

Positive Change

IN THIS ISSUE

President's Message	2
Change Makers	4
Highlights	6
Dollars and Change	7

A publication of
Wheeler Clinic
91 Northwest Drive
Plainville, CT 06062

860.793.3500
888.793.3500 toll free
860.793.3520 fax
www.wheelerclinic.org
www.ctclearinghouse.org
www.wheelereap.org

Helpline:

24-hour crisis intervention,
support, referral
860.747.3434 Central CT
860.524.1182 Hartford Area

Wheeler provides comprehensive solutions that address complex health issues, providing individuals, families and communities with accessible, innovative care that encourages recovery, health and growth at all stages of life. Our integrated approach to primary and behavioral health, education and recovery creates measurable results, positive outcomes and hopeful tomorrows for more than 30,000 individuals across Connecticut each year.



Northwest Village School: Meeting Needs of Students and Families

For more than 43 years, Wheeler's Northwest Village School in Plainville has served students, ages 4-21, with complex social, emotional, learning and/or behavioral challenges requiring placement outside of a traditional public school setting. The school is part of Wheeler's education services, which also includes The Academy in Middletown and an array of other in-district programs for school districts, students and families.

"Our education and evaluation programs provide students with the opportunity to succeed in school and throughout life," said Mike Russo, Psy.D., vice president, Wheeler Congregate Care and Education Services. "Our schools bring together an experienced trans-disciplinary team and a broad range of evidence-based approaches to help students make clinical and academic gains and improve their functioning at home."

Continued on page 3.



Wheeler's Centers of Excellence

Wheeler's Centers of Excellence highlight a commitment to accessible, effective and responsive care through:

- cutting-edge clinical innovation through evidence-based practices;
- world-class customer care;
- easy access to services;
- culturally, gender-, and age-responsive care;
- excellent outcomes; and
- high customer satisfaction.

These core principles are established and promoted by the National Council on Behavioral Health for excellence in behavioral health care and treatment.

"Our vision of the future of health care is improved quality, better access to care and strong outcomes," says Susan Walkama, LCSW, president and chief executive officer. "Through the Centers of Excellence, Wheeler leads the way."

Wheeler's Child and Adolescent Center of Excellence builds on nearly 50 years of expertise. Elements include early childhood programs like Birth to Three, outpatient services, education, autism evaluation, in-home programs for behavioral health, substance use and eating disorders, foster care and much more.



**CHILD &
ADOLESCENT**



Wheeler
Center of Excellence

CHILD &
ADOLESCENT

a message of change from the president

www.wheelerclinic.org



Every issue of *Positive Change* highlights Wheeler's staff expertise and strengths leading the evolving health care landscape. This one is no different, with articles about how we innovate and explore new areas that improve outcomes of—and access to—care. I particularly enjoy that the issue also brings us

back to one of Wheeler's historic core competencies, caring for children and adolescents.

Our excellent schools and education services provide hope for our students and their families, through innovative teaching models and integrated approaches to helping the whole person. Other new initiatives—such as expanded pediatric services at

the Health and Wellness Center in Bristol, trauma-informed daycare in New Britain, autism evaluation, and collaborating with the ProHealth ADHD Center—reflect better ways to ensure that children and adolescents have access to quality, effective care.

We know that so much of success in life comes from a healthy, hopeful childhood. Wheeler is committed to providing that for the families we serve. No matter how much changes, that will always remain our focus.

I hope you have a wonderful 2016, and thank you for your ongoing support of Wheeler. I look forward to innovating and exploring with you in the year ahead.

Susan Walkama, LCSW
President and Chief Executive Officer

Trauma-informed Child Care Program to Be Launched at New Britain YWCA

Wheeler Clinic and the New Britain YWCA were selected to provide a family-centered and integrated trauma-informed therapeutic child care (TI-TCC) program for Department of Children and Families (DCF)-involved children, ages 2.9-5 years old. The LEAP (Learning Enhancement Attachment-based Pre-school) program will open this spring and serve children from the DCF Region 6/New Britain Area Office who have experienced significant trauma.

"This partnership supports the delivery of a nurturing, trauma-informed preschool program designed to foster healthy social, emotional, physical and cognitive development, school readiness, and parenting skills for young children and families," said Mike Russo, Psy.D., vice president, Wheeler Congregate Care and Education Services. "We are thrilled to be collaborating with the YWCA to create a safe, welcoming environment for young children to address challenges resulting from early trauma."

The therapeutic pre-school classroom will be integrated within the YWCA's licensed childcare center in New Britain. Wheeler will provide clinical services and program oversight, and the

YWCA will provide program staffing, including teachers and paraprofessionals. Program elements include comprehensive assessment and culturally, gender- and trauma-informed interventions to leverage the strengths of the child and family, as well as foster family engagement.

