN First

The IOL Professionals Program helps with work, school transitions

The Professionals Program at the Institute of Living (IOL) caters to both the working professional and the college student seeking to return to work or school, yet still requiring treatment for issues of mental health, substance abuse or both. Treatment within the Professional Program is designed to improve interpersonal relationships, work performance, and overall functioning so that clients may successfully return to work, school and family life.

Several treatment tracks are available:

- Mental Health Partial Hospitalization Program (PHP) serves as a step-down treatment for patients who have been hospitalized, or as a measure to prevent hospitalization due to a diagnosed mental health issue.

- Four days per week, five hours each day
- Skill building
- Family sessions (by arrangement)

- Mental Health Intensive Outpatient Program (IOP) is an intermediate level of care with services designed to treat a diagnosed mental health condition while allowing for more flexibility in scheduling. It can also serve as a step-down from residential or partial hospitalization treatment.

- Three days per week, four hours each day

- Substance Abuse Intensive Outpatient Program (IOP) is an intermediate level of care with services designed



A casual group room setting within the IOL Professionals Program

■ 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!

to treat substance abuse and support recovery while allowing for more flexibility in scheduling. It serves as a step-down from residential or partial hospitalization treatment.

- 12-step based
- Three days per week, four hours each day

All tracks provide group therapy and medication management (if required).

Following a treatment management model, patients may continue to see their own individual psychotherapists if they already have one, or receive suggestions for follow-up referrals after the program ends.

Whether a potential client is a health care professional, a union member, a small business owner, a middle manager, a senior leader at a major corporation or practices a trade or craft, the IOL Professionals Program may just be the right place.

For more information or to make a referral, call the IOL Assessment Center at **860-545-7200, option 3**, or contact Lee Albert at lee.albert@hhchealth.org.

Open enrollment ends today

Friday, Oct. 31, is the last day of Open Enrollment for 2015 HHC Benefits. All eligible employees must register or decline benefits through the HHC benefits website (Natchaug RNs, therapists, case managers, teachers, school clinicians, educational assistants and 1199 employees will have a second special Open Enrollment period during early December).

To register for benefits, visit hhchealth.benefitsnow.com or call **1-855-596-7448**. For more information on benefits, visit your intranet or contact your local HR representative.



