

Natchaug Notes

Joshua Center Day Programs for Children:

A Healthy Start

Natchaug Hospital is quietly treating more than 900 children and adolescents each year in day-programs, called *Joshua Centers*, located in Brooklyn, Mansfield, Montville and Windham. *Joshua Centers* provide K-12 special education and several after-school treatment programs. Children and their families work with Natchaug's professional staff to discover what is causing the child's social, emotional or behavioral problems and develop a

plan for recovery. The goal is to return the child to his or her local public school on a path to an independent, productive life.

“Emotional, behavioral and mental disorders cut across all income, education, racial, ethnic and religious groups. They are found among single parent and two-parent families and in birth, adoptive and foster families.”

– Surgeon General David Satcher, M.D., Ph.D.

for students in need of treatment. To help expand and enhance the centers, **Natchaug is launching a \$160,000 fund-raising campaign.** With early contributions of nearly \$28,000, the *Joshua Appeal* is off to a healthy start.

The reputation for success earned by Natchaug's *Joshua Centers* has generated increased interest in the programs – and waiting lists

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A Healing Place: Natchaug to open residential treatment center for girls

Anyone who has experienced a few difficult months or years parenting teenage daughters is familiar with the frustrations and challenges presented by the passage from child to young woman. If she has early-onset mental illness, the experience may be a nightmare for both the girl and the adults in her life.



In January 2003, Mansfield's Planning and Zoning Commission approved the construction of a two-story building that will provide a place for up to 16 girls in need of residential mental health treatment. Natchaug is responding to a May 1, 2002 request from Connecticut's Department of Children and Families (DCF) to create a residential treatment center for girls who are in DCF's custody and identified as needing psychiatric treatment. The community needs a place where these teenage girls can live while receiving several months of treatment for social, emotional and behavioral problems. Many of these girls will be referred to DCF by the Juvenile Court, and some would have previously received services at facilities such as Long Lane School. The new building will allow Natchaug to help these girls recover, finding their way to their eventual return to home and public school.

Drawings courtesy of: Tecton Architects, PC

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Continuous Improvement:

Palmer Fund Adds Two New London Seminars to Natchaug's Professional Development Seminar Series

Each year Natchaug Hospital offers a series of seminars to help professionals who work with school-age children learn about



Marianne Carroll and Dudley Hamlin, Co-presenters on *Adventure Therapy*

how to identify and appropriately respond to early-onset mental illness and behavioral health problems. Led by experienced professionals, the seminars are co-sponsored by the University of Connecticut's

Neag School of Education and School of Allied Health, and most are held at UConn's Thomas J. Dodd Research Center in Storrs.

The Frank Loomis Palmer Fund has awarded Natchaug Hospital a grant for two additional seminars to be held in New London. Natchaug requested the Palmer Fund's assistance because its *Joshua Center* day programs for children and adolescents in Montville treat more than 400 children and teens from New London County each year. Additionally, approximately 40 percent of Natchaug's overall admissions each year are from the New London area. Few youth professionals from greater New London were able to make the Friday morning trip to the University of Connecticut's Storrs campus, so Natchaug is taking the seminars to them. These Palmer-funded seminars will be held at Connecticut College on Friday, April 25 and Friday, June 6.

The first seminar this season, *Recovery Happens: Strategies for helping kids recover from mental illness*, lead by Stephen Fry of the Southeastern Mental Health Authority, will be repeated Friday, May 16 in an expanded format. Mr. Fry, a fully-employed married father, is open about his own struggles with recovering from schizophrenia.

This past November's panel discussion of *Foster Care and its impact on children* provided an enlightening view into both the complexities of the system and the amount of support available to those in need. Many of those attending appreciated the panel's suggestions for dealing more effectively with foster parents.

January's *Adventure Therapy* presentation by Dudley Hamlin and Marianne Carroll presented objective criteria on why and how one might choose to use this unique perception and behavior modification process therapeutically with school-aged youth.

Future seminars will be offered Friday, March 21 and Friday, May 16 in Storrs and Friday, April 25 and Friday, June 6 in New London. Call Wynne Chu at 860-456-1311 x260 for more information and to register. ■

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.



Natchaug Hospital's legacy of responding to community needs is alive and well.

First opened in 1954 by Drs. Olga and Mervyn Little for people convalescing from illnesses, surgery or in need of care beyond a family's home-based care, Natchaug became known for excellent psychiatric treatment, provided by Dr. Olga Little. The community needed this mental health service more than any other of the hospital's services, leading the Drs. Little to designate Natchaug a behavioral health facility. Soon, all of the hospital's resources were dedicated to psychiatric care.

