

# Natchaug Notes

## Joshua Centers: Helping Children Find Their Way

**N**atchaug Hospital's three Joshua Centers are special places where 750 school-age children and adolescents benefit from behavioral healthcare treatment each year. These students are well enough to live at home, in contrast to more than 400 children and adolescents who are admitted each year to Natchaug Hospital for in-patient treatment.

By locating Natchaug's Joshua Centers in **Brooklyn, Mansfield** and **Montville,**

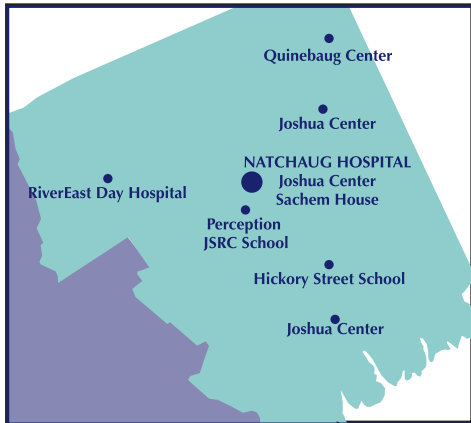
services are within manageable reach of families throughout eastern Connecticut. In response to the escalating need for these services, a fourth Joshua Center will open in

**Enfield** during 2003.

Each Center begins the day by welcoming students to a K-12 special education

program that is accredited by the State Department of Education. This Clinical Day Treatment (CDT) program incorporates clinical treatment by behavioral health professionals alongside

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## National Depression Screening Day

*Thursday,  
October 10*

**N**atchaug Hospital welcomes people to participate in free, private assessments for the surprisingly common illness of depression. Although free assessments are offered by Natchaug year-round, special effort will be made on Thursday, October 10th to expand the clinical schedule for as many assessments as needed to meet the community's interest in National Depression Screening Day.

Depression is a serious medical illness. In contrast to the normal emotional experiences of sadness, loss, or passing mood states, depression is persistent and can interfere significantly with an individual's ability to function. Symptoms of depression include:

- Persistent sad mood
- Loss of interest or pleasure in activities that were once enjoyed
- Change in appetite or weight
- Difficulty sleeping or oversleeping
- Physical slowing or agitation
- Energy loss
- Feelings of worthlessness or inappropriate guilt

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## Natchaug Hospital Recognized for High Quality of Patient Care



The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) announced its award of accreditation for the full range of Natchaug Hospital's behavioral health care services in July 2002, recognizing Natchaug for its efforts to provide high quality patient care.

Natchaug, which invites the JCAHO to review its operations, is proud of this demonstration of the Hospital's commitment to providing high quality and safe care to its patients. ■

## Continuous Improvement Professional Development Seminar Series:

Natchaug Hospital will again provide a series of informative seminars on behavioral health issues among school-aged children and adolescents. Six of the Friday morning seminars will be held at the University of Connecticut's Thomas J. Dodd Research Center in Storrs. Thanks to a grant from the Frank Loomis



A grant from the Frank Loomis Palmer Fund sponsored two of Natchaug's Professional Development Seminars. Shown here, from left, are Cheryl Klaiman, Coordinator for the Program for Williams Syndrome, Prader-Willi Syndrome, and Autism at the Yale Child Study Center and Virginia Shiller, Author of the forthcoming book, "The Complete Reward (Not Bribery!) Plan", *Creative Uses of Behavior*. Peter DeRosa, Director of Natchaug's Joshua Center in Montville, hosts the New London seminars.

Palmer Fund, two seminars will also be offered in New London. The seminars are co-sponsored by UConn's Neag School of Education and School of Allied Health and include the opportunity for participants to earn CEU's.

Topics already announced for Natchaug's 2002-2003 Professional Development Seminar Series include an October

18 presentation by Steven Fry on recovery from mental illness, panel discussions on the State's foster care system (November 15) and on juvenile court programs (March 21) as well as a look at adventure therapy (January 17).

Arrangements are being finalized for additional topics and speakers.

