



MAKING THE STREETS SAFER

National Dialogue event focuses on gun violence in Connecticut's cities.

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HERE'S TO YOU!

Give a shout out to your co-workers in our new employee recognition feature. • PAGE 6



GUNNING HONORED

Rushford clinical director named Gold Medal Manager

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Hartford HealthCare 
Behavioral Health Network

BHINews

Preparing for anything

Training teaches IOL employees how to respond to a mass shooting

Hundreds of employees at the Institute of Living received training on how to respond to an active shooter incident at training provided recently over several days by Dominick Violante, a former law enforcement officer and expert in mass shootings.

“Unfortunately this is the reality we are living in now,” said Violante on the need for people to be educated about mass shootings such as the one that recently took place in San Bernardino, Calif., and the shooting that took place three years ago at Sandy Hook Elementary School in Connecticut.

The training was arranged because leadership felt it was important to limit the vulnerability of employees and patients on the IOL campus. HHC executive leadership is exploring the feasibility of offering the training to the entire organization.

“Unfortunately the need for this kind of training and preparation becomes more obvious and apparent with every passing month, as these types of tragic, senselessly violent events become more commonplace in our country,” said Harold I. Schwartz, MD, psychiatrist-in-



Instructor Dominick Violante from the ALICE Institute makes a point during a recent training session at the Institute of Living. The ALICE Institute, based in Ohio, teaches one of the leading training methods that increases our children's and employees' odds of survival during a violent intruder event.

chief at the IOL and Hartford HealthCare senior vice president. “As health care professionals who consider the safety and well-being of others our top priority, it is critical that we take every step possible to be prepared for an active

shooting incident at our facilities.”

Violante, a Connecticut resident who now provides training to businesses and institutions across the country, said

••••• *Continued on page 2*

Taking a stand against violence in Hartford

In a year marked by high-profile mass shootings in California, France and other far-away locations, people should not forget about the continuing scourge of gun violence taking place in urban neighborhoods in Hartford and other cities in Connecticut, a panel of Hartford community leaders and behavioral health experts said Wednesday.

“With all due respect to the horrific shootings at Sandy Hook and elsewhere over the past few years, this has been happening in Hartford for years and no one seems to pay any attention,” said Pastor Henry Brown, a longtime community activist in Hartford who works to call attention to violence in city neighborhoods. “We’re glad that people are trying to do something about guns in our communities, but we really need to do something about the mentality of the people who pick up that gun in the first place.”



Hartford community activist Pastor Henry Brown speaks during a community forum at Hartford Hospital about violence in city neighborhoods.

Brown spoke at a community forum at Hartford Hospital sponsored by the Behavioral Health Network as part of the series of National Dialogue on Mental Health events that began after the 2012 shootings at Sandy Hook Elementary School as a way to focus on the issue of behavioral health. The

BHN has hosted 22 such events, with Wednesday’s focusing on the violence in Hartford and how to deal with the trauma it causes in the community.

Along with Brown, the panel featured Iran Nazario, director of Peace-builders & Community Relations and a former gang member who spoke about the cycle that happens when children are exposed to violence and then grow up to repeat the pattern themselves. Also featured were two licensed clinical social workers with the Institute of Living — Jelan Agnew, LCSW, and Kimesha Morris, LCSW, whose brother was killed in a Hartford shooting when she was growing up.

The crowd listened to the panelists discuss the factors that contribute to gun violence. They then took part in a conversation that included comments from a teenage girl who said young people in Hartford need hope for a better future.

Preparedness is key as mass shootings have become more prominent

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there is much to learn from the shooting incidents that have been occurring with greater frequency in the United States since the mass shooting at Columbine High School in Colorado in 1999, which claimed 13 lives and opened the door to similar incidents over the past 16 years.

In particular, Violante emphasized the tragic consequences that have resulted when people have decided to remain in place during a mass shooting, instead of looking for the best opportunity to evacuate. He pointed out that, at Columbine and other shootings, those who chose to hide or take cover instead of looking for escape routes were more likely to become victims.

