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Hartford HealthCare  Behavioral Health Network

# BHINews

## A busy year in behavioral health

**2014** marked an exciting year of growth and change throughout Hartford HealthCare and the Behavioral Health Network. Although each affiliate continues to have its own identity, the year was highlighted by collaboration and teamwork that spanned our organizations as leaders and staff worked to break down silos, share best practices, and provide clients with a high standard of care, no matter where they seek treatment.

Some of the numerous highlights from the year include:

■ The Stop the Stigma Campaign exceeded its initial goal of 10,000 individual pledges to raise awareness to end stigma of mental illness and addiction. As of December, almost 12,000 pledges

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Above: Stopping stigma in Chicago is Rushford principal Katie Gomes, part of the WorldWide Edition contest last summer.

Above left: NAMI's Jim Sorensen, author Wally Lamb, Natchaug Hospital's Chris Erskine and consumer advocate Kathy Flaherty during the May 16 National Dialogue forum at the HHC East System Support Office in Norwich, sponsored by Backus and Windham hospitals.

IOL's Psychiatrist-in-Chief Harold I. Schwartz, MD, appears on the big screen, right, with WNPR's John Dankosky at the CT Forum in March. Also pictured are fellow panelists Kay Redfield Jamison and Andrew Solomon.



Above left: In January, Jessica Goldman and Mac Cherny were among the attendees at the Hartford Hospital 2014 Black & Red gala, proceeds of which benefitted the IOL. Above right: From left, Sophia Pare, RN; Jennifer Martin, LCSW; Candace Nystrom, NT; Heidi Dzis, RN; and Susan Meunier, APRN; are among the staffers providing the Central Region with 24-hour, 7-day-a-week crisis coverage.

## A busy year for the Behavioral Health Network

*continued from page 1*

had been collected.

- The BHN served as a state and national leader in the ongoing National Dialogue on Mental Health Series. Between June 2013 and June 2014, the BHN hosted 16 community forums, engaging thousands of community members in conversations about mental illness and substance abuse.

- The BHN was the lead sponsor and host of the Connecticut Forum's sold-out presentation at the Bushnell in Hartford on March 7 entitled, "An Honest Look at Mental Illness." IOL's Psychiatrist-in-Chief, Harold I. Schwartz, MD, was among the distinguished panelists.

- IOL and the Behavioral Health Network was selected by ValueOptions and the Connecticut Department of Children to provide consultative psychiatric services to primary care physicians treating children and adolescents.

- Hartford Hospital's annual Black & Red Gala in January raised more than \$1 million for Institute of Living programming, services and research.

- The IOL honored September as suicide prevention month with a flag lowering ceremony and professional development day on World Suicide

Prevention Day on Sept. 10, followed by a National Dialogue lecture featuring suicide survivor and mental health advocate Kevin Hines on Sept. 23.

- Natchaug piloted the Supervised Employment Education Program, creating work experience opportunities for at-risk adolescents in Natchaug's clinical day treatment schools.

- Natchaug expanded its Care Plus program in Groton, adding a third Young Adult Program for 18- to 25-year-olds in response to a need identified by the Connecticut General Assembly's Bipartisan Task Force on Gun Violence and Prevention and Children's Safety following Sandy Hook.

- Natchaug Hospital added pediatric treatment at Joshua Center Southeast in Groton and Joshua Center Shoreline in Old Saybrook

- Parker North, Rushford at Meriden's five-bed, all-female home, opened in September 2014, providing community living to people ready for discharge but requiring a higher level of care.

- Rushford's Medication-Assisted Treatment (Suboxone®) program expanded to Glastonbury.

- The Hospital of Central Connecticut and MidState Medical Center implemented a regional patient care model in both ED psychiatric units that includes



Clinician Mary Botti in the kitchen of Parker North, the newest Rushford facility, which opened in September.



Jill Exley Durand, owner of Brooklyn Hardware, speaks at the annual ECSU Luncheon to benefit Natchaug school programs about her experience with students in the Supervised Employment Experience program.

24/7 crisis management.

- Backus Hospital participated in a pilot initiative with CT Behavioral Health Partnership to address Emergency Department use for high-risk patients.

# O'Dea helps lead IHI seminar on mental health in hospitals

Hartford HealthCare East Region Director of Behavioral Health Jim O'Dea, Ph.D., MBA, was among the presenting faculty for an online Institute of Healthcare Improvement series entitled, "Expedition: Making Mental Health Care Safer in the Hospital Setting."

O'Dea and colleague Richard Wohl, President of Princeton House Behavioral Health and Senior Vice

President for the Princeton HealthCare system, led the second session which focused on safety in the physical environment.

