



CONGRATULATIONS

Primary Care Behavioral Health leader Janine Fonfara completes doctoral degree. • [PAGE 2](#)



TUNED OUT

New study finds possible link between screen time and teen depression. • [PAGE 3](#)



MIND AND BODY

Rushford site offers yoga classes to family members of addiction clients. • [PAGE 9](#)

Hartford HealthCare 
Behavioral Health Network

BHINews

One for the ages

IOL nurse brings four generations of experience to Hartford

Amanda Terranova joined the Institute of Living as a nurse in August, but her orientation to the Hartford Hospital campus didn't happen on her first day of work — it happened at the dinner table when she was growing up.

"Every time I came home from school, they were always talking about Hartford Hospital," Amanda said. "Other kids might not have that because their family members work in different places. My parents knew all the same people, so they brought it home with them."

Amanda is the fourth generation of her family to work on the Hartford Hospital campus. Christina Ricci, her



Institute of Living Nurse Amanda Terranova, right, became the fourth generation of her family to work on the Hartford Hospital campus when she was hired late this summer. She joins her parents, Marinella and Carmelo Terranova, center; her grandmother; Liberata Ricci, left; and her late great-grandmother, Christina Ricci.

late great-grandmother, worked in housekeeping for 25 years. Both of her parents, Marinella and Carmelo Terranova, are payment analysts; they started in Hartford and now work in Newington. And her grandmother, Liberata Ricci, worked in environmental services for 45 years. Liberata saw lots of change during

her time at Hartford Hospital. She started part-time on the night shift in 1965 as an environmental services unit leader. "It has changed a lot over the years," Liberata said. "A lot of the buildings weren't even here. I worked mostly in the High building, on labor and delivery. And then they added more buildings all around it."

Liberata was born in Italy and

..... *Continued on page 2*

'Everybody is really close here, and I've had a good experience so far.'

continued from page 1

couldn't speak English very well when she started working at Hartford Hospital, so she was nervous about finding her way around the growing campus. Juliana Mack, a retired assistant nursing director, tutored her so she could better interact with people and read signage around the hospital.

"I was never scared of the work," she said, "I was just scared I was going to get lost!"

When it came time for Amanda to choose a career, her family was able to offer a unique perspective on working in healthcare. But in the end, it was her choice to become a nurse.

"We didn't tell her to go into nursing — she did it all by herself," Marinella

said. "You have to be a special kind of person to do this work."

And after Amanda graduated, coming to the Institute of Living was an easy choice.

"I guess it is kind of a family thing. I remember coming here when I was young, and my grandmother helped me get a volunteering job in patient transport when I was 15 years old," Amanda said. "When I got a nursing degree, of course it made sense that I would work at Hartford Hospital."

She has enjoyed her time at the Institute of Living, citing the tight-knit community and grateful patients as positive parts of her first few months.

"Everybody is really close here, and I've had a good experience so far," Amanda said. "It's nice to come to a new

organization and you find the people at the top of the organization are so down to earth and take the time to recognize you."

Dr. Stuart Markowitz, former president of Hartford Hospital and newly appointed senior vice president and physician chief for strategic imaging for Hartford HealthCare, recognized the family for their legacy and contributions at a recent leadership forum.

Together, the family has given more than 120 years of service — and counting.

"Amanda will add another 45 years onto that," Carmelo said.

But Amanda was ready to take it a step further.

"Maybe my kids will work here," she said.

'13 Reasons Why' forum at NFA



Paul Weigle, MD, associate medical director and child and adolescent psychiatrist at Natchaug Hospital, left, and Laura Saunders, PsyD, ABPP, clinical psychologist at the Institute of Living, center, participate in a town hall discussion about the Netflix series "13 Reasons Why" Wednesday, Nov. 29, at Norwich Free Academy. The series, a segment of which was viewed at the event, covers the story of a teenager who takes her own life and leaves behind tapes chronicling how she got to that point in her life. The Hartford HealthCare Behavioral Health Network partnered closely with staff and administration at NFA in supporting the event which encourages those who watch the series to keep open lines of communication about teen suicide. James O'Dea, PhD, MBA, vice president, Behavioral Health Network, foreground, moderated the discussion.

Fonfara completes doctorate degree

Congratulations to Janine Fonfara who recently earned her doctorate in behavioral health. Fonfara was awarded the advanced degree with high honors after three years of academics and preparation of her doctoral dissertation while also working full-time.