Violante is employed by the ALICE Institute, a national active shooter train-

ing organization that emphasizes five key components to reacting to an active shooter incident: Alert, Lockdown, Inform, Counter and Evacuate. The IOL is the first health care institution in the state to receive the training, he said. The HHC ELT, which has declared staff safety and preparedness a top priority, will be piloting the training and making a recommendation for the organization.

Many of the employees who attended the presentations had questions about how best to protect their patients in the event of a shooting on IOL grounds. Violante emphasized the need to ensure the safety and security of campus facilities by screening all visitors, noting as an example the lockers that are placed in the Donnelly Building for visitors to place their belongings before entering the patient areas. He said that in the event of a shooting, staff



Attendance was high at a recent training session at the Institute of Living. The ALICE Institute teaches nationally recognized methods that can increase the odds of survival during a violent intruder event.

should take reasonable steps to protect their patients, but not at the expense of their own lives. “You won’t be much help to your patients if you put yourself in front of a shooter,” he said.

Ron Durgan: Looking back on 30 years of sobriety

Ronald Durgan was 50 years old, in danger of losing his ties with his wife and children, when he turned to Natchaug to help him treat the alcoholism that had been tormenting him all of his life.

He doesn't remember who the counselor was who spoke with him, but he remembers the message he received as clear as if it was yesterday.

"You better stop drinking if you want to keep your family, that's what they told me," said Durgan, now 80 and celebrating 30 years of sobriety. "That hit home with me like nothing else."

Durgan recently stopped by at the Natchaug lobby to express his thanks to the organization for setting him on a course to sobriety three decades ago.

Durgan said his wife, Alta, and their two grown children were at their "wit's end" as his alcoholism progressively worsened in the 1980s. A worker at Pratt & Whitney, Durgan said he was barely hanging on to his job and his family when he decided to seek help at a "dry house" for alcoholics in New Hampshire. But after giving the facility two chances to help him, he began to lose



Now 80 and celebrating 30 years of sobriety, Ronald Durgan credits intensive counseling and therapy at Natchaug for turning his life around.

hope when he continued to relapse.

Durgan said he decided to give recovery one more try at Natchaug, which is close to where he and his family were living. After a few days of intensive counseling, he said, he had a moment of clarity that put his life in perspective and set him on a course of recovery.

"Looking back, I don't know how my wife put up with it, but she was patient and she just kept hoping I would be able

to stop," said Durgan, who now lives in North Windham.

Durgan continued to seek help with his recovery, and over time he found it was easier to avoid alcohol and keep it out of his life. He said he is grateful to Natchaug for turning his life around.

"I did it for my family, but it's been great for me too," he said. "I'm not sure I would have made it to this point in my life if I didn't get help."

His wife of 58 years passed away two years ago, and Durgan said he is most proud that he was able to give her what she had wished for most — his sobriety. The couple grew up in Maine, but spent their married years together in Connecticut.

"It was the best thing I ever did," he said.

In this season of giving, consider becoming an organ, tissue and eye donor to give the biggest gift of all, The Gift of Life! To learn more or register as a donor please visit www.donatelifenewengland.org



Do you have a

GOLD MEDAL MANAGER ?

The HHC Manager Recognition program spotlights managers who are models for excellence in managing people and delivering exceptional results. **A Gold Medal Manager:**

- Sets clear expectations and provides feedback to help us do even better
- Recognizes team members for great work and celebrates accomplishments
- Shares what is going on in the organization and helps us understand how we fit in
- Inspires us to go above and beyond
- Is visible, accessible and available to listen to my ideas
- Talks with me about my career
- Admits when he/she doesn't know the answer, then finds out and gets back to us
- Seeks feedback about how he/she can do better
- Lives the H3W Leadership Behaviors to deliver exceptional results
- Is someone other managers can learn from

If you can check most or all of the boxes, nominate your manager for recognition. Selected managers will be honored quarterly.

For details and a nomination form visit <https://myhhc.hhchealth.org/humanResources/lod/SitePages/Recognition.aspx>. Work together with team members or ask your H3W facilitator or HR consultant for help.



