



BURLINGAME 2016

Dr. Stephen S. Sharfstein honored with IOL's annual award.

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ONLY THE YOUNG

Woodrow Wilson middle schooler named Youth Volunteer of the Year.

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Hartford HealthCare Behavioral Health Network

BHINews

IOL introduces forensics

Specialized psychiatry program will provide insight into court claims

It's not "CSI" yet, but it's a start. Identifying a growing need in medical, legal and academic circles, the Institute of Living is launching a forensic psychiatry program that will offer psychiatric expertise in a variety of civil, criminal, and legislative areas.

The new Forensic Consultation Service provides specialized services such as risk assessment, competency to stand trial evaluations, disability assessments, fitness for duty evaluations (including worker's compensation evaluations), criminal state of mind evaluations (e.g. Not Guilty by Reason of Insanity and Extreme Emotional Disturbance defenses), evaluations of sex offenders, determination of testamentary capacities, immigration and asylum evaluations, and independent evaluations of Habeas Corpus petitions.



John Bonetti, DO, associate director of the IOL's new Forensic Consultation Service, offers psychiatric profiling and background services in a wide range of areas, including medical, legal and academic institutions.

"We are recognizing this as a valuable service that is becoming more in demand," said

John Bonetti, DO, an IOL psychiatrist and associate director of the new service.

As an example of the kind of work the service will provide, Dr. Bonetti recently completed a lengthy evaluation of a person who had filed a claim against an employer after undergoing a

traumatic experience in the workplace. Dr. Bonetti was asked to determine if the employee's psychiatric issues could be directly linked to the workplace incident, or if the employee was already exhibiting symptoms beforehand.

Cases such as this, which involve civil claims, will make up the bulk of the new service's workload as it establishes itself and builds a reputation, Dr. Bonetti said. In time the service hopes to expand its services to include more work in

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'A valuable service that is becoming more in demand'

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criminal cases, offering psychiatric expertise and other services to law enforcement or prosecutors conducting investigations.

"I think when many people hear the word 'forensic,' they instantly think of the 'CSI' television shows and that kind of thing, but there is actually a need for this kind of service in a broad range of civil and criminal legal settings," he said.

The American Academy of Psychiatry and the Law describes forensic psychiatry as, "a subspecialty of psychiatry in which scientific and clinical expertise is applied to legal issues in legal contexts embracing civil, criminal, and correctional or legislative matters."

Along with Dr. Bonetti, who completed an advanced residency in forensic psychiatry at Yale University, the new service will benefit from the expertise and experience of IOL Psychiatrist-in-Chief Harold I. (Hank) Schwartz, MD and IOL psychiatrist Peter M. Zeman, MD, who is board-certified in forensic psychiatry.

The goal is for the service to become a launch pad for education of staff, trainees and patients, advocacy and policy work, academic publications and presentations, community work within the legal field and law enforcement. In addition, the service hopes to work closely with training psychiatrists, sparking interest in the field and aiding the development of some of the skills needed to practice in this sub-specialty.

About BHNews

BHNews is published every other Friday. Story ideas or submissions may be sent to matt.burgard@hhchealth.org or amanda.nappi@hhchealth.org. Articles must be submitted as a 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.

Deadline for the next edition of BHNews is Tuesday, Nov. 15, at noon.

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IOL celebrates annual Burlingame award winner

The Institute of Living's annual C. Charles Burlingame, MD, Award, one of the most prestigious annual psychiatric health awards in the nation, was bestowed upon 2016 recipient Steven S. Sharfstein, MD, at a special dinner at the Hartford Golf Club on Wednesday in which Dr. Sharfstein delivered an insightful and often humorous lecture on the future of psychiatric health systems.

Dr. Sharfstein was named the 29th recipient of the annual award after retiring as president and CEO of the Sheppard Pratt Health System in Baltimore in a career that spanned three decades as a leader and innovator in establishing modern and comprehensive centers for psychiatric care.

Dr. Sharfstein's lecture was entitled "Mental Health System Change and Survival: A Case Study," and he discussed the importance of remaining true to the clinical vision that lies at the heart of psychiatric centers such as the IOL, despite external pressures. He recounted a famous incident in 2005 in which movie star Tom Cruise claimed that the prac-



2016 Burlingame Award recipient Steven Sharfstein, MD, left, with IOL Psychiatrist-in-Chief Harold I. (Hank) Schwartz, MD.

tice of psychiatry was unnecessary on the Today Show, and Dr. Sharfstein was asked to appear on the show to respond.

"I remember saying that Tom Cruise may be a halfway decent actor, but as a doctor he is completely irresponsible," he recalled. "So the moral of the story is that the doctor is always right, unless you're Tom Cruise."