The Institute for Healthcare Improvement (IHI), an independent not-for-profit organization based in Cambridge, Mass., is one of the foremost authorities on patient safety initiatives and health care improvement.



O'Dea

## I insideiol

### IOL leaders take CPI trainings

On Tuesday, Dec. 16, senior leaders from the IOL were trained in Crisis Prevention Institute's (CPI) Nonviolent Crisis Intervention (NCI), a behavior management training for patient, employee and workplace safety. NCI is being rolled out across the BHN during FY2015. IOL leadership also participated in a second day of Advanced Physical Training, which is also being offered to BHN staff that work in more intensive behavioral health environments.



From left, Psychiatrist-in-Chief Harold I. Schwartz, MD; Lawrence Haber, Ph.D., Director of Ambulatory, Health Psychology & Young Adult Services; and Annetta Caplinger, Vice President of Clinical Operations.

### Entries arriving for BrainDance Awards

Entries are arriving for the IOL's 12th annual BrainDance Awards, a statewide high school academic, artistic and mixed media competition that encourages high school



12 Annual BrainDance Awards

students to learn about psychiatric diseases and helps develop a more tolerant and realistic perspective toward people with

severe psychiatric problems. IOL will continue to accept submissions for this unique honor through Feb. 1.

To apply for the awards: please log on to: [www.nrc-iol.org](http://www.nrc-iol.org) and follow the link to BrainDance for application forms, information and procedures.

For more information: contact Nancy Hubbard at 860-545-7665 or [nancy.hubbard@hhhealth.org](mailto:nancy.hubbard@hhhealth.org)

 Family Resource Center



### Substance Use Educational and Support Group

*For family members impacted by loved ones with substance use.*

Second Thursday of each month beginning  
January 8<sup>th</sup> 2015  
from 4:00 PM – 5:00 PM

Massachusetts Cottage, First Floor Conference Room  
Institute of Living

**Facilitated by:**

Marilyn Finkelstein, LCSW and Lee Albert, LCSW

*For more information, call the Family Resource Center at 860.545.7665*

  
Institute  
of Living

A Division of Hartford Hospital



## Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. 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. For additional information on these support groups, please contact the FRC at **860-545-7665** or **860-545-1888**. The IOL FRC Support Group schedule for January, February and March is as follows:

- **Bipolar: An Introduction To The Disorder.** Jan. 20, March 24, 6:30 – 7:45 p.m. This program is for family 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.
- **Schizophrenia: An Introduction To The Disorder.** Jan. 27, 6:30 – 7:45 p.m. This program is for family and friends of individuals who have schizophrenia 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.
- **Introduction To Mental Health Benefits And Services.** Jan. 6, 6:30 – 7:45 p.m. This presentation will provide an overview of benefit programs available for individuals with mental health disabilities.
- **Depression: An Introduction To The Disorder.** Feb. 17, 6:30 – 7:45 p.m. This program is for family and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment, and ways in which family members might better cope with the illness.
- **Managing Schizophrenia.** Feb. 24, 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.
- **Anxiety Disorders: An Introduction.** March 17, 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 specific suggestions to help them better cope with the illness.
- **Support Group For Families Dealing With Major Mental Illness.** Jan. 15, Feb. 5, Feb. 19, March 5, March 19 (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 you are caring for others.
- **Social Support Group – LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Jan. 14, Jan. 28, Feb. 11, Feb. 25, March 11, March 25 (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.
- **Dementia Support/Educational Group Meeting.** Jan. 6, Feb. 3, March 3 (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 through this journey. Let's work together, help each other and exchange ideas. Space is limited — reservations are required by calling **860-545-7665**.
- **Survivors Of Suicide Group.** Jan. 7, Feb. 4, March 4 (First Wednesday of the month), 7 – 8:15 p.m. at the Hartford HealthCare's Avon Satellite Location, 100 Simsbury Road, Second Floor Suite. For those who have lost someone close to them by suicide. Please call the RSVP numbers with questions or concerns. **860-545-7716** or **860-545-7665**.
- **Sibling Support Group.** Jan. 15, Feb. 5, Feb. 19, March 5, March 19 (First and third Thursday of each month), 5:15 – 6:30 p.m. in the 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, Feb. 18, March 18 (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.
- **Substance Use Educational And Support Group.** Jan. 8, Feb. 12, March 12 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse

## Family receives early Christmas wish



Staff from the Conantville Professional Building teamed up to adopt a family from the Mansfield CDT school for the holidays. The staff collected and wrapped presents for the family of five that included clothing, winter coats, toys and gift certificates.