Drs. Kolawole and Weigle present at key conferences

A pair of Hartford HealthCare East Region psychiatrists recently presented at national and international conferences on their areas of specialty

Tiwalola Kolawole, MD, an attending psychiatrist in the East Region, presented a poster and lecture at the Academy of Psychosomatic Medicine Annual Meeting in New Orleans in November.

At the meeting, Dr. Kolawole submitted a poster entitled, “What do we know about APVP, APHP, FLEA, Etizolam & Kratom” and presented a small group session on the evaluation and management of depression and anxiety in cardiac disease.

Dr. Kolawole, who previously completed advanced training at the Cleveland Clinic in the area of integrated mental health and primary care, currently serves Backus Hospital’s psychiatric department and will eventually support Hartford Health-

Care’s efforts to offer mental health services within its primary care offices throughout the East Region.

Paul Weigle, MD, Natchaug Hospital Associate Medical Director for Ambulatory Services, presented at both the Canadian Academy of Child & Adolescent Psychiatry (CACAP) and American Academy of Child & Adolescent Psychiatry (AACAP) Annual Meetings in October.

Dr. Weigle was the keynote speaker at the CACAP Annual Meeting in Quebec City, where he presented to attendees on, “Internet Gaming Disorder: a Virtual Addiction?” He also gave several presentations and workshops at the AACAP Annual Meeting in San Antonio, Texas, on a variety of topics relating to video games, internet addiction, and the impact of technology on adolescent behavior. Dr. Weigle has served on the AACAP Media Committee since 2003.

Get the new year off to a healthy start with Weight Watchers

The Hartford HealthCare Wellness Committee is encouraging employees across the organization to take advantage of HHC’s new partnership with Weight Watchers. Free one-year memberships are available to all employees beginning Jan. 1!

Special launch celebrations will take place at entities across the Behavioral Health Network in mid-January. Stay tuned for more details about dates, times and locations.

Employees can take part in regular Weight Watchers meetings at locations across the state or online.

If 15 employees from a particular location decide to take part, meetings can also be scheduled at that location as well, so encourage your co-workers to sign up.

Employees can register online on a special portal that has been set up and will be open to employees after Jan. 1. Go to <https://wellness.weightwatchers.com>, then enter Employee ID: 11256026 and Employer Passcode: WW11256026. Then follow the prompts to fill out your information.



Wake up your taste buds
And get ready to spoon up something new

Weight Watchers® is coming to teach you how you can lose weight while enjoying your favorite foods—because it's time to change your relationship with food, for good.

weightwatchers
Help with the hard part.

Learn how Weight Watchers can help.

- **New benefit starts Jan. 1, 2016**
- **Free one-year membership for all employees (with or without HHC health insurance)**
- **Free one-year membership for spouses only if they are covered by an HHC health plan**
- **Attend meetings at work, online or in your community**
- **Enroll on HHC Connect starting Jan. 1, 2016**

BHN experts provide insight on addiction for Courant series

Leaders within the Behavioral Health Network provided insight and perspective on the issue of heroin and opiate addiction in Connecticut in a series of stories that appeared in the Hartford Courant over the past week.

The series, called Portraits of Addiction, featured a series of profiles of people in the state who have struggled

with heroin addiction, and the toll it has taken on themselves and their loved ones. Many of the people who were profiled died of overdoses, and experts within the BHN provided insight on how the disease of addiction can have devastating consequences.

Experts who were interviewed for the series included Patricia A. Rehmer, MSN, ACHE, senior vice president for behavioral health at Hartford HealthCare; James O’Dea, PhD, MBA, vice president of operations for the BHN; and J. Craig Allen, MD, medical director at Rushford.

Rehmer and O’Dea both offered perspective on the increase in deaths attributed to heroin overdose in Connecticut over the past three years for the story that kicked off the series, which appeared on Dec. 13.

Dr. Allen, who specializes in treating those suffering from addiction, provided insight on a profile of a young woman who died of an overdose, pointing out that parents often struggle to get accurate information about the nature of the disease and how to treat it.

