



WELCOME ABOARD

HOCC names new regional outpatient behavioral health practice manager. • [PAGE 2](#)



SUBJECTS NEEDED

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A TIME TO TALK

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Hartford HealthCare  Behavioral Health Network

BHINews

New protocol for crisis intervention

The Hartford HealthCare Behavioral Health Network will be introducing a new crisis intervention and behavior management model to create a single standard for patient, employee and workplace safety.

Staff throughout the BHN with regular client contact will receive the eight-hour Crisis Prevention Institute's (CPI) Nonviolent Crisis Intervention (NCI) training during fiscal year 2015. Certain staff that work in more intensive behavioral health environments will also receive CPI's Advanced Physical Training.

"The introduction of Nonviolent Crisis Intervention shows our clients that we are committed to using evidence-based best practices," said HHC Senior Vice President and BHN President Stephen Larcen, Ph.D. "As we work towards a single standard of client care, this constitutes a major step in reducing variation and truly becoming an integrated health care system."

Each facility will have a unique roll-out plan, which includes additional



Staff trainer Chris Erskine leads the a Crisis Prevention Institute Nonviolent Crisis Intervention class at Natchaug Hospital.

organization-specific training on equipment and related policies and procedures.

Previously, there were multiple training programs throughout HHC with different philosophies, expectations and procedures for crisis responses at each affiliate organization. With care becoming increasingly integrated throughout HHC and the BHN, there were growing concerns about best practices and consistency.

CPI's Nonviolent Crisis Intervention was chosen as the result of an almost year-long project led by BHN Corporate Compliance Manager Olga Dutka, MSN, MBA and clinical leaders from each of the HHC facilities in the BHN. Developed in 1980, CPI has trained over 8 million professionals worldwide and is the program of choice for numerous top-tier health systems, including Yale-New Haven, Mayo Clinic and Cleveland Clinic.

The evidence-based NCI program
 [Continued on page 2](#)

HOCC names new regional behavioral health practice manager

The Hospital of Central Connecticut welcomes Alecia Edmund, MSHA, as practice administrator of its outpatient behavioral health practice.

A native of Watertown, Conn., Alecia has worked in health care since receiving her undergraduate degree from Florida A&M University in Tallahassee, where she was a pre-med major. She holds a master's of health care administration degree with a concentration in finance and health policy from the University of New Haven. The year-long residency requirement for that degree took her to Canadian Valley Hospital in Yukon, Okla., a 75-bed acute care hospital, part of the Integris Health Care System.

"Essentially I worked hand-in-hand with the hospital president, and ran the hospital on the weekends for the year I was there," Edmund said. "It was a great experience."

After completing her residency, she returned south, working for the State of Florida Health and Family Services Correctional Division doing compliance and auditing, and working part-time running a medical imaging office.

In 2012, Edmund's career took a turn westward when she decided to attend

law school at the State University of Arizona at Scottsdale. While there, she stayed involved in health care as an assistant director of operations for an ear, nose and throat medical group with 14 locations.

Before long, Edmund realized she missed Connecticut and decided to return home, placing her law degree on hold after completing two years.

"One of my professional goals is to complete my law degree," she said.

As the practice administrator for HOCC's outpatient behavioral health group, she oversees "pretty much everything" having to do with day-to-day operations for a practice with 22 clinicians and more than 7,000 patient encounters in the previous 30 days.

"Everything from operational efficiency to making certain we bring patients in and provide quality care falls within my role," she said.

A priority for Edmund is community awareness of the services offered by this practice.

"I want to try and bridge that gap

and bring us out into the community to let people know that we do offer a variety of (behavioral health) services," she said. "Especially with our referral base. I'd like to build a solid connection with them to help increase and grow the practice."

To that end, she has already formed a partnership with both the HOCC and BHN marketing teams to update marketing materials and do more community outreach.

Her vision for the practice also includes gaining additional commercial payers, adding services for young adults, and increasing the number of groups, particularly in the area of mental health.