## Town hall meeting Dec. 23

Join your co-workers and Natchaug leadership for a second Town Hall Meeting. Staff will have the opportunity to ask questions and voice opinions directly to senior leaders.

■ **Where:** Community Room at the main hospital

■ **When:** Tuesday, Dec. 23, 2-3 p.m.

A webinar option will again be offered – check e-mail and posters for more information on how to participate remotely.

Questions? Contact Janet at [janet.keown@hhchealth.org](mailto:janet.keown@hhchealth.org)

## Conference room computer access

Staff at the Natchaug main campus now have easy computer access on evenings and weekends thanks to a recently completed project by the HIM and Receptionist H3W Work Group.

The work group's goal was to provide a more professional atmosphere for clients, staff and visitors. The two computer workstations now located in the small conference room adjacent to the staff lounge will allow employees to check e-mail or complete HealthStream online trainings. Although the room is often booked during the week, it is generally available on weekdays before 8 a.m. or after 4:30 p.m. and on weekends.

## 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

## 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.



## Students get in the spirit with Holidays for Heroes

Students at Mansfield CDT School and the Inpatient School created 114 holiday cards and letters for distribution to military service men and women as part of the Connecticut Red Cross 2014 Holiday Mail for Heroes Campaign.

Pediatric and adolescent inpatient students and staff wrote more than 100 cards and letters for the campaign, while the Mansfield CDT students opted to make homemade cards.



The Joshua Center Northeast PHP H3W Work Group received the second annual Olga and Mervyn Little Award for their project, "Children's Garden. From left are H3W Facilitator Sandi Voogd; H3W Executive Sponsor Deborah Weidner, MD; Board Member Carol Drescher; Board Member Charles Shooks, MD; Joshua Center Northeast Therapist Jocelyn Nadeu; Board Member Michael Kurland; Board Chair Jim Watson, MD; and H3W Facilitator Mary Kinsella-Shaw.

## 'Children's Garden' wins H3W award

The Joshua Center Northeast PHP H3W Work Group took home the second annual Olga and Mervyn Little Award for their project, "Children's Garden," after presentations and voting at the Quality and Credentialing Committee meeting on Tuesday, Dec. 16.

The project, which introduced horticulture therapy to pediatric groups at JCNE, earned the work group the \$500 top prize.

The five other finalist teams, which each won a \$100 runner-up prize, included the business team's "Free-Cycle" project; the Care Plus creative arts and movement therapy project; Joshua Center Southeast's multi-disciplinary therapy curriculum; Mansfield CDT and Inpatient School's playground rejuvenation; and Plant Maintenance's exterior lighting and efficiency project.

## Journey House girls perform holiday show

The Journey House girls put together a performance of the Polar Express for the students at Mansfield CDT school. The girls helped create scenery and took on stage management, acting and narrating roles for the performance, which included hot cocoa and holiday cookies for the audience.



## Basket of goodies



A holiday basket donated by the pharmacy department is on display in the lobby at the main hospital. Donations will be collected for Natchaug's indigent clients and a drawing will be held. For more information, speak with the front desk staff.

## **R** rushfordreport

## Gomes named principal of Rushford school programs

Katelyn "Katie" Gomes has accepted the position of principal for school programs at Rushford effective immediately. Katie has been with Rushford since 2011, working as a Special Educa-

tion Teacher at Rushford Academy in Durham.

Additionally, Katie served as the administrative designee when the school principal was unavailable, as

the Title IX Coordinator for the organization, and assisted in communicating with school districts for students who are in residence in Rushford at Stonegate.

## Voelkl leads Rushford contingent to local AA convention

Six residential clients and two employees from Rushford at Stonegate recently participated in the Connecticut State Conference for Young People in Alcoholics Anonymous (AA) held in Cromwell on Nov. 29. The yearly visit of Rushford clients to this conference is coordinated and led each year by Ernie Voelkl, a Residential Treatment Assistant at Rushford at Stonegate.

After battling his own addiction for many years, Ernie made a lifelong commitment to his personal sobriety eight years ago. Since joining the Rushford team, Ernie has made it both a personal and professional priority to intro-

duce those in recovery — particularly young adults — to the 12-step recovery model.

“Ernie directly coordinates the involvement of 12-step speakers at Stonegate,” said Christopher Ferrante, DARC, Rushford at Stonegate program manager. “He also facilitates 12-Step meetings regularly and offers the clients of Stonegate the opportunity to attend 12-Step meetings in the community on



Voelkl

Sunday evenings. Ernie is well-known for having dedicated his life to sobriety as well as to the recovery of the young adults in Rushford’s Child & Adolescent Services.”