Dr. Schwartz comments on recent shootings in California

Harold I. Schwartz, MD, psychiatrist-in-chief at the Institute of Living and senior vice president at Hartford HealthCare, commented on the recent mass shootings in San Bernardino, Calif., in an article that appeared in the Hartford Courant on Dec. 7.

Dr. Schwartz, who is widely known as an expert in the psychological implications of mass shootings, told the Courant that the California shootings in which 14 people were killed will likely change the way people view these types of incidents.

The shootings were carried out by a husband and wife who worked for a local social services agency, but were also connected to extremist Islamic terrorist groups.

“How workplace violence and a planned terrorist attack could intersect and where that could take us in the future is a very big question on everyone’s mind,” Dr. Schwartz told the paper. “On the one hand, it would be terrible if workplaces are infected by a reluctance to hire and an unjustifiable scrutiny on the basis of religious background. On the other hand, it is an aspect of human nature to generalize from the experience that we have had.”

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MEN’S BASKETBALL				
Wed., Dec. 23	12:30 PM	CCSU	XL Center	\$15
Tue., Jan. 19	7:00 PM	Tulane	XL Center	\$15
Thu., Jan. 28	7:00 PM	Cincinnati	XL Center	\$15
Thu., Feb. 18	TBA	SMU	XL Center	\$15
Sun., Mar. 6	2:00 PM	UCF	Gampel	\$15

WOMEN’S BASKETBALL				
Sat., Nov. 28	1:00 PM	Nebraska	XL Center	\$10
Mon., Dec. 21	7:00 PM	LSU	XL Center	\$10
Sat., Jan. 16	6:00 PM	Temple	Gampel	\$10
Sat., Jan. 30	12:00 PM	Memphis	XL Center	\$10
Wed., Feb. 24	7:00 PM	SMU	Gampel	\$10

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Here's
to you!

■ A weekly roundup of kudos from staff and patients. Please email your submissions to matt.burgard@hhchealth.org. Editors reserve the right to edit submission for length and grammar.

A model manager

Melissa Monroe is such a giving manager and role model! She is honest with herself and others, bringing out the best in all of us. She demonstrates hope, with an open-mindedness as well as faith — a willingness to trust those leading her as well as the staff she leads. She has courage and is willing to take risks, have difficult conversations, and grow. She has integrity — taking responsibility for the choices and decisions she makes, recognizing how her actions impact those around her. She has confidence balanced with humility, self-discipline, perseverance and sound judgment. She is a true model of management and leadership here at Hartford HealthCare and Rushford — and one to be celebrated!

— Rushford Glastonbury staff

All for one and one for all

I want to recognize my incredibly hard working team of staff at Quinebaug in Dayville. I have the most dedicated group of clinicians, office manager, evening secretary, drivers and doctors. They are passionately committed and invested in every client they work with and truly believe that change can happen. I am so proud to supervise such an amazing group of people. We are in the quiet corner of the state and Quinebaug staff members are helping people find their way.

— Leah Russack-Baker, Ed. D, LADC,
Quinebaug Program Director

Willing walkers

I would like to say thank you to the 28 employees who took part in the Rushford Walk to Wellness contest over the past few months, including our contest winners Medyaly Lopez and Amanda LaFleur, who completed the most daily walks over the course of the contest! More details to come, but I just want to recognize all who make this contest a success in helping promote our wellness campaign for employees. We will be hosting more events in the New Year, so stay tuned!

— Melissa Monroe, clinical supervisor,
Rushford at Glastonbury

Nice work, Margaret!

Margaret Greenman, driver for Quinebaug, took a call from a client who discharged successfully last week. This client had been doing excellent in our program and became homeless and she relapsed and called Margaret. Margaret is a compassionate, humanistic driver, who listens to the clients on their way in and home from the program. She is an important extension of our clinical team. Margaret has been driving for 16 years for Natchaug and makes a difference in our clients' lives through listening, humor and unconditional regard. We celebrate Margaret and all she does for Quinebaug clients.