Sheppard Pratt and the IOL are both members of The Ivy League of Psychiatric Hospitals, an informal organization consisting of the six remaining earliest

asylums in America. Both organizations share a long history of leading service in the field; others include the Westchester Division of New York Hospital; Brattleboro Retreat in Vermont; Butler Hospital in Rhode Island; and McLean Hospital in Massachusetts.

Because of his status as a leader of one of the Ivy League institutions, Dr. Sharfstein's selection presented an opportunity for leaders from each of the other institutions to attend the award program as part of the Ivy League's annual leadership meeting, which has taken place every year for over a century. Leaders from each of the institutions held a meeting before going to the award dinner.

The award was presented to Dr. Sharfstein by Harold I. (Hank) Schwartz, MD, the IOL psychiatrist-in-chief, who said he was pleased that his colleagues from the other institutions could be with them.

"Together I think we represent the best of American tradition in American psychiatry," he said.

Supporting the NEDA Walk



Staff members with the Institute of Living's Eating Disorders Program offered informational materials and other items at a booth at the annual National Eating Disorders Association (NEDA) Walk on Oct. 22 at Central Connecticut State University in New Britain. The IOL's program is a major sponsor for the event, which calls attention to the issue of eating disorders and how to prevent and treat them. Shown here at the event are IOL staff members, from left: Lauren Millerd, LMSW; Brianna Blake, PsyD; Cheryl Grezlik, LCSW, Clinical Coordinator; Melissa Deasy, LCSW, Program Manager; Emily Stagg, APRN; and Ashley DeBella, RD.

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.** Nov. 4, 11, 18, 25 (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).** Nov. 7, 14, 21, 28 (Every Monday), noon - 1 p.m. in the Todd

Building, Bunker Room and Oct. 26, Nov. 2, 9, 16, 23, 30 (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.

- **Alcoholics Anonymous.** Nov. 8, 15, 22, 29 (Every Tuesday), 12:30-1:30 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.** Nov. 8, 6:30 - 7:45 p.m. This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and suggestions to help them better cope with the illness.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Nov. 9, 23, Dec. 14, 28 (Second and fourth Wednesday of

each month), 5 - 6:15 p.m. in the Center Building, Young Adult Service Group Room. Support group for 16- to 23-year-olds who identify LGBTQ issues as being prominent in their lives. The goal is to discuss support strategies to manage life challenges.

- **Substance Use Educational And Support Group.** Nov. 10, Dec. 8 (Second Thursday of each month), 4 - 5 p.m. For family members impacted by loved ones with substance abuse.
- **Al-Anon Parent Group.** Nov. 10, 17 (Every Thursday), 7 - 8 p.m. One hour topic discussion.
- **Support Group For Families Dealing With Major Mental Illness.** Nov. 17, Dec. 1, 15 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room. For family and friends of individuals who have schizophrenia, bipolar or other related disorders. Share your success and struggles. Learn to care for yourself while caring for others.
- **Youth Psychosis Family Support Group.** Nov. 17, Dec. 1, 15 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, Young Adult Service Group Room. 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 disorders. Join us to receive guidance on how you can help.

Teaming up for suicide prevention



John Bonetti, DO, of the Institute of Living, organized a team for the American Foundation for Suicide Prevention Out of the Darkness walk at East River Park in East Hartford on Oct. 15. From left are, Bonetti, David Vaughn, LCSW, and Rick Lautenbach, PhD.

- **Yoga.** Nov. 29, Dec. 27, 5 - 6 p.m. in the Commons Building, Hartford Room. Open to adult staff and family members. To RSVP or inquire, call the FRC at **860.545.7716** or email patriciac.graham@hhchealth.org



Members of the Norwich Fire Department hand out candy to costumed attendees at the Trunk or Treat fair Oct. 28 at Joshua Center Thames Valley in Norwich.

Trunk or Treat at JCTV

Joshua Center Thames Valley organized a Trunk or Treat fair on Oct. 28 with area providers as well as the Norwich police and fire departments. JCTV clients and families enjoyed Halloween treats, fun and learned information about services available to them in the area.



Mental health worker Marcela Lee, left, and lead primary therapist Anna Lane get into the spirit of Halloween.



Rushford/Natchaug Holiday Party

Saturday, Jan. 7 • 6-11 p.m.

Saint Clements Castle • 1931 Portland-Cobalt Road • Portland, CT 06480

Get ready for a great night of dancing and capturing beautiful memories. Includes photo booth, DJ and cash bar.

Choices of Entrees include:

- Southern Crusted Salmon in an orange marmalade reduction (may contain nuts)
- Vegetarian Lasagna
- Chicken Francaise with Romano Locatelli, lemon and capers
- Grilled Angus Sirloin with Barolo and caramelized shallots

Please have your entrée choices ready when purchasing tickets.