For Voelkl, bringing the young clients to the convention is about having the experience of seeing others their age in successful recovery.

“The boys said to me they’ve never seen so many sober kids so psyched up and excited and having fun in their life, he said. “They had the pleasure of experiencing a meeting with 700 kids under the age of 20 in one room. It was pretty unbelievable.”

## Rushford at Middletown celebrates the season

With gingerbread houses and ugly sweaters, Rushford at Middletown celebrated the start of the holiday season last Friday with its annual staff party. Staff from other sites — including Rushford at Glastonbury — were in attendance. Rushford at Meriden holds its holiday party today, Dec. 19, from 2:30 – 4:30 p.m.



Ugly sweater kudos to Natchaug/Rushford’s Director of Facilities John Steele, center, with fellow contestants Meagen Diana and Jill Bertolini.



First place in the gingerbread house contest went to the Admissions team of Melissa Curtis, Greg Demchak, Darlene Dubowsky (pictured), Mary Hasbrouck, Annie Keenan, Shannon Morales, Julia Storace, Dawn Thomas and Genesis Vega.

## Naloxone campaign in full swing

The Naloxone Saves Lives! crowdfunding campaign got a huge boost recently when Rushford Foundation Board Chair and Rushford Board Member David Director made a lead gift of \$1,000. David is the president and owner of Connecticut Lighting Centers, based in Hartford, and we are humbled by his generosity.

The campaign currently stands at \$1,600, with a goal of raising \$5,000 by Jan. 13. Your donation — no matter the size — will help us move closer to raising these funds so we can get naloxone rescue kits into the community. To learn more or to make your donation, visit the BHN Facebook page at [www.facebook.com/stopthestigmact](http://www.facebook.com/stopthestigmact), or our Indiegogo crowdfunding page at <http://bit.ly/1vC6dCS>.



Among the many revelers were, from far left, Lisa Piatti, Mike Varni, Jen Nero and Genesis Vega and Shannon Morales.

- **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](mailto: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](mailto:krystle.blake@hhchealth.org).
- **Tuesday, Jan. 6 from 8 a.m. to 5:30 p.m.:** Mental Health First Aid (for HHC employees), IOL Commons Building, Litchfield Room, 200 Retreat Ave., Hartford. For further information or to register, please call Patricia Graham at **860-545-7716**, or email [patriciac.graham@hhchealth.org](mailto:patriciac.graham@hhchealth.org).
- **Tuesday, Jan. 13 from 6:30 – 8 p.m.:** NAMI Connection, Community Room, Natchaug Hospital, 189 Storrs Road, Mansfield. A free, confidential peer support group for people facing the challenges of recovering from any kind of mental illness. For more information, please contact Don at **860-882-0236**, or [recovery@namict.org](mailto:recovery@namict.org).
- **Thursday, Jan. 15 from noon – 1:15 p.m.:** IOL Grand Rounds: “Good Psy-
- chiatric Management of Borderline Personality Disorder,” John Gunderson, MD, Professor of Psychiatry, Harvard Medical School
- **Tuesday, Jan. 20 from 8 a.m. to 5:30 p.m.:** Youth Mental Health First Aid (for HHC employees), IOL Commons Building, Litchfield Room, 200 Retreat Ave., Hartford. For further information or to register, please call Patricia Graham at **860-545-7716**, or email [patriciac.graham@hhchealth.org](mailto:patriciac.graham@hhchealth.org).
- **Thursday, Jan. 22 from noon – 1:15 p.m.:** IOL Grand Rounds: “Geriatric Depression: The Intersection of Depression and Cognitive Impairment,” David C. Steffens, MD, Professor and Chairman of Psychiatry, University of Connecticut Health Center
- **Friday, Jan. 23 from 8 a.m. to 5:30 p.m.:** Youth Mental Health First Aid (for the public) IOL Commons Building, Litchfield Room, 200 Retreat Ave., Hartford. For further information or to register, please call Patricia Graham at **860-545-7716**, or email [patriciac.graham@hhchealth.org](mailto:patriciac.graham@hhchealth.org).
- **Tuesday, Jan. 27 from 6:30 – 8 p.m.:** NAMI Connection, Community Room, Natchaug Hospital, 189 Storrs Road, Mansfield. A free, confidential peer support group for people facing the challenges of recovering from any kind of mental illness. For more information, please contact Don at **860-882-0236**, or [recovery@namict.org](mailto:recovery@namict.org).
- **Thursday, Jan. 29 from noon – 1:15 p.m.:** IOL Grand Rounds: “Attempted Suicides: Ethics and consequences.” Mark Neavyn, MD, Director, Division of Medical Toxicology, Department of Emergency Medicine, Hartford Hospital
- **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](mailto:sheryl.sprague@hhchealth.org). Co-sponsored by Natchaug Hospital, Rushford and Gilead Community Services.
- **Tuesday, Feb. 10 from 6:30 – 8 p.m.:** NAMI Connection, Community Room, Natchaug Hospital, 189 Storrs Road, Mansfield. A free, confidential peer support group for people facing the challenges of recovering from any kind of mental illness. For more information, please contact Don at **860-882-0236**, or [recovery@namict.org](mailto:recovery@namict.org).
- **Wednesday, Feb. 11 from 8 a.m. – 5:30 p.m.:** Mental Health First Aid (for HHC employees), IOL Commons Building, Litchfield Room, 200 Retreat Ave., Hartford. For further information or to register, please call Patricia Graham at **860-545-7716**, or email [patriciac.graham@hhchealth.org](mailto:patriciac.graham@hhchealth.org).
- **Sunday, Feb. 22 from 10:30 a.m. to 3:30 p.m.:** Healthy Family Fun Fest, The Aqua Turf Club, 556 Mulberry Street, Plantsville. Join us for an incredibly exciting and fun day filled with health information, speakers, screenings, demonstrations and activities for everyone from children to seniors. Sponsored by HHC partners The Hospital of Central Connecticut at Bradley Memorial, Central Connecticut Senior Health Services along with the Southington/Cheshire YMCA. Admission is FREE!