— Leah Russack-Baker, Ed. D, LADC,
Quinebaug Program Director

BrainDance Awards highlight 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 13th annual 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.

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.



Jeremy De Valle, left, Bristol Eastern High School; McKenzie Clark, center, Bristol Eastern High School and Marissa Fuller, Norwich Technical High School were all first-place winners in last year's BrainDance Awards competition.

Projects on any theme related to severe mental illness will be considered for an award. The categories are: Aca-

ademic, Art, and Mixed Media.

All applicants, their teachers, families and classmates will be invited to an awards day celebration hosted by the Institute of Living on April 21. Winners are encouraged to present a brief synopsis summarizing their projects. The student lecture and presentations are designed so all participants can cite their BrainDance projects on future school or job applications.

To apply for the awards: please log on to: www.nrc-iol.org and follow the link to BrainDance for application forms, information and procedures. Submission deadline is Feb. 1.

For more information: contact Nancy Hubbard at **860-545-7665** or nancy.hubbard@hhchealth.org

HHC&Me
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Retirement Meeting Schedule

Hartford
HealthCare
Connect to healthier.™

HHC's new retirement program starts Jan. 1, 2016. Join us at an informational meeting on Dec. 18 to learn more about:

- The new, system-wide 401(k) plan
- How to make the most of HHC matching contributions
- How to log-in and use the Prudential website to make or change savings elections

Friday, December 18
2 - 3 pm

Institute of Living
Hartford Room
Commons Building

This session is also available as a recorded webinar. Visit the "[Retirement](#)" page on [HHC.Connect.org](#) or [watch now](#).



Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. All programs are free 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 FRC at **860-545-7665** or **860-545-1888**. The upcoming IOL FRC Support Group schedule is as follows:

- **Anxiety Disorders: An Introduction.** Dec. 18, 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, treatments and specific suggestions to help them cope.
- **Alcoholics Anonymous.** Dec. 22, 29 (Every Tuesday), 2-3 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.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Dec. 23 (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.

JC Enfield adopts family for holidays



The Joshua Center Enfield CDT Leadership Club hosted several fundraisers to sponsor a family for the holiday season through the Network Against Domestic Abuse. Students brainstormed ideas, researched best practices and created a variety of items to sell including tie-dyed T-shirts and socks, bookmarks, and chocolate chip and oatmeal cookie mixes in ball jars. Students and teachers sold their homemade items at Asnuntuck Community College and at the main hospital to help raise funds.

Festive for the season



Almost 100 Natchaug Hospital employees and their guests attended the organization's annual holiday party on Friday, Dec. 4, at the Elks Club in Willimantic. Guests included, above from left, Kathy Artz, Sue Williamson and her guest, Cathy Roberge and her guest. Below from left, Scott Trepianier, Ann Ormston, Jennie Wicks and her guest.



Above: Shawn Cyr, principal of Mansfield CDT and Inpatient Schools, was certainly in the holiday spirit.

Master Gardener and friends make holiday swags for birds



The Master Gardeners and Journey House residents worked together to make holiday swags for the Journey House courtyard. The swags, which are made of evergreens, winter berries, pine cones, and other festive materials, are hung along the fence of the courtyard. Each swag also has bird seed and ice cream cones to provide food, shelter and nesting material for birds that live in the courtyard, which has been certified as a wild life habitat.

Client and Family Advisory Council set first meeting

Natchaug Hospital will host its first-ever Client and Family Advisory Council meeting on Jan. 28, at 6 p.m. at the main hospital.

The purpose of this council is to give clients and their families the opportunity to provide feedback on our services and identify areas of improvement.

The group plans to meet on the last Thursday of every month from 6 - 7:15 p.m. We are still looking for members to join the council. Contact Amy Young for more information or to suggest a member at amy.young@hhchealth.org or ext. 69992.

Make a difference with the Natchaug Staff Campaign

Please consider supporting Natchaug Hospital and its programs by contributing to the 2015 staff campaign. All donations stay local to Natchaug programs and services. All those who donate \$25 or more are eligible to win one of five remaining Amazon.com gift cards and other gifts in weekly drawings. Donation and pledge forms are available on the Natchaug intranet. If you have questions, contact Kate McNulty in Fund Development at katherine.mcnulty@hhchealth.org or ext. 65909.