Day hospital programs were introduced in 1975 to help keep patients on the road to recovery and provide treatment for those who do not need to be admitted for in-patient treatment. Starting in 1989, alternative special education programs were created by Natchaug at sites throughout eastern Connecticut. These sites now serve about 150 students per day.

ECSU Charity Game Benefits Joshua Centers



From left: Dr. Stephen Larcen, Dr. David Carter, Peter DeRosa, Dr. Raymond Johnson and Joyce Wong.

Eastern Connecticut State University's Men's and Women's basketball teams are winners! Their January 18th games against Little East Conference rival University of Southern Maine, which ECSU President Dr. David Carter designated as his 14th Annual President's Charity Games, generated \$2,200 in contributions for Natchaug Hospital's *Joshua Centers*. Each year Dr. Carter hosts a special *Charity Game* to draw the attention of his students, alumni and friends to the needs of a local community organization. Natchaug

Hospital's *Joshua Center's* special education and after-school programs, where children and adolescents can recover from emotional, behavioral and psychiatric disorders, was this year's honored recipient.

Natchaug thanks Dr. Carter, John Kearney, Jr., President of the ECSU Alumni Association, Joyce Wong, Director of ECSU Athletics and the many people who contributed to the *Games'* success – raising awareness of behavioral health issues and resources in our region as well as funding to expand Natchaug's *Joshua Centers*. ■

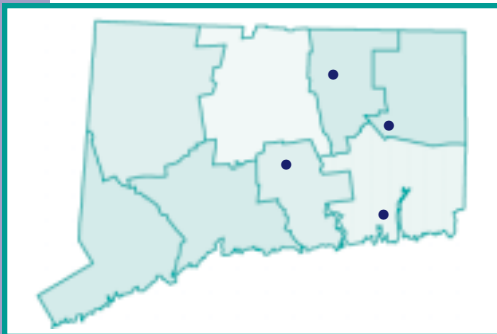
Natchaug Hospital

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.

New Choices:

Natchaug selected to launch new Juvenile Court Assessment Program

When a child gets in trouble, the first question many ask is “Why did they do that?” or “What were they thinking?”. Until recently, judges in Juvenile Court asking those same questions had only two choices for gaining insight into the child’s psychological condition: a brief mental health assessment by the



court clinic or an intensive 30-day in-patient evaluation at Riverview Hospital for Children and Youth. In November 2002 the Connecticut Court Support Services Division of the Judicial Court established a third option, the *Juvenile Intermediate Evaluation Program*. Natchaug Hospital was selected to provide these intermediate evaluations for the Juvenile Courts in Middletown, Rockville, Waterford and Willimantic.

This innovative *Intermediate Evaluation Program* uses licensed and certified professionals to perform psychiatric evaluations, academic evaluations, and psychological testing over a two-week period of daily observation. The majority of these observations will take place through the child’s participation in one of Natchaug’s

Joshua Center programs, or at a program of its sister institution, MidState Behavioral Health System in Meriden. During these two weeks the family meets with a psychotherapist to provide a psychosocial history and a home visit will be made to evaluate the home and family life. Substance abuse and/or other evaluations are performed as indicated. Evaluations can also be performed for youth residing in a detention facility.

The multi-disciplinary evaluation team holds clinical meetings for diagnostic formulation and to develop comprehensive recommendations for the child’s and family’s mental health and service needs. An integrative report is provided to the court approximately five days after the child completes the program.

Developed collaboratively by the Connecticut Department of Children and Families and the Court Support Services Division, the *Intermediate Evaluation Program* provides in-depth information in half the time and for substantially less money than the 30-day in-hospital program. An additional benefit is the return of beds at Riverview Hospital to children who need in-patient treatment. ■

Thank You to a Caring Community

Donations of holiday presents such as games, dolls, hats, puzzles, toy trucks, Lego’s, art supplies and \$1,115.16 from the community provided wonderful gifts for all of Natchaug Hospital’s in-patients during the winter holidays. Some gifts – including videos, games and books – were placed in common areas for use by the entire unit to benefit all of our patients.



Shown in the photo, at WaldenBooks in the nearby East Brook Mall, are Manager Pat Paboulet and Assistant Manager Kit Eves, who collected more than \$400 in gift certificates from their customers and then added a dozen adorable stuffed bears for Natchaug’s young patients. A special thank you to the Windham County Bar Association members who contributed \$525.