## 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](mailto:carol.vassar@hhchealth.org) or [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org).

The deadline for submissions to be included in each Friday's BHNNews is Tuesday at noon. BHNNews 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

**STINGRAY 185 LS BOWRIDER** — Great condition, perfect for family outings, day trips, tubing. Purchased new, one owner, used on Connecticut River and Long Island Sound about 50 hours per summer since 2006. Includes Garmin fully loaded with updated, local charts, biminy, canvas, trailer (used only for winter indoor storage), and all U.S. Coast Guard-required safety equipment. Willing to negotiate winterization and storage fees so you can have it ready to launch in the Spring. Call **860-608-3046** or **860-608-3672** for pictures.

**IRISH JACK RUSSELL** — Neutered male, 18 months, shots up to date, energetic, loves walks and treats, \$250 includes, cage, food, toys. Call **860-887-0523** and please leave a message.

**ELECTRIC TORO POWEL SHOVEL** — Shovels paths, walkways, patios, asking \$60 or best offer. Call **401-322-0882**.

**LARGE SOLID OAK STAIRWAY BUNK BED** — Extra storage drawers, twin size on top, full size on bottom, mattresses, mattress protectors, four drawers built into the outer side of the stairs, asking \$350 or best offer. Call or text **860-420-8792**.

**SPORTS ITEMS** — Foosball table, \$150. Basketball hoop, \$150. Softball pitching items, pitching zone. Call **860-537-0117**.

**MISC. ITEMS** — Mini stepper, resistance bands, \$15. Eddie Bauer down Khaki men's large jacket. Dell all in one printer #944, \$15. Nine West new ankle and toe ring set, \$6. Call **860-822-8578**.

### EVENTS

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

**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**.

**QUALITY, STRENGTH BASED PRE-SCHOOL PROGRAMS** — TVCCA Head Start is currently accepting ongoing enrollment of children born in 2010/2011 for full day/ half day programs. Innovative curriculum, meals included, additional family support, home based program is also available to expectant parents on up to three years old. Call **860-425-6515**.

**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](http://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.

## Check 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 Tuesdays at noon via e-mail to

[amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org)  
or [carol.vassar@hhchealth.org](mailto:carol.vassar@hhchealth.org).

## About BHNNews

BHNNews is taking a holiday and will return for its first issue of the new year on Jan. 9. On behalf of the BHNNews staff, we wish everyone a safe and happy holiday season!

BHNNews 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. If you have news or events from the Behavioral Health Network to share, please send them to [carol.vassar@hhchealth.org](mailto:carol.vassar@hhchealth.org) or [amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org). **Deadline for the next edition of BHNNews is Tuesday, Jan. 6, at noon.**

## Printed copies of BHNNews also available

Printed copies of BHNNews will be available for Natchaug staff at the main hospital each Friday by 10 a.m. Black and white copies will be available at the front desk, and a color copy will be placed in the staff lounge next to the Community Room.