You Are Not Alone

Support Group for Children and Families Living With High Functioning Autism Pervasive Developmental Disorder (PDD)

The focus of the group is to provide support and education to parents and families raising children with Pervasive Developmental Disorders. The group will:

- Connect parents with similar concerns
- Help families understand the needs of children with PDD
- Develop strategies to parent and educate children with PDD
- Support family members who live with a PDD child
- Support the children identified as PDD



Dates: Jan. 20 - Feb. 17 - March 16

Time: 5:30 — 6:30 p.m.

Where: Natchaug Hospital, 189 Storrs Road, Mansfield Center 06250

www.natchaug.org
860-456-1311

Parent Support group

Understand the nature of the disorder

View things differently

Poor social skills

Over stimulated

Have melt downs

Develop strategies to provide consistency, predictability and understanding (especially during a meltdown)

Client Support Group

Learn conversational skills, social skills and behavioral expectations or "rules of engagement"

Sibling Support Group

Provide care and fun for siblings while helping them learn and understand that everyone is different, and therefore, have different needs

If interested in attending, please contact:

Stanley Hospod
860-705-7644
Stanley.Hospod@hhchealth.org



Please register for these FREE support groups, so we will have enough PIZZA

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



About BHNews

BHNews is published every other Friday, except for the weeks of Independence Day, Thanksgiving, Christmas and New Year's.

Story ideas or submissions may be sent to matt.burgard@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, Jan. 5, at noon.

Gunning lauded as Gold Medal Manager

Monika Gunning, LCSW, finds her job as Clinical Director of Adult Services at Rushford rewarding for many reasons – the interaction with her staff and colleagues, the opportunities to learn and grow.

But most of all, it's because of her connections to patients.

“Many of our clients have been coming to Rushford for years,” said Gunning, who has been at Rushford for eight years. “For them, it's the closest thing they have to a family. I try to respect and honor that.”

Gunning's dedication to patients and Rushford's mission of care, is

why she has been selected as one of three managers across Hartford HealthCare to receive the Gold Medal Manager Award for outstanding managerial leadership. The award was created last year as a way to recognize managers who consistently exceed



Gunning

expectations and provide an outstanding example to staff and peers.

Gunning is someone who certainly meets that criteria, said Steven Zuckerman, who supervises Gunning as Rushford's Vice President of Clinical Operations.

“I think if you went to the dictionary to look up what a Gold Medal Manager should be, you would see a picture of Monika, followed by the words, ‘Embodies H3W Leadership Behaviors and leads by example in all aspects of her daily work,’” Zuckerman said.

“Hartford HealthCare has now recognized what we at Rushford have known for years,” he added.

Gunning said she was proud to receive the award, but emphasized that she is fortunate to work with an excellent staff that is every bit as dedicated to clients. She also expressed thanks to Zuckerman and leadership at Rushford and across the BHN for fostering an environment in which clients come first.

Gunning said she was initially drawn to the field of behavioral health as an undergraduate in college. After considering a career in teaching, she chose instead to help those suffering from mental health and substance abuse issues, and it's a decision she is proud of, she said.

“I started doing volunteer work in the field while I was still in college, and I realized I was drawn to it,” she said.

As a manager, she said she still most enjoys her encounters and interactions with clients, following them as they progress through treatment.

“Sometimes they may be here for a very long time, and then you see they have that ‘ah-ha’ moment when something clicks and they begin to do better,” she said. “That's the most rewarding thing to me.”

Rushford 
Connect to healthier.™

Staff Holiday Party

Friday, Jan. 8
7-11 p.m.

Villa Capri
Route 5,
Wallingford, CT

Tickets: \$10/person
(2 tickets max)

Join your co-workers for a celebration of the holiday season, including a buffet, DJ and photo booth.

Staff may bring one adult guest.

For tickets, see Ani Cruz or Sheila Gosselin by Tuesday, Dec. 29.