Outside of work, Alecia passions are an eclectic mix. She plays piano, rides horses, reads Kiplinger financial magazines ("I'm a financial nerd at heart!"), bakes, shops and travels.

"I love to travel," she said. "My last trip was to Switzerland and Austria. I took my grandmother. My goal within the next year is to see Dubai."

Yet a grounding theme of her life and her career remains health care, an area where she'd like to continue to expand her horizons by certifying as a health care financial manager.



Edmund

New protocol introduced for crisis intervention

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meets the standards for the numerous regulatory agencies that govern the BHN. The program is continuously updated with content and resources, and also features population-specific training, including modules for autism spectrum disorders, dementia/cognitive challenges, trauma-informed care and others.

"Many hours of hard work and coordination enabled this project to become a reality," Larcen said. "It's just one more example of the BHN staff's commitment to doing what's best for our clients."

Members of the team who brought this project to fruition include: **Olga Dutka**, Director, Quality Improvement (HHC/IOL); Compliance & Privacy Manager/BHN; **Annetta Caplinger**,

VP, Clinical Operations (HHC/IOL); **Justin Sleeper**, VP Clinical Services, Natchaug; **Jonathan Simpson**, Manager/ DCF Residentials and C/A Unit, Natchaug; **Billy Arline**, Manager/ C/A Residential, Rushford; **Cindy Belonick**, Nursing Educator/ Administrator, IOL/HHC; **Lenworth Walker**, Public Safety Manager, HHC/IOL; **August Holzmiller**, Manager/ Security, MidState; **Linda McEwen**, Coordinator, NB Campus, HOCC; **Dorothy Dauphinais**, Clinical Educator, HOCC; **Gale Sullivan**, Regional Psychiatry Manager, East Region, Backus/ Windham; **Ellen Blair**, Director of Nursing, HHC/IOL; **Carol DeGennaro**, Clinical Professional Development, MidState; **David Guiher**, Public Safety Site Manager, Backus; **Ellen Buffington**, Director of Recruitment and Professional Education, Natchaug/Rushford; **LaShaun Hill**, Public Safety, Windham; **David Fichandler**, Director of Patient Experience, HHC.

1 BHN First

Natchaug ambulatory programs to utilize Rushford call center

As the Behavioral Health Network moves towards integrating its services, Natchaug Hospital and Rushford have taken the lead with a centralized call center that supports both entities.

On Monday, Nov. 3, Rushford and Natchaug Hospital's Rivereast Adult Treatment Program began piloting a centralized call center based out of Rushford at Middletown. The long-term goal is for the call center to support all of Natchaug's ambulatory sites.

Rushford at Middletown's call center technology will allow the organizations



to better manage business and maintain appropriate staffing levels for clients. The system also ensures that calls are evenly distributed and allows staff to manage faxed referral information electronically.

Some additional benefits of this pilot program include:

- A single point of access to Natchaug and Rushford services

- Expanded ambulatory scheduling services that offer better access to our customers, as well as weekend and holiday coverage. The

new hours are Monday to Friday from 8 a.m. - 8 p.m. and Saturday to Sunday from 8 a.m. - 4:30 p.m.

■ BHN First is a regular feature of BHN News 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!

- Improved staffing efficiency with more staff to manage calls, especially during the peak daytime hours, allowing the local office managers to focus on other priorities.

Internal referrals from the Natchaug Hospital inpatient program to Rivereast and all buprenorphine (Suboxone®) referrals will continue to be managed by the Office Manager.

Join Us...



As we offer
Lilli Rhodes
best wishes as
she leaves
Natchaug Hospital
after 15 years.

Wednesday, Dec. 10
10 a.m.-12 p.m.

Community Room
Main Hospital

Light refreshments will be served.
No RSVP required.

Questions? Contact **Sherry Smardon** at
Sherry.Smardon@hhchealth.org or x65910.

Providing free clothing to individuals attending IOL programs
An IOL work skills training site.