Fonfara brought her academic and clinical work together first as a clinician and now as manager of the Primary Care Behavioral Health (PCBH) program. Her dissertation presented the research findings from efforts in two of Hartford HealthCare's early PCBH settings in the East Region, which demonstrated improvements in patients' behavioral health conditions, reductions in Emergency Department utilization as well as inpatient admissions for the referred population, and excellent provider satisfaction with the program.



Fonfara

The program continues to grow under Fonfara's leadership, through strong collaboration with system partners, especially the HHC Medical Group.

Study: Possible link between screen time and teen depression

A new study published in the journal *Clinical Psychological Science* shows a possible correlation between increased symptoms of depression and suicidal thoughts in teens who spend more than three hours a day online, on cell phones or playing video games. Symptoms were particularly prevalent among girls, the survey reports.

The study led by researchers at San Diego State University reviewed surveys from a half a million teens who responded to a series of statements such as “Life often feels meaningless,” or “I feel my life is not very useful.” They found that the number of teens who answered “yes” to three or more questions has increased significantly over the years — 16 percent in 2010 to 22 percent in 2015 — and that teens that spent the most time on their electronic devices were more likely to show signs of depression. According to the study, girls were six times more likely to show symptoms of depression or have suicidal thoughts than boys.

The news isn’t surprising to Natchaug Hospital Associate Medical Director for Ambulatory Services Paul Weigle, MD, who specializes in child and adolescent psychiatry and chairs the American Academy of Child and Adolescent Psychiatry’s Media Committee.

“The study does confirm what a number of other studies have told us — that not only has the average amount of time teens are spending online and playing video games increased significantly since the turn of the century, but

also that the rates of depression have increased concurrently,” Weigle said. “Although the correlation does not prove that increased time online directly causes depression, increased exposure [to video games, cell phones and the internet] is really the biggest change in the lives of children and adolescents during that time period.”

Weigle, who recently lectured on the topic during a meeting of the American Academy of Child and Adolescent Psychiatrists, said the relationship between too much screen time and depression works both ways.



Weigle

“It appears that the relationship is bidirectional. Those young people who have depression and anxiety are more likely to prefer communicating and socializing online even when compared to their peers,” he said. “Evidence supports that the more time teens spend online the less time they spend socializing, exercising, participating in school activities, and getting the appropriate amount of sleep.”

Weigle agrees that a three hour per day cut-off for screen time, as outlined in the study, is a reasonable guideline for parents to follow. He encourages parents to actively monitor their kids’ online activities and place restrictions on when and what they can watch and play.

“Most kids really do need that kind of guidance. As parents, we also need

to monitor our own screen habits and make sure we’re being good role models because it does have a great effect on our children. And, we certainly need to educate kids on the importance of a healthy balance and the drawbacks of excessive screen entertainment,” Weigle said.

According to Weigle, here are some signs to look for if you think your child is suffering from depression:

- Withdrawing from family and friends
- Irritability (Teens are more likely to be irritable than sad)
- Changes in appetite
- Changes in sleep patterns
- Low energy
- Hopeless statements or feelings of helplessness that indicate they don’t have control in their lives
- Decline in academic performance

If parents are seeing signs of depression in their child, Weigle said they should contact a primary care provider who can do an assessment and make a referral, or directly consult a qualified mental health provider.

“Depression is unfortunately a common problem for adolescents, and it often causes great distress and impairment, but it’s important for parents to know that there is a solution. Treatment is both readily available and very effective for those in need,” Weigle said.

For more information on depression treatment and screening options, visit <https://hhcbehavioralhealth.org>.

About BHNews

BHNews is published every other Friday. Story ideas or submissions may be sent to amanda.nappi@hhchealth.org or 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, Dec. 12, at noon

Bulletin recognizes BHN for '13 Reasons' discussion series

■ The *Norwich Bulletin* published an editorial recognizing the Behavioral Health Network for holding a public forum about “What’s Wrong — and Right — With 13 Reasons Why” and the issue of teen suicide at Norwich Free Academy Nov. 29: <http://www.norwichbulletin.com/opinion/20171130/our-view-real-conversations-are-important-part-of-teen-years>

■ Dr. Michael Stevens from the IOL appeared on FOX 61 to discuss an ADHD study he helped author. https://youtu.be/dul_G6NZwmw

For more behavioral health news updates, subscribe to the BHN’s e-newsletter on www.healthnewshub.org.