events

- **Thursday, Nov. 6 at 10 a.m.:** Prescription Drug Drop Box Ribbon Cutting, Meriden Police Department, 50 W. Main St., Meriden. Sponsored by Rushford, the Mid-State Chamber of Commerce, the Meriden Healthy Youth Coalition and the Meriden Police Department. For more information, contact krystal.blake@hhchealth.org.
- **Thursday, Nov. 6 at 12:45 p.m.:** Bristol Eastern High School Stop the Stigma rally. Sponsored by IOL and the Connecticut Youth Forum.
- **Thursday, Nov. 6 from 8 – 9:15 a.m.:** IOL Grand Rounds featuring Daniel R. Weinberger, MD, Burlingame Award Lecture, Hartford Room, Commons Building.
- **Friday, Nov. 7 from 8 a.m. – 5:30 p.m.:** Mental Health First Aid Training for Hartford HealthCare Employees, IOL, Commons Building, Litchfield Room, 200 Retreat Ave., Hartford. Cost: \$20 per person. For more information or to register, contact patriciac.graham@hhchealth.org, or call **860-545-7716**.
- **Wednesday, Nov. 12 from 9 a.m. – 4 p.m.:** *On Campus: Helping College Students with their Mental Health*, Institute of Living, Hartford Room, Commons Building. For more information, contact patriciac.graham@hhchealth.org.
- **Thursday, Nov. 13 from 8 a.m. – 5:30 p.m.:** Youth Mental Health First Aid Training for Hartford HealthCare Employees, IOL, Commons Building, Hartford Room, 200 Retreat Ave., Hartford. Cost: \$20 per person. For more information or to register, contact patriciac.graham@hhchealth.org, or call **860-545-7716**.
- **Thursday, Nov. 13 from noon – 1:15 p.m.:** IOL Grand Rounds: *The Use of Antipsychotics and other Psychotropic Medications in Alzheimer's Disease* with Davangere P. Devanand, MD
- **Thursday, Nov. 13 at 6:30 p.m.:** *Protecting Brain Development: Don't Let Your Kid be a Lab Rat* featuring Rushford Medical Director J. Craig Allen, MD. Sponsored by Middlesex County Coalition on Community Wellness and Middlesex Community College. For more information, contact sheryl.sprague@hhchealth.org.
- **Wednesday, Nov. 19 at 6 p.m.:** *Educational Empowerment Forum on Non-suicidal Self Injury* for parents and middle school and high school youth. Sponsored by Lincoln Middle School, Rushford and Meriden Healthy Youth Coalition. For more information, contact sheryl.sprague@hhchealth.org.
- **Thursday, Nov. 20 from noon – 1:15 p.m.:** IOL Grand Rounds: *The Problem and the Promise of Placebo Response in Depression* with Bret Rutherford, MD.
- **Thursday, Dec. 4 from noon – 1:15 p.m.:** IOL Grand Rounds: *Creative Resilience and Aging: Louis Armstrong, Race and Growing Old in the '60s* with Jeffrey Lyness, MD (CT CME Credit: Cultural Competency).
- **Wednesday, Dec. 10 from 8 a.m. – 5:30 p.m.:** Mental Health First Aid Training for Hartford HealthCare Employees, IOL, Commons Building, Litchfield Room, 200 Retreat Ave., Hartford. Cost: \$20 per person. For more information or to register, contact patriciac.graham@hhchealth.org, or call **860-545-7716**.
- **Thursday, Dec. 11 from noon – 1:15 p.m.:** IOL Grand Rounds: *Adolescent High Risk Behaviors, Substance Use Disorders, Psychiatric Co-Morbidity and Suicidal Behavior* with Yifrah Kaminer, MD.

Flu vaccinations due by Nov. 4

Please remember that all employees must receive their 2014 flu vaccinations on or before Nov. 4. The deadline for medical and religious exemption requests has passed.

For a full schedule of HHC vaccination clinics, visit your organization's intranet.

Upcoming clinics

- **Oct. 31:** Natchaug Hospital-Care Plus/JC SE, 9 a.m. - 2 p.m., Gold Star Hwy, Groton
- **Oct. 31:** Hartford Hospital Authenticity Room, 9 a.m.-noon, 5 Batterson Park Road, Farmington
- **Oct. 31:** MidState Medical Center cafeteria, 9 - 11 a.m.
- **Nov. 2:** Hospital of Central Connecticut, 5 - 9 p.m., roving New Britain campus

Blair picks up national award

Ellen W. Blair, APRN, NEA-BC, Director of Nursing for Hartford Hospital's Institute of Living (IOL), was honored at the 2014 conference of the American Psychiatric Nurses Association (APNA) in Indianapolis, Indiana on Oct. 22. Blair received the Excellence in Practice Award, recognizing an APRN member of the APNA who has made significant contributions to psychiatric mental health nursing practice through practice and research throughout his or her career.



Ellen Blair, left, with Patricia Cunningham, APRN, president of the American Psychiatric Nurses Association.



From left, Hartford Hospital President and HHC Hartford Region Senior Vice President Stuart Markowitz, MD; HHC BHN Vice President and IOL Psychiatrist-in-Chief Harold Schwartz, MD; IOL Vice President of Clinical Operations Annetta Caplinger; and HHC Regional Vice President for Operations Bimal Patel at the Braceland building ribbon cutting.

IOL opens renovated Braceland lobby

Tree dedicated to 'Dr. Jim'

The IOL celebrated the renovation of the Braceland building's lobby with a ribbon cutting and tree planting ceremony on Oct. 28. About 40 people were in attendance for the early afternoon event marking the official opening of the Braceland lobby. Braceland is home to the Grace Webb School, and is the eighth IOL construction project to be completed as part of a multi-year renovation plan.