ON THE HORIZON CLOTHING STORE WINTER APPAREL DONATION DRIVE 2014



December 2nd - December 16th
New or gently used clean winter apparel.

Donation Boxes will be located in:

Donnelly building
Gengras building
Center building
West Grad building
Olin Center
The Professional Program
IOL Cafeteria



Women's & men's needs include:

Coats & Jackets
Boots
Hats & gloves
Scarves

All sizes are welcome.
Special need for sizes XXL+



A donation form for tax purposes can be provided
Please e-mail Tammy.Petrik@hhchealth.org

Any questions in regards to the donation drive, please email
Kristina.Bosco@hhchealth.org or Catherine.Aboumrada@hhchealth.org

THANK YOU FOR
YOUR SUPPORT!!

The Department of Psychiatric Vocational Services

Institute
of Living

A Division of Hartford Hospital

Sharing their knowledge



IOL's Director of Nursing, Ellen Blair, APRN, center — along with Jessica LeRoux, RN, MSN, left, and Christine Waszynski, APRN — was a featured presenter at the annual Geriatric Nursing Conference, “Challenges in Care of Complex Geriatric Patients Across the Continuum,” in Prospect on Friday, Nov. 21. The presentation was entitled “Reducing Continuous Observers in a Safe and Effective Way.”

Dr. Schwartz makes media appearances regarding new Sandy Hook report

IOL Psychiatrist-In-Chief Harold Schwartz, MD, appeared yesterday on WNPR's “Where We Live” radio program discussing the recently released Child Advocate's Report on the tragedy at the Sandy Hook Elementary School that took the lives of 27 people, including 20 children. Dr. Schwartz is a co-author of the report and was joined on the program by Connecticut's Child Advocate Sarah Egan and other report co-authors. To hear the program, please visit bit.ly/1yS3K7D.

Dr. Schwartz also authored the final paragraph of a *New York Times* editorial addressing the report's contents. That editorial may be found at nyti.ms/12qa9Lf.

IOL blood drive Tuesday, Dec. 16

The need for blood is constant and the IOL is doing its part to keep Connecticut's blood supply at safe levels by hosting an American Red Cross blood drive on Tuesday, Dec. 16, from 11 a.m.



American Red Cross

to 3:45 p.m. in the Clark Social Room. If you are 17 years of age or older, weigh 110 pounds or more, are in generally good health and have not donated whole blood in the last 56 days, you may be eligible to donate blood. Please make your appointment today by contacting Peter Adelsberger at peter.adelsberger@hhchealth.org, or ext. 5-7511.

Institute of Living
A Division of Hartford Hospital

Young Adult Intensive Outpatient Program For Incoming or Returning College Students

The Institute of Living at Hartford Hospital is pleased to introduce a Young Adult Intensive Outpatient Program specifically for incoming or returning college students struggling with anxiety or depression.

The goal of the program is to give students the tools they need to manage the college experience and increase their opportunities for success.

The program, which runs for 4-5 weeks starting the week of December 15th, includes two or three days in the Young Adult Services Intensive Outpatient Program, with a fourth day focused on college-specific issues, including:

- Planning and organization skills
- Daily living – diet, sleep, exercise, relaxation, etc.
- Socialization
- Cognitive and behavioral techniques
- Stress management

To make a referral to the program, please call **The Institute of Living's Assessment Center**, available 24-hours a day, seven days a week: **860.545.7200** or Toll-Free **800.673.2411** (For Referrals, select Option #3)

For more information on the program, contact **Carrie Swiatek, LCSW**, at 860.545.7304 or **David Vaughan, LSCW**, at 860.545.7467.

New IOL study seeks young adult study participants

The IOL is seeking young adult participants (18-25 years old) for a study examining the risk of metabolic syndrome among psychiatric patients with mood disorders treated with second-generation antipsychotics. This study is assessing the risk of insulin resistance, metabolic syndrome, and the components of metabolic syndrome associated with antipsychotic use, stress and inflammation. These factors are of interest in psychiatry because antipsychotics are now widely used among the mentally



ill; stress and inflammation are common in the psychiatric population; and antipsychotics, stress and inflammation are associated with cardiovascular disease (the leading cause of mortality and morbidity in this

population), obesity, and diabetes. In addition, subjects' sleep patterns, diet, physical activity, smoking and alcohol consumption will be examined.