Have you heard the news?

Introducing Hartford HealthCare’s news hub
Hartford HealthCare’s new online health news site delivers lively, informative and useful health news in a whole new way. Look for print, video and audio stories produced by HHC’s News Service, as well as timely tips on nutrition, fitness, health and wellness, and medical innovations.

Don’t miss a single story!
Read the latest health news or sign up for our e-newsletter at:

healthnewshub.org



Hartford HealthCare
Connect to healthier.™

NAMI donates discharge bags for HOCC inpatients

Thanks to the National Alliance on Medical Illness (NAMI) some patients of the EW3 Inpatient Psychiatric unit at The Hospital of Central Connecticut will be receiving bags filled with personal hygiene items, mental health resource information and some creature comforts upon their release from the hospital. Representatives from NAMI presented the unit with 100 discharge bags on Nov. 21. The bags include information from NAMI and other mental health resources in the community, a toothbrush, toothpaste, deodorant, notepad, pen, shampoo, soap and a \$5 Dunkin Donuts gift card.

“These bags come at a rather challenging time of year for our patient population and are an additional resource, especially for those who are being discharged to shelters and homes with minimal resources,” said Jessica Collins, BSN-BC, LPC,



Pictured, from left, HOCC’s Jessica Collins, and National Alliance on Medical Illness volunteers Michelle Joyce and Karen Caplick show off the discharge bags donated by NAMI on Tuesday, Nov. 21. They include personal hygiene items, information and a gift card from Dunkin Donuts. The bags were assembled by NAMI volunteer Pat O’Konis (not pictured).

regional manager of behavioral health. “We’re proud to have the opportunity to work with the NAMI organization and are excited to offer these additional resources when we discharge our patients.”

WFSB surprises HOCC for Thanksgiving



Clients of The Hospital of Central Connecticut Outpatient Psychiatry and Behavioral Health center at Cedar Street were paid a visit by the WFSB Surprise Squad on Nov. 13. Thanks to a nomination by a staff member, clients were given gift bags with Thanksgiving items and a \$100 gift card to Stop & Shop. To view the segment, visit <http://www.wfsb.com/category/284611/liberty-bank-surprise-squad>.

Loftus offers clinician’s perspective in webinar

Mirela Loftus, MD, child and adolescent psychologist at the Institute of Living, presented during a recent webinar hosted by the Center for Children’s Advocacy titled “Chemical Strait Jackets: Are Children in State Care Over-Medicated?”

Loftus’ presentation focused on the steps that should be taken to determine if medication is appropriate for a given child.

“The goal of the presentation was to take a closer look at how children in state custody are being



Loftus

treated and medicated,” Loftus said. “In Connecticut, we have perfected the checks and balances of this process and that has been recognized at a national level.”

Loftus, who is president-elect of the Connecticut Council of Child and Adolescent Psychiatry, said states should have a process in place that includes board-certified psychiatrists and oversight from agencies like the Department of Children and Families.

The audience included students from the UConn School of Law and child psychiatrists from the area. View a recording of the webinar at <https://goo.gl/EKRf7i>.

IOL store seeks to stock shelves for holidays

Throughout the year, the Institute of Living Child and Adolescent Outpatient Clinic provides a “shop” where families facing financial hardship can select gifts for the holidays as well as for their children’s birthdays, graduations, and special occasions. Families are not charged for anything they select.

In the past, with the help and generosity of fellow colleagues and the community, staff have collected donations of new toys, books, art and crafts supplies, winter coats and accessories, and other gift items for teens and children of all ages. Monetary donations and gift cards are also accepted and will be used to buy items for the store.

Please consider supporting our families by donating a gift item or adopting a family this holiday season.

Drop off location: IOL campus, Braceland Building, second floor, Child and Adolescent Outpatient Clinic, front desk **ext. 5-7239**. Contacts: Glenda Baez at **ext. 5-7296** or Suzanne Femino at **ext. 5-7717**.



Red Cross blood drive planned for Dec. 19 at IOL

The Red Cross will host a blood drive at the Institute of Living on Tuesday, Dec. 19. A blood donation is the perfect holiday gift — it costs nothing other than some time (about an hour) and it may literally save someone’s life.