In addition, the event marked the dedication of a newly planted weeping cherry tree in front of the building to



Part of the new Braceland building lobby includes a Dr. Seuss theme inspired by "Oh the Places You'll Go."

the memory of James "Dr. Jim" Black, MD, an esteemed and beloved IOL child psychiatrist who died in 2013.



The Right Track celebrates its first year

The Right Track/LGBTQ Specialty Track in Young Adult Services at the IOL celebrated its first anniversary on Tuesday, Oct. 28, with a networking event featuring trans advocate Tony Ferraiolo, LPC, second from right. Ferraiolo screened scenes of his movie, "A Self-Made Man," which documents his transition journey. Ferraiolo is flanked by IOL staffers, from left, Patricia Graham, Nancy Hubbard and Laura Saunders.

Employee Recognition Night



Left: Mental health worker Donna Watson, left, was honored for 25 years of service, with Journey House Assistant Program Director Christy Calkins, center, and HHC Senior Vice President and BHN President Stephen W. Larcen, Ph.D., at the organization's annual Employee Recognition event on Thursday, Oct. 23, at The Windham Club. More than 75 Natchaug employees were honored for their milestone achievements for five to 30 years of service. The event also included speeches, recognition for core value winners, and closing remarks from Clara Riley, Director of Leadership and Organizational Development for Hartford HealthCare.



Left: Natchaug Hospital Board Chair Jim Watson, MD, gives his opening remarks. Right: Dietary aide Barbara Wilson and housekeeper Mary Nicimpaye.



JCTV seeking book donations

Joshua Center Thames Valley is seeking donations to support a book drive for children and adolescents in the partial program.

The books will be used to inspire clients to take an interest in reading and as a prize for positive behavior reinforcement. Any donations of books or funds would be appreciated.

Drop off your donation at JCTV or contact Meagan.Fowler@hhchealth.org.

Mansfield CDT recycling project

Students at the Mansfield CDT School are starting a recycling project throughout the hospital over the next few weeks as part of their science and math curriculum. Stay tuned for more information on how you can support the project.

SAVE THE DATE

Natchaug Holiday Party

Friday, Dec. 5, 6-10 p.m.

Elks Club, 193 Pleasant St., Willimantic

■ Join your co-workers for a night of food, music, dancing, raffles and fun. More information will be coming soon. The holiday party is coordinated by the Employee Activity Committee. If you are interested in joining the committee, contact Donna Hendry at Donna.Hendry@hhchealth.org or **x69993**.

Birds of Prey visit Mansfield CDT School



On Friday, Oct. 24, Mansfield CDT School students welcomed staff from Horizons Wings and four birds to the Natchaug Community Room. Horizon Wings, a non-profit wildlife rehabilitation center in Ashford, specializes in birds of prey and education on environment and conservation. Recognition to Cari Delude, Mansfield CDT educational assistant, for setting up the visit.

H3W update

The H3W celebrations that occurred in September gave staff an opportunity to look in the mirror in a positive way and reflect on what they are proud of accomplishing over the past year. Some groups that were joined together like Care Plus and Joshua Center Southeast, reflected on how they have created program unity and melded into one over time. There is unity despite diversity with different types of people learning to work together for a better Natchaug.

Joshua Center Enfield branches out

Joshua Center Enfield Primary Therapist Danielle Letourneau brightened up her group room with a kid-friendly “rules tree.” Previously, the group room rules and expectations had been posted randomly around the room with laminated paper. The new “rules tree” has each of the rules and expectations on leaves to make the atmosphere more positive for her 5- to 10-year-old clients.



Customer Service Committee seeks members

The Customer Service Committee is seeking inpatient and school staff to help improve client experience. The committee, which meets once a month at the main hospital, focuses on client feedback and quality improvement throughout all Natchaug programs. If you are a mental health worker, therapist or educator interested in joining the group, please contact committee chair Jill Bourbeau at Jill.Bourbeau@hhchealth.org or x65908.

Donna Watson benefit a rousing success

The benefit for Donna Watson event on Sunday, Oct. 26 raised more than \$5,000 for Donna and her family. Thank you to all employees who supported the event.