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## Mental Illness Could Strike Anywhere

Those of us who are providers or recipients of mental health services applaud articles in support of increased funding for these services (Other Opinion, Feb. 22, "Blue-Ribbon Solutions for Mental Health").

Unfortunately, many people who read them will think, "No one in my family, none of my friends, has a mental illness. I would rather have more recreational facilities or, better still, a tax cut."

But someone close to them may have a mental illness. An exuberant little boy may later be diagnosed with bipolar disorder. A young adult who is having difficulty finishing college may have schizophrenia. The parent who drinks too much may be self-medicating his depression.

No one, no family, is immune to mental illness, an illness which is devastating emotionally and probably financially. And where will people turn when mental illness strikes? They will turn to the non-profit providers whose services they believed they'd never need.

Never say never.

Beverly A. Walton  
President/Chief Executive Officer  
Mental Health Association of  
Connecticut, Inc., Wethersfield

*"Recovery is a process of adaptation, of learning to cope."*

— Steven Fry, MS,  
Consumer & Family Liaison,  
Department of Mental Health & Addiction Services.

Mr. Fry is the opening speaker for this year's Professional Development Seminar Series for teachers and other professionals who work with school-age children.

To receive registration information on this popular series, contact Wynne Chu at 860-456-1311 x260 or [Wchu@natchaug.org](mailto:Wchu@natchaug.org). ■

## A Dream Come True

Contributions for Natchaug's extensive renovation and expansion project topped the \$1,150,000 goal for community contributions in June 2002. The dedication and hard work of more than 50 *Century Appeal* Leadership volunteers made this dream of improved access to behavioral healthcare come true.



The new facility has achieved virtually every goal that was incorporated into the design and construction, including improved sight lines for complete, yet respectful, monitoring of patients, healthful natural lighting and the critically important 30 percent increase in capacity for in-patient treatment of children and adolescents. ■

## Collaboration in Putnam Quinebaug Adult Day Treatment Program

The Quinebaug Day Treatment program, located on the campus of Day Kimball Hospital in Putnam, Connecticut, recently completed the transition from joint management by Day Kimball and Natchaug Hospitals to full management by Natchaug.

Day Kimball and Natchaug Hospitals opened the Quinebaug Day Treatment Center in 1998 to expand psychiatric support services for Connecticut adults coping with mental illness, emotional trauma and/or substance abuse issues in the Northeast region. The program's group-therapy model supports people as they

make the transition from in-patient treatment back to their job, school, family and community. Quinebaug Day Treatment also provides medication management and clinical support for patients who may not require in-patient treatment.

For more information on Natchaug Hospital's Adult Day Treatment Programs, contact the Hospital at 860-456-1311 or each program: Quinebaug Adult Day Treatment Program, 860-463-6416; RiverEast in Vernon, 860-870-0119; and Sachem House in Mansfield, 860-456-4543. ■

**One in five Americans has a mental disorder in any one year, according to epidemiological studies.**

## A Living Memorial

Natchaug's \$5.15 million expansion and renovation project required the relocation of the main entrance further back from Route 195 (Storrs Road). The ironwork from the original entrance, created as a gift to the Hospital by Olga Little's father, Alexiy Gavriluk, a Ukrainian blacksmith before his immigration to the United States in 1901, was carefully removed and refurbished for reinstallation. This legacy of the Hospital's founders now embraces a raised garden that is dedicated to the Doctors Little. Their legacy lives on through the generosity of their children George A. Little, M.D. and Elisabeth Little Rowlands.



Ed Moran, a member of Natchaug Hospital's Maintenance Department, puts the finishing touches on Alexiy Gavriluk's original ironwork. Ed created new end pieces to complement the preserved ironwork's installation in its new location. ■

# Board of Directors 4

**N**atchaug Hospital's Board of Directors 48<sup>th</sup> Annual Reception, held June 13, included announcements of changes on the board, recognitions for staff for their many years of service and a celebration of Natchaug's first-ever fundraising campaign, the *Century Appeal*.