The drive will run from 11 a.m. to 4 p.m. in the Clark Social Room. As always, sandwiches will be provided by IOL catering. Appointments are scheduled at 15-minute intervals.

You can reserve a time by calling **1.800.RED.CROSS (1.800.733.2767)** or entering “IOL” at www.redcrossblood.org. Please be aware that this drive is also open to the community. If you have any friends or family who want to donate, please invite them to come to

LGBTQ networking event celebrates five years on ‘The Right Track’

The 5th annual LGBTQ Networking Event was held Tuesday, Nov. 7, and celebrated the opening of The Right Track/LGBTQ Specialty Track in Young Adult Services. Laura Saunders, PsyD, ABPP, kicked off the celebration by reviewing triumphs and learning moments in LGBTQ mental health over the years.

The event featured a panel of LGBTQ

young adults sharing some of their experiences with the mental health and educational system. Past and current patients from The Right Track recounted their personal journeys and described the value of the program in times of need. This event was sponsored by the Family Resource Center at the Institute of Living.

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.

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.** 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).** Dec. 4, 11, 18 (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and Nov. 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 Support/Educational Group Meeting.** 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**.
- **Anxiety Disorders: An Introduction.** Dec. 5, 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.
- **It's Hard To Be A Mom.** 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.** 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.
- **Al-Anon Parent Group.** Dec. 7, 14, 21, 28 (Every Thursday), 7 - 8 p.m. One hour topic discussion.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** 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.** 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.
- **Substance Use Educational And Support Group.** Dec. 14 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.
- **Bipolar: An Introduction To The Disorder.** Dec. 19, 6:30 – 7:45 p.m. For family members and friends of individuals who have bipolar or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness.
- **Autism Spectrum Support/Educational Group Meeting For Parents.** 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.

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@hhhealth.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.

JC-Enfield fundraiser brings holiday cheer to many



The Joshua Center Enfield CDT held a fundraiser for the Enfield Domestic Abuse shelter at Asnuntuck Community College and Natchaug Hospital.

The leadership students raised more than \$120 to adopt a family for Christmas. The money raised will be used for clothing and toys for the family's 4-year-old-son and Christmas gift bags for 10 children at the shelter.

The Enfield students have also made more than 60 Thanksgiving cards for the elderly at Blair Manor. They delivered the Thanksgiving cards on Tuesday, Nov. 21 and then spent time visiting with the residents and playing games.

Natchaug chili cook-off will tempt your taste buds

Save the date for the inaugural Natchaug Hospital Chili Cookoff on Wednesday, Jan. 17, from 11 a.m. to 1 p.m. in the Natchaug Hospital Conference Room. More info will be sent out about the event, which is sponsored by the H3W Friends workgroup.

For more information, contact katherine.mcnulty@hhchealth.org or carol.smith@hhchealth.org.

Blood drive planned for early next year

Save the date for a blood drive in the Natchaug Hospital Community Room on Tuesday, Jan. 23, from 11 a.m. to 4 p.m.

More info will be posted about scheduling appointments as the date draws closer.



Annual Staff Campaign

Include Natchaug Hospital in your year-end giving!



Things to know:

- All donations stay local to Natchaug Hospital and support its programs and client needs.
- No donation goes towards wages/salaries.
- Weekly drawings give you the chance to win multiple times.

Donations and pledges of \$25 or more can win Amazon.com gift cards!

The earlier you donate/pledge, the more chances you have to win!

Weekly drawings:

For donations/pledges received by 8:00AM:

- Nov. 13: \$50 Amazon gift card
- Nov. 20: \$25 Amazon gift card & bonus *Mystery Card donated by Tom King*
- Dec. 27: \$25 Amazon gift card
- Dec. 4: \$25 Amazon gift card & bonus *Mystery Card donated by Pat Rehmer*
- Dec. 11: \$50 Amazon gift card
- Dec. 18: \$75 Amazon gift card & bonus *Mystery Card donated by Deborah Weidner, MD*

The Donation/pledge form is available on the Natchaug intranet or email Sherry.Smardon@hhchealth.org

* Your pledge will automatically renew. If you wish to cancel your pledge you must do so in writing.

** Payroll deductions will begin in the first pay period of January 2018

How will my donation be used?