Participants will meet once with study investigators to be interviewed, receive a brief, non-invasive physical examination, and have blood drawn to test for insulin resistance, the symptoms of metabolic syndrome, and biomarkers of stress and inflammation. Subjects will receive a \$50 stipend.

For more information or to enroll in the study, please contact Dr. Stephen Woolley at the Institute of Living (860-545-7329 or stephen.woolley@hhchealth.org).

BrainDance Awards for Student Projects on Mental Illness

The Institute of Living/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. 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 (WLMF 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.



**PSYCHO LOONY LOCO
INSANE BATTY CUCKOO
NUTSO DISTURBED
SPASTIC CRAZY LUNATIC
BONKERS WACKO ARE
NOT MENTAL ILLNESS.**

Many of the words we use for mental illness are wrong. So let's make it right. Let's work together to stop the stigma. Take our pledge at StopTheStigmaCT.org, or simply text "Ipledge" to 313131.

TAKE THE PLEDGE AT
StopTheStigmaCT.org

The categories are: Scientific, Creative Expression (written or visual), 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 23, 2015. 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 health care and a tour of our neuro-imaging research center. Winners can present a brief synopsis summarizing their projects. All applicants are encouraged to present a poster describing their project. The student lecture and poster 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 and follow the link to BrainDance for application forms, information and procedures. Submission deadline is February 1, 2015.

The awards are coordinated by: Godfrey Pearlson, MD, Director, Olin Neuropsychiatry Research Center and Nancy Hubbard, LCSW, Director, Psychiatric Rehabilitation.

For more information: contact Nancy Hubbard at 860.545.7665 or nancy.hubbard@hhchealth.org



How are we doing?

The BHNNews editorial staff wants your feedback on how we are doing. Remember — BHNNews is your newsletter and we want to meet all of your internal communications needs. Please take the short, five-question survey no later than Friday, Dec. 12 at www.surveymonkey.com/s/BHNNews.

Family Resource Center Support Groups

All support group programs are free of charge and, unless otherwise noted, are held in the Massachusetts Cottage, First Floor Group Room at the IOL Campus, 200 Retreat Ave., Hartford. For additional information on these support groups, please contact the Family Resource Center at **860-545-7665** or **860-545-1888**.

- **Managing Schizophrenia.** Dec. 16, 6:30 – 7:45 p.m. This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home.
- **Support Group For Families Dealing With Major Mental Illness.** Dec. 18 (First and third Thursday of each month), 5:15 - 6:30 p.m. Center Building, First Floor Conference Room. For family and friends of individuals who have schizophrenia, bipolar or other related disorders. Share your success and struggles. Learn to care for yourself while you are caring for others.
- **Social Support Group — LGBTQ (Lesbian/Gay/Bisexual/Transgender/Questioning) Issues.** Dec. 10 (Second and fourth Wednesday of each month), 5 – 6:15 p.m. 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.
- **Sibling Support Group.** Dec. 4, Dec. 18 (First and third Thursday of each month), 5:15 - 6:30 p.m. Center Building, First Floor Conference Room. This group will provide support for siblings of those struggling with mental illness, create a safe place to discuss and process feelings, and connect with others who have similar circumstances.
- **Peer Parent Support Group For Those With Children On The Autism Spectrum.** Jan. 21 (Third Wednesday of each month), 6 – 7 p.m. Facilitated by Goviana Morales, Family Resource Center Peer Volunteer and Parent of a child on the autism spectrum. This group is open to any parent

who has a child on the spectrum.

- **Un Grupo De Apoyo Para Las Familias Hispanas.** Dic. 18 (El tercer Jueves del mes), 5 – 6 p.m. Este es un grupo de apoyo para las familias que hablan espanol y que estan preocupados con los asuntos de la salud mental.