Tickets on sale now

\$10 per person. Staff/plus one (18 or older) *cash only*

See Annie Cruz or Sheila Gosselin for tickets

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Charter Oak will match donations until Thanksgiving

Charter Oak Federal Credit Union will match any donation to Natchaug Hospital up to \$100 through Wednesday, Nov. 23 (donor must have a Charter Oak account). For more information on donations or matches, contact **sherry.sardon@hhchealth.org**.

Anything to share?

Are you interested in sharing your clinical experience or knowledge with co-workers throughout the HHC Behavioral Health Network? Consider submitting an article to the Clinical Corner. For more information, e-mail **amanda.nappi@hhchealth.org** or **matt.burgard@hhchealth.org**.

Find us on Facebook at
www.facebook.com/natchaughospital

Middle schooler named Youth Volunteer of the Year

Aamira Trimble, an eighth-grader at Woodrow Wilson Middle School in Middletown who works closely with Rushford's prevention team, was given the Youth Volunteer of the Year Award at the annual meeting of the Middlesex County Substance Abuse Action Council last week.

Aamira received the award after being nominated by Felicia Goodwine-Vaughters, Rushford coordinator of prevention and wellness, who serves as Aamira's advisor in developing her as a peer leader in educating her fellow students about substance abuse and mental health issues.

Among Aamira's achievements

over the past year were her participation in RAMS in Action, a peer leadership after school program in which she led Rushford prevention programs during Red Ribbon Week, National Drug Facts Week and National Prevention Week. She also conducted a focus group on marijuana and teens and took part in Pride Patrol, an anti-bullying program at the school. In addition, she participated in Rushford's Girl Talk summer leadership program.

"Aamira's passion for making a difference is admired. She is always ready to help out and do whatever is needed," said Sheryl Sprague, Rushford's prevention manager.



Woodrow Wilson Middle School eighth-grader Aamira Trimble, center, was named Youth Volunteer of the Year at the annual meeting of the Middlesex County Substance Abuse Action Council. With her at the award ceremony were Felicia Goodwine-Vaughters, Rushford Coordinator of Prevention and Wellness, left, and state Department of Mental Health and Addiction Services Commissioner Miriam Delphin-Rittmon, Ph.D.

Nurse receives addiction specialty certification

Elizabeth Vasileff, RN, CARN, who has worked as a nurse in the detox unit at Rushford on Silver Street in Middletown for the past two years, recently passed her Certified Addictions Registered Nurse exam, making her a nursing specialist in the field of addiction medicine.

Nurses who obtain CARN certification must show demonstrated expertise in the field of addiction nursing.



Vasileff

Specifically, the nurse who is certified has demonstrated expertise in knowledge, skill and practice that provides the context for addiction nursing.

"I have to say, being a Detox Nurse at Rushford is truly 'real-time' nursing. On your feet assessment skills, available medications and a word of encouragement can change despair to hope

for my patients," Vasileff said. "The clients at Rushford are good people with a bad disease. Hope paves the way to successful outcomes."

Vasileff began her nursing career as a correctional nurse, and worked in hospital settings on acute geriatric psychiatric and inpatient units before joining the team at Rushford.



Help Rushford help others!

We are currently interviewing for membership on the

Rushford Client Advisory Council

The **Rushford Advisory Council** is a volunteer collaborative partnership between Rushford staff and our clients and their families to help make Rushford's great client service **even better.**

We are seeking members from **across Rushford's programs, services and locations.** The council meets on the second Wednesday of every month at 5 p.m. at Rushford's Paddock Avenue location in Meriden.

If you have a client or client family member who might be interested in providing ongoing constructive feedback about their experiences with Rushford, please contact Caitlin.Swartz@hhshealth.org.

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Boo! Halloween at Durham



Staff and clients at Rushford's Durham campus, which includes the Rushford Clinical Day School and Rushford at Stonegate, celebrated Halloween by dressing up in costumes and taking part in trick-or-treating. There was also pumpkin carving and decorating, and many of the clients were given candy while trick-or-treating from office to office. Shown here, from left, are staff members Susan Willmore, Peter Doria and Kellie Hougasian.

We want you at Weight Watchers

Weight Watchers meetings are being offered free of charge every week in the back room of the cafeteria at Rushford on Paddock Avenue in Meriden.

Meetings take place every Thursday beginning with an optional weigh-in at 12:15 p.m., followed by a casual and fun group meeting from 12:30 to 1 p.m. All employees are invited, and they can bring their lunch during the meeting. During the meetings the group members discuss goals and challenges that they may be facing, and then work to come up with strategic methods to overcome them.

The meeting is a great place to share tips and tricks that you have learned on your Weight Watchers journey. Hartford HealthCare will continue to offer free Weight Watchers classes at Rushford and other HHC locations in 2017.



We care about you!