Gingerbread creativity out in force

Rushford staff and clients once again showed their creativity and holiday spirit by submitting entries in the annual Gingerbread House contest, which took place at both the Paddock Avenue (Meriden) and Silver Street (Middletown) locations.

Nearly 300 people stopped by to look over and vote on the entries on Dec. 11 — 110 at Silver Street; 180 at Paddock Avenue. The winners of the Best in Show prizes at each location were the Behavioral Health Home entry at Paddock Avenue and the Stone Haven clients entry at Silver Street.

“What a wonderful array of creativity and detail in each of the submissions,” said Rhonda Papallo, Rushford’s H3W performance improvement facilitator, who coordinates the annual contest to help promote employee engagement. “Congratulations to all on amazing craftsmanship, teamwork and pride.”

Award winners

MERIDEN (PADDOCK AVENUE)

■ **Best in Show:** Behavioral Health Home — Melissa Weston, Jennifer Williams, Kathy McCormick, Joel Kirkland and Beatrice Diaz



Behavioral Health Home — Best in Show

■ **Originality and Creativity:** Behavioral Health Home

■ **Difficulty and Precision:** Paddock Dietary — Karen Thayer, Karen Buzzell, Christine Jukonski, Peter Bartlett

■ **Rushford Spirit:** PHP/IOP — Geina Marrett, Jackie McDaniel, Evelyn Schaefer, Janine Fleury, Tiffany Rollo

■ **Honorable Mention:** Rushford at Durham Boys

MIDDLETOWN (SILVER STREET)

■ **Best in Show:** Stone Haven Clients

■ **Originality and Creativity:** Stone Haven Clients

■ **Difficulty and Precision:** Stone Haven Clients

■ **Rushford Spirit:** Customer Service/Admissions — Dawn Thomas, Lisa Guarino, Phil Andriano, Sheila Gosselin, Cara

Kostacopoulos

■ **Honorable Mention:** Early Intervention Group — Lyn Connery and students

Thanks also to the following groups for their amazing work:

■ **ACE Detox**

— Jeannie Cardona, Heather Walton, Tammy Jenislawski

■ **Glastonbury** — Pamela Mulready, Laura Zeppieri, Michelle Voegtle, Jack Ryan, Melissa Monroe, Jessica Pietrasiewicz, Denise Steele, Marcela Fonseca, Elyssa Arevalo

■ **Jen and Jill’s Candyland** — Jill Bertolini, Jenn Milardo

■ **Silver Street Kitchen** — Zina Branciforte and Lindsey

■ **Kuhn** — Geoff Crandall, Samantha Pannone, Vanessa Avila, Darryl Pytlak, Charles, Wilson, Jazmin Suarez, Martha Villacis, Shiloh Ezzo, Sarah Kimball

■ **Parker North/CBI** — Amber Burns, Christina Labbe, Roberta Thibeau, Michelle Squirrel, Jenny Rodriguez, Karen Rodriguez



Stone Haven — Best in Show

Rushford staff receive Vicarious Trauma training

Clinical staff at Rushford attended a four-hour workshop on “Vicarious Trauma (VT): Recognizing and Transforming the Impact” on Dec. 10.

Michelle Kenefick, LCSW, SEP, founder of Sound Counseling Center in Essex, led the training. Kenefick has 25 years of clinical practice experience with all age groups, as well as expertise in working with trauma survivors and those who have experienced vicarious traumatiza-

tion.

The workshop covered important aspects of VT: defining and understanding what VT is and how it develops, identifying and predicting risk factors for VT, introducing a multi-pronged approach for transforming VT, and offering effective strategies to manage VT organizationally. “Exposure to others’ trauma is an inherent risk in what we do. Effectively managing our response to trauma

is essential for the welfare of yourself, your family members and friends, and those you serve,” said Kenefick.

Steven Zuckerman, Rushford’s vice president of clinical operations, said the VT training is part of an ongoing effort at Rushford to improve the clinician experience.