Dr. Ray Johnson, newly-elected Chairman of Natchaug's Board of Directors, presented Colin Rice, Vice President of Nutmeg Broadcasting, and Mrs. Loretta Rice with an engraved gavel as a token of thanks for Colin's five years of service as Board Chairman. It was under Colin's leadership that Natchaug completed its \$5,150,000 expansion and renovation project, the most ambitious undertaking since the Hospital's founding in 1954. Colin was instrumental in the success of the fundraising campaign to support this capital project. A member of Natchaug's Board since 1986, Colin will continue on Natchaug's Board and Executive Committee.



Stephen W. Larcen, PhD, President & CEO of Natchaug Hospital, thanks Jack Richie, Vice President of Human Resources at Rogers Corporation, for Rogers' generous contribution of \$20,000 to the *Century Appeal*. Jack shared a few insights on why Rogers decided to support Natchaug's campaign, including appreciating how many people from northeastern Connecticut the Hospital serves, its quality reputation and Day Kimball Hospital's encouragement to support Natchaug.



Carla Squatrito presented Savings Bank of Manchester's Robyn McCullough, Vice President of Commercial Services and Roger Somerville, Senior Vice President of Commercial Services with a recognition in appreciation for SBM's \$30,000 in grant support for Natchaug Hospital. Looking on is James Ladd, Jr., recently retired from SBM and a long-time member of Natchaug's Board of Directors.



Roger Gross and his wife, Sidney, represented the Community Foundation of Southeastern Connecticut, which awarded a \$30,000 grant to the *Century Appeal*. Roger conducted the Foundation's Natchaug site visit.

# 8<sup>th</sup> Annual Reception



Newest Natchaug Board member, Paul Suprin, presented Carla Francis, Community Relations Area Manager for Northeast Utilities, with an illustration of the new Natchaug Hospital in recognition for the Northeast Utilities Foundation's \$40,000 grant supporting Natchaug's school program for in-patient children and adolescents. Richard Tower, who recently retired as CL&P's Eastern Region Vice President, noted that *"We do not know of any other school that takes in new students from anywhere in the state in all grades, with little or no notice, nearly everyday. This certainly requires an extraordinary level of support, which the Northeast Utilities Foundation is pleased to provide."*



Dr. George Little, honorary co-chair of the *Century Appeal*, thanks his long-time friend Carla Squatrito for her help on the fund-raising campaign and the Board of Directors, noting that she quietly moves mountains to ensure Natchaug Hospital's continuing success.



Colin Rice presented Roger Adams, Executive Director of the Windham Region Chamber of Commerce, with an engraved bowl as a gift from Natchaug's Board of Directors for Roger's 19 years of service.



*Century Appeal* Leadership volunteers included, from left to right, Honorary Co-Chair Dr. George Little, Co-Chair Carla Squatrito, Southeastern Leadership Committee Co-chairs Dan Dennis and Margaret Wilson, Paul Suprin and Co-Chair Rheo Brouillard. Missing from the photo is Honorary Co-Chair Pedro Johnson.

Day Kimball Hospital's Ron Coderre, Director of Development and Dr. Ann Errichetti, President & CEO, joined Natchaug's June 13 celebration. Their energetic support was invaluable to the *Century Appeal*.



## Children at Work: Learning and Healing at Natchaug Hospital

Concentrating on school work can be hard. Distractions are always there – the sounds of birds and trucks or a classmate dropping a book can easily draw attention away from the teacher. What if the distraction is a nightmare that won't quit, or voices, or a rage that seems to come from nowhere? Children who have suffered abuse, emotional trauma or symptoms of an emerging mental illness are likely to have a hard time with their school work or even being in a classroom with other students.

Natchaug's state-approved special education school enrolls approximately 600 students each year in programs at five sites. It blends educational and clinical treatment with individualized education plans that help students advance academically while they learn to manage their special challenges.

Staffed by certified special education teachers, clinicians and support staff, classes are small, enrolling 6 to 12 students into elementary, middle and secondary clusters. Some subjects can be presented to the entire class, while other instruction is specific to the student's individual education plan. Peer help is the core of group therapy sessions that are incorporated into the school day.