Dinner with a Doc Series Prevention and Delay of Cognitive Decline and Dementia: What we know and new research directions.

Hartford Hospital and Hebrew HealthCare invite you to a free educational seminar to learn about cognitive decline and dementia.

Wednesday, December 17
5PM

Hebrew HealthCare
1 Abrahms Boulevard
West Hartford



Karen Blank, MD

Speakers

Karen Blank, MD

Medical Director, Memory Disorders Center
Director, Braceland Center for Mental Health & Aging
Institute of Living at Hartford Hospital
and

Pamela K. Atwood, MA, CDP, CADDCT, CLL

Director of Dementia Care Services
Hebrew HealthCare, Inc.



Pamela Atwood, MA, CDP, CADDCT, CLL

This free seminar will provide you with valuable information on:

- Normal cognitive aging
- Mid-life risk factors
- The role of exercise, nutrition and cognitive fitness

We will also walk you through Hebrew HealthCare's dementia risk screening.

Dinner will be served.

Hebrew HealthCare
A Hartford HealthCare Clinical Partner

Institute of Living
A Division of Hartford Hospital

Registration is required

www.hartfordhospital.org/communityeducation or call Health Referral Service at 860.545.1888



Hartford HealthCare
Behavioral Health Network
www.hartfordhealthcare.org/services/behavioral-mental-health

Natchaug staff campaign

Please consider supporting Natchaug's 2014 staff campaign with a one-time donation or pledge through payroll deductions.

All donations stay local to Natchaug and its programs, and staff have the opportunity to designate their donation to a particular area of need. All staff who donate \$25 or more before Dec. 31 will be entered in weekly raffles for \$30 in Amazon gift cards.

First Town Hall meetings are Dec. 10, 23

Since the HHC Pulse survey data was released in early 2014, Natchaug leadership and staff have been collaborating to improve employee engagement and make everyone feel respected. Staff participated in "respect" discussions in H3W, leadership rounding is being piloted on the main campus, and starting this December, Natchaug will introduce another initiative — town hall meetings.

Town Hall meetings will give staff a forum to ask questions and voice opinions to Natchaug's senior leadership team. Questions were collected in your H3W workgroup meetings and there will be opportunities for open discussions around topics that interest you.

The first two meetings are scheduled

for Wednesday, Dec. 10, from noon - 1 p.m. and Tuesday, Dec. 23, from 2 - 3 p.m. in the Community Room at the main hospital. To enable staff from all satellite locations to participate, a webinar option is available:

■ **Join the meeting by following this link:** <https://global.gotomeeting.com/join/510211613>

■ **Enable the VoIP/headset on your computer, or call in:**

Dial 1-312-757-3121

Access Code: 510-211-613

Audio PIN: Shown after joining the meeting

If you have any questions regarding Town Hall meetings, contact Janet at Janet.Keown@hhchealth.org.

H3W update

In H3W, we often focus on idea generation and creating projects to improve our work environment. Throughout November, we all had the opportunity to review some of the year's top projects and cast a vote for the winner of the Olga and Mervyn Little Award. But another major part of H3W is recognition and sharing our stories, which have become part of our meeting culture.

In the most recent H3W meeting at Sachem House, Natchaug's adult partial hospital program in Mansfield, staff shared a story that shows the impact we have, and how that impact endures in the lives of our clients.



How Hartford HealthCare Works

Two years ago, a client came into our care at Sachem House. When he arrived, he shared that he nearly died in the emergency room, and the

doctor told him that if he relapsed again, it would kill him. The client knew many people who continued to relapse and it frightened him.

Just last month, the client sent a donation of \$100 to Natchaug Hospital to express his gratitude — he is still sober and is grateful for the difference that Sachem House made in his life.

These stories are a great reminder of just how important our work is. Please be sure to share your stories at your next H3W workgroup.

Help Mansfield CDT recycle

After a recent visit to the Science Center, Mansfield CDT students became interested in recycling as a way to help the issue of global warming.