The community’s generosity helped brighten the holidays for the children, adolescents and adults receiving in-patient treatment for emotional, behavioral, psychiatric and substance abuse problems. ■

David S. Wheeler, Ph.D. Named Director of Assessment and Care Management

Any call coming in to Natchaug Hospital can be an emergency where a fast, clinically-appropriate response may help save a person's life. Most calls are of course far more routine, but all are treated seriously. Ensuring that Natchaug's telephone triage and assessment services, admissions and payer communications are meeting the needs of the community, while also conforming to regulatory agency and payer contract terms, takes team work and visionary leadership. Recently appointed to manage the Assessment and Care Management Department is Dr. David Wheeler, who brings extensive management and clinical experience to this position. The Assessment and

Care Management team of professionals is the nexus for admission to the hospital's adult, adolescent and child in-patient units as well as a 24-hour psychiatric and substance abuse triage service for the region. In fact, each call for an admission triggers three to ten calls to process the admission, from contacting the insurance company for eligibility and coverage information to arranging for transportation. Each triage call may trigger several additional calls in an effort to find available services for the client in need.

Dr. Wheeler's work, most recently at Lawrence & Memorial Hospital in New London, includes experience in a variety of clinical settings and with all age groups. His familiarity with a

broad range of behavioral health programs and community support services is a real asset considering the myriad of programs and services within Natchaug's continuum of behavioral health care. Natchaug's quality improvement initiative teams are already drawing on his knowledge of regulatory and policy issues, which enhance Natchaug's continued compliance with Medicare and Medicaid, the Department of Public Health, the Joint Commission on Accreditation of Health Care Organizations and CHAMPUS. He is also quite at home with ORYX and other data analysis tools that Natchaug uses to ensure the best possible care for its patients.

Originally from Columbus, Indiana, Dr. Wheeler and his family have made Connecticut their home since 1981. ■

NOTE: Natchaug's new Triage Assessment and Care Management offices were funded in part by the Community Foundation of Southeastern Connecticut.

Dianne Howe Appointed Program Director for RiverEast

Natchaug's RiverEast Adult Day Treatment Program in Vernon welcomes Dianne M. Howe, MA, LADC, LPC, to her new position of Program Director. Ms. Howe's three years of experience on the staff of RiverEast ensure a seamless transition for Natchaug's Vernon services. Her extensive training and many years of experience working with dually-diagnosed patients, crisis stabilization programs, quality assurance initiatives and staff training provide a strong

foundation from which she will lead this important Natchaug day treatment program.

Now admitting more than 200 adults each year, Natchaug opened the Vernon RiverEast program in 1993 to improve access to behavioral health care services for the many patients already involved in other Natchaug programs. RiverEast provides daytime programs for adults recovering from emotional, behavioral, addictive and other psychiatric problems through

Partial Hospital and Intensive Outpatient programs.

Treatments in RiverEast programs, which operate Monday through Friday, 9:00 AM – 1:30 PM, start with an individualized treatment plan and may include medication management. Transportation is available to help people participate in the program's group therapy. ■

For more information on Natchaug Hospital's RiverEast, call the center in Vernon Monday through Friday, 8:00 AM – 4:30 PM at 860-870-0119, or Natchaug Hospital at 860-456-1311.

Joshua Centers - Cont'd. from page 1

**Joshua Centers
Fund-Raising
Goal - \$160,000**

**\$27,987 received
as of 2/17/03**

Many gifts, large and small, will be needed to pay the \$160,000 cost of expanding and enhancing the *Joshua Centers*.

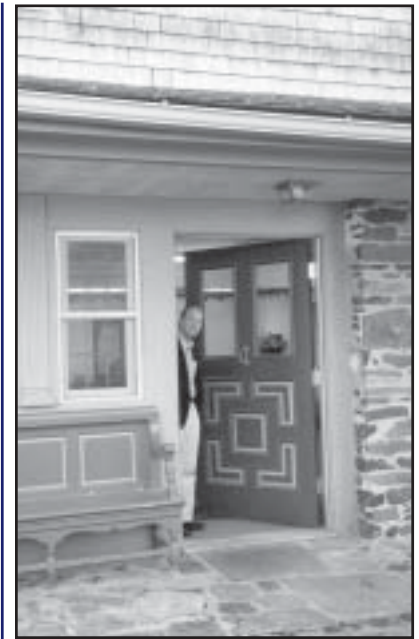
■ Transforming one large room at the Montville *Joshua Center* into a small conference room and adjoining office is expected to cost \$10,000. In just one year the renovated space, which will improve the environment for conducting assessments and private conferences, will benefit more than 300 families.

■ Supporting computer literacy requires constant upgrades to both software and hardware. Each new computer workstation and a laser printer will cost \$1,350. Every one of the *Joshua Centers*

would benefit from four or more upgraded workstations, which could be used by all 900+ program participants, both during and after school.

■ Student chairs sturdy enough to withstand many years of near-constant classroom use cost \$100 each; a teacher's desk costs \$500.