Even physical education classes infuse traditional sports exercises with teaching communication, trust and teamwork skills to further help the students healing.

*"I have been particularly impressed with the Natchaug staff members' ability to develop sensitive and sophisticated transition programs. The students we have placed in the [Natchaug Hospital program] have, in fact, been successfully reintegrated into the public school setting."*

– Enrico DeMatto, Supervisor of Waterford Public School's Department of Special Services and a member of the State of Connecticut Department of Education Compliance Evaluation/Certification Team that reviewed Natchaug's special education program. ■

## Employee Recognition Awards

Natchaug Hospital is proud of its dedicated staff. Patient satisfaction surveys regularly commend the staff for the compassion and dignity with which they care for our patients. An important part of the June 13 Board Reception was recognition of employees for their years of service, which this year included the following:

### *30 Years of Service*

- Diane Richards, Mental Health Worker

### *20 Years of Service*

- Jeanne Graham, Housekeeper
- Susan Zacharie, Dietary Services & Support Services

### *15 Years of Service*

- Audrey Curtis, Registered Nurse
- Leonard Denomme, Mental Health Worker
- Larry Greene, Maintainer I

### *10 Years of Service*

- Christie Calkins, Mental Health Worker
- Tonia Speight Jones, Mental Health Worker
- Cynthia Saunders, Psychologist
- Sarah Walter, Registered Nurse
- Linda Miller, Dietary Aide

### *5 Years of Service*

- Lorna Kenney, Educational Coordinator
- Geoffry Gratton, Payroll Accountant
- Greg Shoffner, Registered Nurse
- Sharon Hinton, Director of Nursing & Adult Services
- Cynthia Barrett-Alvarez, Mental Health Worker
- Craig Rood, Mental Health Worker
- Kim Schneider, Certified Occupational Therapy Assistant
- Patricia Adamoski, Junior Accountant ■

## Leave a Legacy

Natchaug Hospital is a private, non-profit 501(c)3 organization. Contributions to Natchaug are fully tax-deductible within IRS regulations. For information on how you can help Natchaug Hospital now or in your will through stock transfers, cash and other contributions, contact Paul Maloney, Natchaug's Chief Financial Officer, at 860-456-1311.

**Joshua Centers - Cont'd.  
from page 1**

individualized academic instruction. Students are placed in the Joshua CDT program by their local Special Education staff.

In the afternoon, a different group of youths arrive for one of several special treatment programs. A Partial Hospital Program (PHP) helps children and adolescents with the transition back to their homes and schools from their in-patient care at Natchaug Hospital. The PHP provides intensive psychological care to prevent the need for in-patient care. The Intensive Out-Patient program (IOP) is somewhat less intense than the PHP, providing counseling, therapy and medication monitoring designed to help the child's continued progress with behavioral health stabilization and recovery.

Each of the Centers also offers classes for parents to learn techniques for helping their children.

To support children at risk of needing residential or in-patient care, an Extended Day Treatment program (EDT) also operates out of the Joshua Centers. The EDT program is particularly valuable for youths with behavioral health issues who are in foster care.

**Stories of Success:**

**ROGER** was acting more defiant than other 15-year olds. He was burning paper, destroying walls, failing subjects at school and arguing with his parents. Special arrangements at his school and private psychiatric treatment lead to the recommendation that Roger participate in the Joshua Center's afternoon Partial Hospital Program (PHP).

Initially, Roger was very quiet and avoided participating in the Joshua PHP. The Center's staff observed him closely during his PHP treatment and stayed in contact with his school. Medications to control anxiety and mood swings were tried. Meanwhile, Roger's parents were learning everything they could about how they could better help

their son, both by changing their parenting behaviors and by acting as Roger's advocate for the care he needed.

Once Roger's moods were stabilized, he was able to accept help. Soon his school reported a drastic improvement in his academic performance and classroom behavior. His parents noticed that he was more like his old self and, most importantly, Roger felt happy with the changes he was making.