Kenefick

Ushering in a new era

This year marks Rushford’s 40th anniversary as a leading provider of substance abuse and addiction services in Connecticut. BHNews is celebrating by taking a look back at the organization’s beginnings and early years in the Middletown and Meriden area, where it began making a profound impact in addressing the needs of the community.



Shown here is a photo of Patricia Rehmer, MSN, left, with Jeff Walter at Walter’s retirement celebration as Rushford President in 2014. Walter stepped down after leading and overseeing Rushford’s growth as a major provider of mental health and substance abuse services in Connecticut, a career that spanned more than 30 years. Walter’s tenure embodied the organization’s mission of providing comprehensive and compassionate care for those

suffering from mental health and addiction issues — people who traditionally had few options for treatment and recovery. Walter was replaced by Stephen W. Larcen, PhD, who as President of the Behavioral Health Network took great strides in integrating Rushford’s mission with the rest of the services across the BHN and Hartford HealthCare before he too announced his plans to retire at the end of 2015. In 2016, Rehmer, whose distinguished career includes five years as Commissioner of the state Department of Mental Health and Addiction Services, will be assuming leadership of Rushford as BHN President and Senior Vice President for Behavioral Health at Hartford HealthCare as a leading expert in the field with vast knowledge of addiction and mental health services in Connecticut and beyond.



Rushford 
Connect to healthier.™

40 YEARS

■ To read Rushford’s 40th anniversary annual report, visit www.rushford.org.

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. 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

2004 HONDA CIVIC — Runs great, 200,000 miles, \$2,000 or best offer. Call 860-710-5523.
2007 Mercury Grand Marquis — One owner. Everything works — and very well — no rust. 46,000 miles. \$6,200 or best offer. **860-859-9957**.

FOUR NEW TIRES — From a new KIA sedan, P175/70R 14 OPTIMOH724, \$66 each or \$200 for all four. Call **860-546-9928**.

HOLIDAY DECORATIVE BOXES/CENTERPIECES — For decks, porches, entryways, cemetery memorials, mantles. Photos available. Call 860-303-0589.

MISC. ITEMS — Invacare transfer shower bench. New, never used. Holds 440 pounds. \$50. Thirty pairs of men’s shoes. New, sizes 8 ½-9, 3W. Paid \$129 each, will sell for \$50. Two sets new Lumex Cana-

dian steel bronze crutches \$95. **860 889-7243**.

MISC. ITEMS — Country wall clock, pine, bottom door opens, \$35. Eight drawer jewelry chest, both sides open, 4 feet tall, \$40. Call **860-908-1959**.

EVENTS

COOKIE SALE — Saturday, Dec. 19, 9 a.m. to 2 p.m. at the First Congregational Church of Norwich, 88 East Town St. Dozens of varieties, also gluten free options, \$8 per pound, complementary tea and coffee.

CHRISTMAS COOKIE SALE — Saturday, Dec. 19, 10 a.m. to 2 p.m. at Holy New Martyrs Orthodox Church, 364 Canterbury Tpke., Norwich. Fancy and favorite cookies, trays, tins, baskets, gifts, frozen Pierogi, stuffed cabbage.

OPEN MIC NIGHT — Christ Episcopal Church, 78 Washington St., Norwich on Sat., Dec. 19, from 7-9 p.m.. Admission \$5 or a couple of cans of non-perishable food for our Food Pantry. Come bring your guitar, sing along, and have a bite to eat.

HOMELESS PERSONS MEMORIAL DAY TEX-MEX-CEMBER MEAL FUNDRAISER — Benefits St Vincent De Paul Place Soup Kitchen. Monday, Dec. 21, 5-7 p.m. at the St Vincent De Paul Place Soup Kitchen. Tickets are \$7 each or two for \$10. Serving tacos, nachos and chili. Please join us as we remember those who have died in the past year as a result of homelessness. Donations of non-perishable food items will be accepted in advance or at the door to help stock the shelves of the food pantry at the soup kitchen. For more information or to purchase tickets call: Judi Gaudet **860-885-1308, ext. 3012**, Jillian Corbin **860-889-7374** or Casey Squier **860-885-1308, ext. 3043**.