Discounted BJs memberships for Natchaug workers

Natchaug Hospital is once again offering discounted new memberships and renewals to BJ’s Wholesale Club. Employees who sign up receive a discount on fees, three additional months of membership, and a second card for family. Five dollars from each membership will be donated to Natchaug. For more information, e-mail sherry.sardon@hhchealth.org or visit the Natchaug Intranet.

Prevention raises awareness about bullying and drug use among youth

October is a busy month for the Rushford prevention program, as it includes both National Bullying Prevention Month and Red Ribbon Week, which raises awareness about keeping America's youth drug-free. To that end, Rushford's prevention professionals were key participants in two events last week to raise awareness about these two important issues.



Donny Marshall takes the stage with his young daughter at the Unity Day 2014 rally in Middletown

On Oct. 22, Felicia Goodwine-Vaughters, Sheryl Sprague, Shauna Pangilinan and Christine Culver attended the Middlesex Community College for Unity Day 2014, a bullying-prevention rally of nearly 150 high school and middle school students from the area wearing orange t-shirts proclaiming "I will be an agent of change" and "I've got your back."

Headlining the event was former UConn basketball star Donny Marshall. The rally was sponsored by the Community

Foundation of Middlesex County's Council of Business Partners, and is part of the No Bully Zone program supported by Rushford.

On Oct. 23, Middletown's Deputy Mayor Robert Santangelo met with seventh- and eight-grade students attending Woodrow Wilson Middle School to read a proclamation from Mayor Daniel T. Drew that proclaimed Oct. 23-31 as Red Ribbon Week



Rushford Rams in Action with Middletown Deputy Mayor Robert Santangelo and Rushford's Felicia Goodwine-Vaughters (back right) proclaim Red Ribbon Week in Middletown

in the City of Middletown. Felicia Goodwine-Vaughters from Rushford was in attendance.

Middletown students participating in Rams In Action, a peer leadership afterschool program, organized Red Ribbon Week for the ninth year at Woodrow Wilson Middle School. Red Ribbon Week is now the oldest and largest Drug Prevention program in the nation reaching millions of young people. The mission of the campaign is to present a unified and visible commitment towards creating a Drug Free America. This year's theme was "Love yourself! Be drug free!"

Pam Waranowicz to rejoin Rushford in December

Pam Waranowicz, RN, has accepted the position of Nurse Manager, a position which she had previously held for Rushford. Pam brings a wealth of energy, experience, and collaboration to all facets of her work. She is expected to start on or around Dec. 1 and will be based at Rushford at Middletown.

Many thanks to Jennifer Nero and Jeannie Cardona, who performed seamlessly in their roles of Interim Nurse Managers during Pam's time away. Their work ethic and dedication allowed us to be patient in our search efforts, and they were vital in continuing to ensure optimal care for our adult residential clients. They will continue to be important members to our team. We would also like to recognize Valerie Walton for her discretionary effort in diligently overseeing nursing at Paddock, Durham and Stonehaven.



Pam Waranowicz, RN

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 carol.vassar@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

SLEEP NUMBER BED — King size, adjustable bed, no box spring, works great, \$300 negotiable. Pictures available, call **860-376-1344** or **860-333-3820**.

WANTED

VENDORS — Craft, hobby, products show hosted by the Lebanon Volunteer Fire Department Auxiliary on Saturday, Nov. 22, at the Lebanon Fire Safety Complex. Call **860-942-8283**.

CRAFTERS — Otis Library is looking for crafters for their Otis Festival, Saturday, Nov. 22. Applications are available at www.otislibrarynorwich.org or call **860-889-2365, ext. 127**.

VENDORS — Saturday, Dec. 6 and Sunday, Dec. 7, Holiday Bazaar, Sacred Heart School, Groton. Call **860-501-1991**.

EVENTS

WINES OF AUTUMN — Saturday, Nov. 1, from 5-7 p.m. at the Norwich Free Academy Slater Atrium, 305 Broadway, Norwich. Sponsored by the Woman's City Club of Norwich Scholarship Fund. Refreshments, wine, tickets \$20 in advance or at the door. Call **860-887-2315** or **860-887-7515**.