If your department (at the main hospital) is interested in participating, the students will place a bag in your work space to collect plastic bottles and cans. The bags will be emptied every Thursday after lunch. If you are willing to help out or have any questions, please call **ext. 69985** or **ext. 69987**.

Adult Unit food drive going on now

The staff on the adult unit will be collecting donations for their annual food drive from now until Dec. 24. Non-perishable food items can be dropped off at one of three locations:

- Adult unit staff room
- Staff lounge
- Adult unit locker room

Blake presents at Educational Empowerment Forum

Rushford prevention specialist Krystle Blake was among the presenters talking with parents and kids about non-suicidal self-injury at an Educational Empowerment Forum at Lincoln Middle School in Meriden on Nov. 19. The program was sponsored by Lincoln Middle School, Rushford and the Meriden Healthy Youth Coalition. Rushford's referral liaisons were on hand with information and handouts for those in attendance.



From left, Michelle Bicking, LCSW, Self Injury Awareness Network, Rushford referral liaisons Annie Keenan and Melissa Curtis, and Rushford prevention specialist Krystle Blake.

Strike it rich by checking out the Treasure Trove

The average newspaper classified ad can cost tens to hundreds of dollars, but BHNNews is offering employees a way to reach almost 2,000 of their co-workers for free.

The Treasure Trove is a free classified section in each issue of BHNNews.

Advertise items for sale or community events that are open to the public by Tuesday at noon via e-mail to amanda.nappi@hhchealth.org or carol.vassar@hhchealth.org.

Colleen Johnstone moves to Crisis/Respite Services

Congratulations to Colleen Johnstone, LCSW, who recently accepted the position of Clinician III for Crisis/Respite Services at Rushford. She has been a clinician with Rushford since 2012, working in the intensive outpatient program with dually-diagnosed clients. She begins her new position with Crisis/Respite on Dec. 8.


YOU ARE INVITED!

RUSHFORD HOLIDAY CELEBRATIONS

RUSHFORD AT MIDDLETOWN
DECEMBER 12
2:30 PM - 4:30 PM

- DESSERT CONTEST
- UGLY SWEATER CONTEST
- DJ
- FOOD FROM ZANDRI'S
- NEW: GINGERBREAD HOUSE CONTEST

RUSHFORD AT MERIDEN
DECEMBER 19
2:30 PM - 4:30 PM





Rushford
A Hartford HealthCare Partner



Gingerbread House

Decorating Contest

- 1) Get your Department together.
- 2) Purchase the house and materials that you will use.
- 3) Build and decorate your Gingerbread house before the holiday party on either Dec. 12th (Middletown) or Dec 19th (Meriden).
- 4) Bring your decorated Gingerbread House to the cafeteria the day of the party by 1:30pm.



Prizes awarded!!!!!!!!!!!!!!

Think OUTSIDE THE BOX!

For more information, contact melissa.rosado@hhchealth.org or rosann.rafala@hhchealth.org.



