

# Positive Change

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## IMPROVING AND EXPANDING HEALTH SERVICES

### Wheeler Ranked in Top Two Percent Nationally in Key Clinical Quality Measures

Wheeler has received \$122,000 in federal awards for quality care, including special recognition as the only health center in Connecticut ranked in the top two percent of all centers nationally that improved quality of care between 2017 and 2018 in one or more measures that promote behavioral health, diabetes health, and heart health.



[\[Read more here\]](#)

### New Community Health Center Location Opens in Waterbury

Residents of Waterbury and surrounding towns will have greater access to behavioral health, primary care, and addiction services with the opening of Wheeler's [fourth community health center](#) at 100 Jefferson Street, Waterbury. This facility is operated in collaboration with Saint Mary's Hospital, a Regional Health Ministry of Trinity Health of New England. As a federally qualified health center, Wheeler is part of a network of community health centers nationwide that serve the health care needs of more than 28 million Americans.



[\[Read more about services in Waterbury here\]](#)

[\[Read the Waterbury news announcement here\]](#)

### Pain Management Program Provides Options for Patients in Chronic Pain



Almost one in five Americans lives with chronic pain, often so great that it affects their daily life. At the same time, the ongoing opioid crisis fuels discussions of the role that pain medications play in the epidemic and new examinations of alternative ways to treat pain.

Wheeler is at the forefront, with specially

trained staff who integrate behavioral health therapies and alternative approaches into plans of care at the [Family Health & Wellness Center](#) in Hartford.

[\[Read more here\]](#)

## HIGHLIGHTS AND OTHER HAPPENINGS

### Eating Well in New Britain with Support from the Community



Consumers at Wheeler’s New Britain community health center are learning more about good nutrition and healthy eating, thanks to a grant from the A.W. Stanley Discretionary Fund at the Community Foundation of Greater New Britain. The New Britain Nutrition Wellness Program, staffed by nutritionist Jessica Masterson, RDN, CDE, CDN, offers individual and group counseling, tailored nutrition plans, and education. [Services](#) help patients address or prevent chronic health conditions and diseases

such as high cholesterol, obesity, diabetes, high blood pressure, and more. Over the last year in New Britain, Jessica conducted 116 visits with 67 patients who received one-on-one nutrition services to address a host of health issues.

[\[Learn more about Wheeler’s nutrition services here\]](#)

## OUR TEAM: LEADING, EDUCATING, AND MORE



**Sabrina Trocchi, Ph.D., MPA**, chief operating officer, served on a panel exploring “Workplace Mental Wellbeing” on September 10 at the Glastonbury Boathouse. Presented by OneDigital Health and Benefits and Cigna, the event provided attendees with practical tools for creating a stigma-free environment to enhance employee health, performance, retention, and more.

[\[Watch a video of the](#)



**Heather Clinger, MPH, CPS**, program manager for the Connecticut Center for Prevention, Wellness and Recovery, was named president of Southington’s Town-wide Effort to Promote Success (STEPS) Advisory Board for the 2019-2020 fiscal year. STEPS is Southington’s substance abuse prevention coalition that strives to make prevention a priority through education, reducing access, and policy change.



**Heidi Joseph, DNP, RN**, vice president, Health Center Operations, was recently featured in a Community Health Center Association of Connecticut video highlighting the success of the organization’s Practice Transformation Network (PTN) Transforming Clinical Practices Initiative (TCPI). This national initiative helps providers to further develop quality improvement strategies that strengthen patient

[event here\]](#)  
[\[Read more about  
Wheeler's EAP services  
here\]](#)

[\[Read more here\]](#)

care and reduce costs.

## Wheeler's Basic Needs Fund: HOPE Because of Friends Like YOU

The real stories are unrelenting.

- A mom who cannot afford the skyrocketing cost of insulin and was having to choose between clothes for her kids or treating her diabetes.

- A man who lost everything in a fire and needed clothing and basic supplies until he could find a new apartment.

- A man in recovery from addiction, who is working not only with our clinical staff, but our nutritionist, because his medications are affecting his diet, and he doesn't have access to fresh, nutrient-dense vegetables.

But thanks to your contributions to our Basic Needs Fund, we're helping to change more lives and futures for Wheeler Family Health & Wellness Center consumers. The fund addresses a range of environmental and social factors that interfere with a patient's health and well-being, but which are not addressed by other means of funding. Thank you for supporting our mission to improve the health, recovery, and growth for individuals at all stages of life. *You* make a difference in the lives of the youth, adults, and families we serve.

[\[Learn more about Wheeler's Basic Needs Fund here\]](#)



Wheeler Clinic | 860.793.3500 | [WheelerClinic.org](http://WheelerClinic.org)

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