Health & Wellness Fair

for Rushford clients and staff

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

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Counselor Lyn Connery receives diversity award

Lyn Connery, a 30-year Rushford prevention specialist who serves as the Student Assistance Counselor to Westbrook High School, was awarded Vista's Diversity Awareness award Oct. 29. The award aims to create understanding and

acceptance for individuals with disabilities through Vista students and members sharing their experiences growing up with and living with a disability.

Lyn was recognized for her work assisting students as they navigate ado-

lescence and the pressures of the social media age in preparing for college and the future. She has worked diligently to foster friendships and understanding between the students at Westbrook and Vista's students and members.

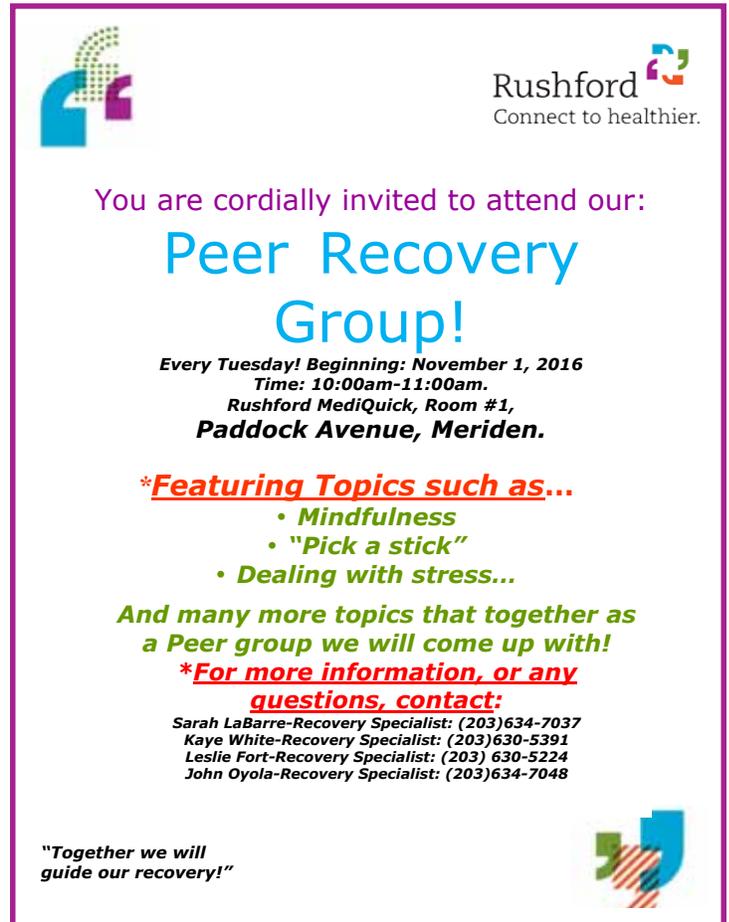


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Please Join Us
Wednesday, November 16, 2016
Begins at 5:30 pm

Rushford Foundation
Annual Reception • St. Clements Castle, Portland

■ RSVP at Katherine.mcnulty@hhchealth.org.
Please include meal selection choice
(beef, chicken, fish, vegetarian)



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You are cordially invited to attend our:
Peer Recovery Group!

Every Tuesday! Beginning: November 1, 2016
Time: 10:00am-11:00am.
Rushford MediQuick, Room #1,
Paddock Avenue, Meriden.

***Featuring Topics such as...**

- Mindfulness
- "Pick a stick"
- Dealing with stress...

And many more topics that together as a Peer group we will come up with!

***For more information, or any questions, contact:**

Sarah LaBarre-Recovery Specialist: (203)634-7037
Kaye White-Recovery Specialist: (203)630-5391
Leslie Fort-Recovery Specialist: (203) 630-5224
John Oyola-Recovery Specialist: (203)634-7048

"Together we will guide our recovery!"

thetreasuretrove

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.

EVENTS

BRUNCH & TAG/CRAFT SALE — Saturday, Nov. 5, 9 a.m. to 2 p.m. at Holy New Martyrs Church, 364 Canterbury Tpke., Norwich. Something for every-

one, frozen foods too.

WINES OF AUTUMN — Saturday, Nov. 5, from 5-7 p.m. at Norwich Free Academy Slater Atrium. Sponsored by the Women's City Club of Norwich Scholarship Fund. Samplings of fine

Wines and hors d'oeuvres, \$20 per person cash or check.

SAINT JOSEPH SCHOOL DAY — Tuesday, Nov. 8, 9 a.m. to 2:30 p.m. Students will be able to spend time at our school, joining classes for the

day or just touring the school. Full-day Pre-K ages 3 and 4, full-day Kindergarten to eighth grade. Call Sister Mary Patrick at **860.822.6141** or email sistermarypatrick@gmail.com to make arrangements.