■ Opening and equipping a new *Joshua Center* in Enfield during 2003, in partnership with Johnson Memorial Hospital and North Central Counseling Services, is budgeted at \$56,000. ■



Colin Rice, Co-chair of Natchaug Hospital's Development Committee, welcomes committee volunteers to a meeting at Natchaug's *Joshua Center* in Brooklyn, Connecticut.

"More teenagers and young adults die of suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza, and chronic lung disease combined."

Surgeon General David Satcher, M.D., Ph.D.



Peter DeRosa, Director of Natchaug's Montville *Joshua Center* and Dr. Stephen Larcen, President and CEO of Natchaug, take a break from discussing program needs.

***A Special Thank You to
Our Early Contributors***

- Bowdenwein Public Benevolent Foundation ... \$5,065*
- American Savings Foundation \$5,000*
- R. S. Gernon Trust \$2,800*
- Eastern Connecticut State University \$2,200*
- Carse Robinson Foundation \$1,500*
- George and Grace Long Foundation \$1,400*
- William & Alice Mortensen Foundation \$1,100*

Yes! I want to support Natchaug Hospital's Joshua Appeal.

Name _____

Address _____

City/State/Zip _____

Phone (____) _____ E-mail _____

Please make checks payable to *Natchaug Hospital Joshua Appeal*.
Mail or bring to Natchaug Hospital, 189 Storrs Rd.,
P.O. Box 260, Mansfield, CT 06250-0260

Enclosed is my contribution:

- Sponsor \$1,000
- Supporter \$500
- Friend of Natchaug \$100
- Other

Please send me more information on:

- Gift recognition opportunities
- Gifts of appreciated securities

Natchaug Hospital is a private non-profit 501(c)(3) organization. All gifts are fully tax deductible.
For more information, call (860) 456-1311 or visit www.natchaug.org.

What People Say about Our Joshua Centers

"My daughter enjoyed her daily program and it was not a problem to get her to go. The progress she has made has been very good overall and she is easier to handle."

-mom of 7-year old

"You run a good program here. I feel the group therapy helped me a lot. It was nice coming here and just talking about my day. Keep it up."

- 15-year old male



"I feel that (child) has benefited greatly from the program here at the Joshua Center. He is thinking more clearly, taking responsibility for his own actions and we have seen remarkable changes in behavior."

- parent of 11-year old

You Can Help the Children

Like other psychiatric hospital programs, insurance and Medicare payments do not cover the full cost of providing treatment. Improving Natchaug's *Joshua Centers* can be achieved only through funding from businesses, foundations and - most importantly - you.

Please consider supporting the *Joshua Center* day programs that are quietly serving children and teenagers in your community.

Help these young people recover from abuse, trauma and mental illness.

Natchaug Hospital is a private, non-profit 501(c)(3) organization. Contributions are tax-deductible. ■

CPEC Study: Natchaug Program Works

At the request of Connecticut's General Assembly, the Connecticut Policy and Economic Council conducted a study of 22 juvenile justice programs regarding their effectiveness for reducing recidivism rates. Natchaug Hospital's Outpatient Mental Health and Substance Abuse Treatment program was one of only two in the state that demonstrated effectiveness. Natchaug is pleased with the affirmation of its program, one of many it operates for children and teenagers with social, emotional and behavioral problems. For more information on this study, go to CPEC's web site at www.cpec.org. ■

*Helping
Children Find
Their Way*

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***

Residential Treatment Center - Cont'd. from page 1



themselves in the past. The girls referred to Natchaug's program will be those most in need of psychiatric help. Girls will be selected based on the likelihood that they will benefit from Natchaug's program.

Natchaug has a 28-year history of treating children and adolescents with social, emotional, behavioral and mental disorders in both its in-patient and day-treatment programs, but has not been able to provide this intermediate-level residential treatment. As Karla Fox, one of Natchaug's Board members wrote, "Most of [the girls] have been traumatized in some way or another, but, due to their age, are very amenable to being put on the right road to productive lives."

Sheila Amdur, Public Policy Chair for the Connecticut chapter of the National Alliance for the Mentally Ill (NAMI-CT), spoke favorably of Natchaug Hospital's ability to improve the life trajectory of the teenage girls who are candidates for admission to this new residential program. She cited Natchaug's history of success with treating teenagers and the advantages of having the new residential program be part of Natchaug's larger network of services.

Construction is expected to begin in May, and the building, which will cost \$2,979,062 financed through state bonds, could be completed early next year. People in the community with questions about the program are encouraged to contact Natchaug for more information. ■

Behaviors that result in a child entering the Juvenile Court system include not going to school, running away, not following rules at home and similar infractions that are not considered criminal behavior for adults. Some of the girls may have experimented with drugs. Most are periodically suicidal, and some may have hurt