Your tax-deductible donation supports the programs and services at Natchaug Hospital. You make a difference every day, by helping people with mental illness and substance use disorders recover and find new beginnings. Unfortunately, many of the wonderful services you and your peers provide are not reimbursed by insurance. In fact, many of our most successful programs rely on your generosity for support.

So what does that mean?

It means that your donation may help give a child a new set of clothes when they have none. Your donation might provide our day programs with new gym equipment or give a young girl the chance to heal through trauma-informed yoga. Every day we work to improve the lives of our clients and your generous donation is one more way to help!

Can I get more information?

Sure! Contact Sherry Smardon at the Development and Community Benefits Office for more details at 860-465-5910 or Sherry.Smardon@hhchealth.org.

Getting stuffed



Clients from Joshua Center Northeast EDT program worked together to create a food drive box and fliers that were distributed around the building and at the monthly multi-family meeting. JCNE staff and clients families contributed non-perishable food items that will donated to a local food bank at the end of the month.

Seasons' greetings



The Journey House girls have been busy decorating their doors as part of a holiday contest.



Save the Date!

Natchaug Hospital
Holiday Party

Saturday, January 13th • 6-10 p.m.

Elks Club • 198 Pleasant Street • Willimantic, CT 06226

Join us for a great night of dancing and socializing with fellow Natchaug Hospital staff.

The event includes appetizers, dinner, dessert, door prizes, DJ and cash bar.

Tickets: \$10 per employee and \$10 for one guest (18 or older
Additional ticket information will be communicated closer to the event.



College Student Treatment Program

The College Track at Natchaug Mansfield Young Adult Program can help students struggling with mental health and/or substance use issues. The Intensive Outpatient Program (IOP) is offered:

**Monday, Tuesday and Thursday
5:30 to 8:30 pm**

Natchaug Hospital's Mansfield Young Adult Program
151 Storrs Road
Mansfield Center, CT 06250

The college treatment track offers:

- Comprehensive assessment and treatment planning
- Evening hours designed to fit the schedules of students
- Transportation to and from local college campuses
- Group therapy that specifically addresses issues relevant to young adulthood and issues related to being a college student
- Psychiatric consultations and medication management
- Family involvement as desired

📞 For more information or to schedule an intake, call Joan Chartier at 860.465.5960



Avon offers yoga for families of those battling addiction

To help alleviate stress and to connect individuals with others experiencing the same struggles, Rushford at Avon's MATCH (Medication Assisted Treatment Close to Home) program is now offering a free yoga session for family members of those battling addiction.

The class is held on Fridays from 4:30-5:30 p.m. at 35 Tower Lane in Avon. No previous yoga experience is required.

"We have yoga for people in recovery.



But it dawned on me that there isn't really anything for families. We do

a family education program and that's very helpful as well. Yoga is another great way to help family members learn to cope and connect with others," says Michelle Voegtle, M.Ed., LPC, Clinical Supervisor and yoga instructor. "It also shows them we have a great resource right here in the community. And, your family member doesn't need to be a client at Rushford for you to participate."

Sue, who has a family member in recovery, is thankful the program is being offered in her community.

"I realized that in my part of the journey that I had been managing everything for everyone else. I reached a point where I knew I needed to reach out for some type of support," she says. "With this program, I finally feel like there's something in my life for me. The yoga and meditation bring it inward for me where I'm getting grounded, getting help and release."

For more information or to sign up, call **860.284.0048**.

Latest Buddy Bench unveiled



Staff from Rushford presented Spencer Elementary School with its second Buddy Bench on Monday, Nov. 13. Those in attendance for the presentation included, rear from left, Bill Arline, Greg Sims, Community Foundation of Middlesex County President and CEO Cynthia Clegg, Amy DiMauro, and Felicia Goodwine-Vaughters. They watched as a Spencer Elementary administrator did the ribbon-cutting honors.

Rushford 
Connect to healthier.™

New Year's Celebration

Saturday, Jan. 20, 2018
6-10 pm

Il Monticello Banquet

577 S. Broad Street, Meriden, CT

Join us in celebrating the New Year with an evening of dinner and dancing.
Cash bar available.

Cost: \$15 per person (staff member and 1 guest)

Purchase tickets by Friday, Jan. 5, 2018 from:
Sheila Gosslin (Middletown)
Anivette Cruz (Meriden)

www.hhcbehavioralhealth.org