Rushford
A Hartford HealthCare Partner





events

- **Friday, Dec. 5, from 6-10 p.m.:** Natchaug Holiday Party. Join your co-workers for a night of food, music, dancing, raffles and fun at the Elks Club, 193 Pleasant St., Willimantic. 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 ext. 69993.
- **Tuesday, Dec. 9 from 6 – 8 p.m.:** *Mother and Daughter Evening Out*, Rushford at Meriden, 883 Paddock Ave. This event is to help promote positive communication between adolescent girls and their moms. Sponsored by Rushford and the Meriden Healthy Youth Coalition. For details, contact krystle.blake@hhchealth.org.
- **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 Behaviorism, Substance Use Disorders, Psychiatric Co-Morbidity and Suicidal Behavior* with Yifrah Kaminer, MD.
- **Friday, Dec. 12 from 2:30 – 4:30 p.m.:** Rushford at Middletown Holiday Party, Cafeteria.
- **Tuesday, Dec. 16 from 11 a.m. to 3:45 p.m.:** American Red Cross Blood Drive, Clark Social Room, Institute of Living, 200 Retreat Ave., Hartford. To make an appointment, please contact Peter Adelsberger at peter.adelsberger@hhchealth.org, ext. 5-7511 or 860-545-5511.
- **Tuesday, Dec. 16 from 6 – 7 p.m.:** *The Truth About Electroconvulsive Therapy (ECT) and Transcranial Magnetic Stimulation (TMS)*, IOL, 200 Retreat Ave., Hartford CT 06106, Commons Building, 2nd Floor, Hartford Room. This information session featuring Katharine Woods, MD, will answer your questions and concerns about these often misunderstood treatments.
- **Wednesday, Dec. 17 at 5 p.m.** *Dinner with the Doc: Prevention and Delay of Cognitive Decline and Dementia*, Hebrew Health Care, 1 Abrahms Blvd., West Hartford. Karen Blank, MD, Director, IOL's Braceland Center for Mental Health and Aging, and Pamela K. Atwood, MA, Director of Dementia Care Services, Hebrew Health Care, Inc., will provide you with valuable information on normal cognitive aging, mid-life risk factors, the role of exercise, nutrition and cognitive fitness and walk you through Hebrew Health Care's dementia risk screening. Event is free. Registration is required. Please visit www.hartfordhospital.org/communityeducation or call Health Referral Services at 860-545-1888.
- **Thursday, Dec. 18 from noon – 1:15 p.m.:** IOL Grand Rounds: *Adolescent Robot assisted instruction for children with behavioral disorders* with Tim Gifford.
- **Friday, Dec. 19 from 2:30 – 4:30 p.m.:** Rushford at Meriden Holiday Party, Cafeteria.
- **Tuesday, Dec. 30 at 5:30 p.m.:** Rushford and Middletown Substance Abuse Prevention Council hosts the ninth annual White Out Walk to remind drivers not to drink and drive. Beginning at the Middlesex Chamber of Commerce, 393 Main St., with a stop at the Middletown Fire Station and ending back at the Chamber. For details, contact felicia.goodwine-vaughters@hhchealth.org.
- **Tuesday, Dec. 30 at 5 p.m.:** Rushford and the Meriden Healthy Youth Coalition (MHYC) are hosting the fifth annual White Out Walk to remind drivers not to drink and drive. Beginning at the Meriden City Hall and ending at the Meriden Police Department. For more information, contact krystle.blake@hhchealth.org.
- **Thursday, Jan. 29 from 6 – 8 p.m.:** *A Compassionate Community Approach to Mental Health: Exploring Mental Wellness in an Age of Stress and Anxiety*, Westbrook High School, 156 McVeagh Road, Westbrook. A panel discussion including Bert Plant, PhD., DCF Clinical and Community Support Team, and Alicia Farrell. For more information, contact sheryl.sprague@hhchealth.org. Co-sponsored by Natchaug Hospital, Rushford and Gilead Community Services.
- **Thursday, April 23 at 9 a.m.:** The 12th annual Brain Dance Awards, honoring the winners of the Institute of Living's academic and art competition based upon ending the stigma of mental illness. High school students are eligible to enter through Feb. 1. For more information, contact Nancy.hubbard@hhchealth.org.

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

SCRUB TOPS — Sizes M and L, good condition, patterns and solid colors, \$5 each. Call **860-910-6843**.

MAGIC CHEF GAS RANGE — Excellent condition, \$100. Call **860-859-9957**.

SOLID OAK STAIRWAY BUNK BED — Extra storage drawers, twin size on top, full sized on bottom, mattresses, mattress protectors, asking \$400 or best offer. For more information or pictures call or text **860-420-8792**.

SOLID OAK DINING ROOM SET — Table with two leaves, six chairs, two chairs with arms, matching hutch, best offer. Call **860-887-0138**.