**JENNIFER** was removed from her home at age four due to severe neglect and abuse. To help her adjust from primitive, overly sexual behavior, she spent one year in a pediatric residential psychiatric care facility. Jennifer was then placed in a specialized foster care home. In order for her to learn how to behave appropriately around other children and learn about the environment of school, Jennifer attended Natchaug's Clinical Day Treatment special education program for first grade. With help from Natchaug's teachers (who are both special education certified and experienced with behavioral health issues), therapists, doctors and her foster family, Jennifer will be able to attend public school for second grade. ■

*Mission*  
Natchaug Hospital's mission is to provide a continuum of accessible, community-based services for those suffering from psychiatric illness and chemical dependency with a commitment to the dignity and privacy of our patients, empowering them to participate in their own care and recovery.

*Vision*  
Helping People Find Their Way

**Natchaug Hospital** serves as the key provider of an accessible, regional system of care for children, adolescents and adults from throughout eastern Connecticut who are struggling to cope with mental illness and substance abuse problems. The Hospital's 60-bed facility in Mansfield Center provides in-patient care for over 400 seriously emotionally disturbed children and adolescents as well as 1,000 adults in crisis each year. Natchaug's day hospital, after-school and school programs which serve 1,222 children, adolescents and adults from throughout Eastern Connecticut are provided close to where people live, work and attend school. These include child and adolescent day hospital and special education school programs in Willimantic, Mansfield, Brooklyn, Montville and Norwich as well as day hospital programs for adults in Willimantic, Vernon and Putnam.

**Mental health disorders and mental health problems appear in families of all social classes and of all backgrounds.**

## Upcoming Events

- **Thursday, October 10 - National Depression Screening Day**
- **Friday, October 18 - Professional Development 2002-2003 Seminar Series Begins**

## Why Support Natchaug Hospital?

■ Natchaug is one of only five facilities in Connecticut that regularly admits children as young as five years old for in-patient treatment.

■ Natchaug backs up the psychiatric departments of general hospitals, providing staff-intensive care for particularly challenging patients.

Health care professionals who refer patients to Natchaug are regularly surveyed on their experiences with Natchaug as part of Natchaug's commitment to continuous quality improvement. Recent results included:

■ *Case Manager:* "Natchaug's intermediate beds are an excellent resource and help stabilize patients."

■ *Coordinator of Emergency Services:* "Natchaug is always our first choice for referrals."

■ *Clinical Director of Crisis Services:* "Natchaug's quality is exceptional."

■ *Mental Health Associate:* "Natchaug has an excellent admissions staff. They are very helpful with checking insurance [coverage] for us even when the patient won't be entering a Natchaug program."

Here is a sampling of what patients tell us in the survey they fill out, anonymously:

■ "Staff helped me to be safe."  
*Female patient, 8*

■ "They told me ways I could stop an argument with my mom before it got worse. It also helped me a little with my attitude."  
*Female patient, 12*

■ "I liked the staff. They treated me very fair and I'm thankful for their help. I also think the therapists and doctors were very helpful. I liked the hospital."  
*Adolescent patient*

■ "I felt the staff was very considerate. The therapist was excellent and very helpful. I would like to thank all the staff for the safety and security of my daughter. You all did an excellent job."  
*Parent of child patient* ■

## Depression Screening Day - Cont'd. from page 1

Depression can be devastating to all areas of a person's everyday life, including family relationships, friendships, and the ability to work or go to school. Many people still believe that the emotional symptoms caused by depression are "not real", and that a person should be able to shake off the symptoms if only he or she were trying hard enough. Because of these inaccurate beliefs, people with depression either may not recognize that they have a treatable disorder or may be discouraged from seeking or staying in treatment because of feelings of shame and stigma. Too often, untreated or inadequately treated depression leads to suicide.

Research has shown that stress in the form of loss, especially death of close family members or friends, may trigger major depression in vulnerable individuals. In addition, research supports existence of a genetic component to risk of depression.

For more information, contact Natchaug Hospital at 800-426-7792 or 860-456-1311. ■