GRISWOLD EXERCISE PROGRAM — Meets every Tuesday and Thursday, 6 - 7 p.m. in the Griswold Elementary School cafeteria. Class features low-impact aerobics, weights and pilates. Bring your own mats and weights. For more information, call **860-376-4741**.

EMPOWER NEW ENGLAND — Presenting "The Seven Dimensions of Life," Thursday, Nov. 6, 7-8 p.m. at Windham Hospital, main entrance, 112 Mansfield Ave., Willimantic. Free and open to the public, handicapped accessible, 12 week series, informational, educational. For more information call **860-935-5107** or visit our website at www.EmpowerNewEngland.org.

YOUTH CAMPAIGN 2014 — Friday, Nov. 7, and Saturday, Nov. 8, at 7 p.m. and Sunday, Nov. 9, at 6:30 p.m. at ICP Healing Community Church, 20 Hope St., Willimantic. Special guest and preacher Evangelist Samuel Ortiz, free and open to the public. Call **860-423-3277** for more information.

NORWICH FREE ACADEMY — Saturday, Nov. 8, 5 p.m. at Slater Auditorium, Norwich Free Academy, 108 Crescent St., Norwich. Dr. Gary Phillip Zola, renowned historian and author of "We Called Him Rabbi Abraham" will speak and discuss his recent book. Reception and refreshments to follow the discussion. This event is sponsored by Lincoln Forum of Eastern Connecticut and is free to the public.

CHOWDER NIGHT 2014 — Saturday, Nov. 8, 5:30-8 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. Three chowders, salad, rolls, apple cobbler, apple cider, \$10 adults, \$8 seniors and children, live music, take out available.

TAI CHI & QIGONG — Tuesday, Nov. 4, 6:30-8 p.m. at 33 Gallows Lane, former Thames Science Center, New London or Monday, Nov. 10, 6:30-8 p.m. at 400 New London Tpke., Norwich. Free introductory class for health and healing. Visit www.eaglesquesttaichi.com for more information.

COMEDY SHOW — Friday, Nov. 14, 8 p.m. at Jacques Cartier Club, 1 Wilson St. Ext., Jewett City. Doors open at 7 p.m., \$20, comedians from New York, adult show only. Proceeds benefit the Lisbon Boy Scout Troop 73. Call **860-204-0478** or **860-710-5919**.

HOL-'LEE' DAY CHRISTMAS FAIR — Saturday, Nov. 22, 9 a.m. to 1 p.m. at Lee Memorial Church, 294 Washington St., Norwich. Country kitchen, gift shoppe, Christmas greens, Thirty-one Boutique, free gift wrapping.

FOOD FOR BOOKS — Saturday, Nov. 22, 10 a.m. to 1 p.m. at the Norwich Grange Hall, 172 West Town St., Norwich. Swap or exchange one for one, non-perishable foods, proceeds go to the Soup Kitchen.

SECOND ANNUAL BOZRAH HOLIDAY FARMERS MARKET — Saturday, Nov. 22, 10 a.m. to 1 p.m. at the Maples Farm Park Homestead, 45 Bozrah St., Bozrah. Shop from 22 Connecticut vendors, purchase gifts, home décor, horse and carriage rides and see Mrs. Clause.

NORWICH PUBLIC SCHOOLS STAFF FOLLIES — Friday, Dec. 5, 6:30 p.m. at Kelly Middle School. Raffle, admission \$10, adult accompanying a child \$5, children under 14 years old are free. All proceeds benefit the Norwich Public Schools Education Foundation.

SENIOR RESOURCES — Let us do a benefits checkup — a free and confidential questionnaire for individuals ages 60 and older that will screen you for eligibility for federal, state and local financial programs. Visit www.SeniorResourcesEC.org click on the benefits checkup logo or call Senior Resources at 800-690-6998 and have the questionnaire mailed to you. Or, a Senior Resources staff member can complete the screening over the phone.

Hartford HealthCare
Behavioral Health Network

Learn more about us online

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