MISC. ITEMS — Black Leather Pokemon jacket, boys size 12, \$20. Black and gold Baby Phat winter jacket, girls size 5/6, \$20. Olive green Top Gun Fighter pilot winter jacket, boys size XL, \$20. Mommy and Pregnancy books, \$5 each or 10 books for \$20. ConAir Hot Sticks hairsetter flexible hair rollers/curlers, \$10. Call **860-887-5976**.

MISC. ITEMS — New LeBron XI basketball sneakers, men's size 11/12, \$150 or best offer. New men's size 12 New Balance running sneakers, \$20. Nursing scrub tops, size L, \$5. Size S women's J.Crew jacket, \$15 or best offer. Size XL men's L.L. Bean double lined jacket, \$30 or best offer. Size S women's blazer, L.L. Bean, \$15 or best offer. Snake print jacket, size S womens, \$15 or best offer. Vera Bradley bags, small, \$10, medium \$40 or best offer. Disney Belle doll, \$5. Princess doll and horse, \$10. New AUX retractable cable, \$4. Build a Bear with cheerleader accessories, \$8. Toddlers Tutus, two for \$3. Call or text **860-222-6630**.

EVENTS

PECANS — One pound bag of pecan halves, \$12. Proceeds benefit the Sprague Community Center. Call **860-822-6595**.

A MIDSUMMER NIGHT'S DREAM — Friday, Dec. 5, and Saturday, Dec. 6, at 7 p.m. and Sunday, Dec. 7, at 2 p.m. at Saint Bernard School, Uncasville. This is a Saint Bernard Players production, admission is \$7, seniors \$5. Refreshments will be available.

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.

HOLIDAY CRAFT FAIR — Saturday, Dec. 6, 9 a.m. to 3 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. Crafts, vendors, Santa's Workshop, luncheon, Corn Chowder, Tomato Soup, sandwiches, Apple Betty, \$6.

OLD LYME CHILDREN'S LEARNING CENTER — Saturday, Dec. 6, 11 a.m. to 5 p.m. at the Old Lyme Town Hall, 52 Lyme St., Old Lyme. Proceeds benefit the Old Lyme Children's Learning Center enrichment programs. Advance tickets are \$25 and tickets the day of the event are \$30. Visit www.olclc.com/hometour for the full tour details or call **860-434-1728, ext. 1**.

BREAKFAST WITH SANTA — Saturday, Dec. 6, 8:30 to 11 a.m. at Sprague Community Center, 22 W. Main St., Baltic. Adults \$6, children 5 years old and under \$3. Breakfast, pictures with Santa, ornament making, Christmas music.

ST. PATRICK CATHEDRAL SCHOOL CHRISTMAS FESTIVAL — Sunday, Dec. 7 from 8 a.m. to 1 p.m. at St. Patrick Cathedral, 213 Broadway, Norwich.

THE GIFT OF CHRISTMAS — Friday, Dec. 12, and Saturday, Dec. 13, 7 p.m. and Sunday, Dec. 14, 4 p.m. at Christian Fellowship Church, 140 Pudding Hill Road, Scotland. Free admission.

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**.

CHRISTMAS MUSIC SING-A-LONG — Sunday, Dec. 14, 4-5 p.m. at Lee Memorial United Methodist Church, 294 Washington St., Norwich. Admission is a canned food item or monetary donation to support St. Vincent De Paul Place and Sprague Community Center.

COOKIE SALE — Saturday, Dec. 13, from 9 a.m. to 2 p.m. at the First Congregational Church of Norwich, 81 E. Town St., Norwich. Cookies by the pound, dozens of varieties from traditional favorites to new flavor combinations. Held in conjunction with the Church Holiday Craft Bazaar. Free admission.

THE CELTICITY TRIO — Sunday, Dec. 14, at 3 p.m. at the Christ Episcopal Church, 78 Washington St., Norwich. Celtic Christmas Program with an exciting female Celtic trio combines cutting edge artistry, a contemporary touch to traditional Celtic music, free parking, handicap accessible, reception following the concert. Call **860-425-0663**.

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.

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, Dec. 9, at noon.**