*"A nurturing,
trauma-
informed
preschool
program."*



A Broad Range of Evidence-based Approaches

Education Services (continued from page 1)

A Team Approach to Meeting Individual Needs

Northwest Village School, which serves more than 225 students annually from more than 70 school districts across Connecticut, offers a supportive, academic experience that follows the Connecticut Common Core curriculum. A team of highly trained teachers, psychotherapists, literacy specialists, psychiatric nurses, speech and language pathologists, occupational therapists, and paraprofessionals delivers individualized programming designed to build on each student's learning style and strengths to address complex educational and mental health needs.

Innovative and supportive instructional approaches help students engage in academics, build confidence and move forward in their learning. The low 3:1 student/teacher ratio ensures students receive the attention and support they need, and an innovative co-teacher model pairs special education teachers and regular teachers to offer challenging and individualized instruction in most content areas. Enrichment activities, including art, music, physical education, pre-vocational programming and life skills, helps round out the academic experience.

Northwest Village School also offers opportunities and hands-on instruction to prepare high school and transition-year students for the future. These include employment readiness training, on-site job training and community-based jobs in local businesses. On-site pre-vocational programming for students explores career opportunities in the culinary, automotive, retail, housekeeping, maintenance and agricultural fields.

A Rich Environment for Learning

Northwest Village School offers a state-of-the-art learning environment that encourages growth and discovery. Wheeler's teachers bring subjects to life in a sensory-sensitive environment that includes engaging classrooms and cutting-edge tools for learning. The school's literacy team meets the intensive needs of students in an expanded and enhanced Media Center and Literacy Lab, and students are engaged in recreational and creative activities in a new gym and performance space.

A Full Continuum of Education Services

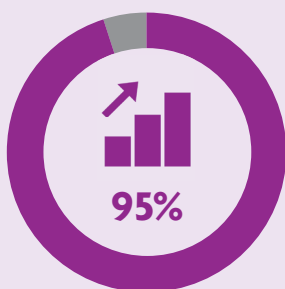
Along with Northwest Village School, Wheeler offers a broad range of education, multi-disciplinary evaluation, training, consultation and in-district services that foster collaborative relationships with schools, community providers and families.

- **The Academy**, a therapeutic day school serving 20 students from 12 districts, provides a specialized learning environment for high school- and transition-age students.
- **Collaborative Learning Programs (CLPs)** provide an alternative to out-of-district placements for students with significant educational and clinical needs. Wheeler and school districts collaborate on in-district solutions that allow students to remain in their home districts while addressing their mental health and educational needs through innovative and highly specialized programming.
- **Consultation, Training, Diagnostic Placement Services and a Diagnostic Assessment and Referral Team (DART)** offer a collaborative approach to evaluate needs and serve students in the least restrictive setting. Comprehensive, multi-disciplinary assessments provide school districts and families with an in-depth understanding of the child and recommendations for academic placement and/or treatment. A story on Page 4 highlights Wheeler's new evaluation services for autism spectrum disorders.

Learn more about Wheeler Education Services.

Call 860.793.3717

Building Bright Futures: Outcomes at Northwest Village School



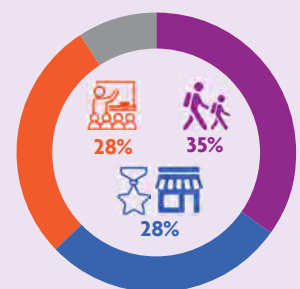
of students advanced to the next grade, over the past three years



of high school seniors graduated in SY2015



of 105 high school students are engaged in pre-vocational training



of 32 graduating seniors in 2015:
11 enrolled college,
nine joined the military, signed up
for Job Corps or found a job
nine planned to attend a
transition year in school

New Autism Spectrum Services

Wheeler now provides autism spectrum services as part of its Child and Adolescent Center of Excellence. Evaluation services are available for families enrolled in Medicaid.

“Wheeler has extensive experience working with people with autism spectrum challenges,” said Susan Walkama, LCSW, president and chief executive officer. “We know that families with Medicaid often have difficulty accessing evaluation services. They may not know where to turn. Our services provide an accessible and effective option.”

“Our services provide an accessible and effective option.”

Wheeler has served children and adolescents with autism spectrum disorders across the continuum of care for many years. These new services reflect the expertise and experience

developed through Wheeler’s Diagnostic Assessment and Referral Team (DART), Birth to Three and education services.

For more information about Wheeler’s autism spectrum services, please call 860.793.3743 or visit wheelerclinic.org/autism.

Support for the Southington Health Outreach Project

Wheeler received a \$79,075 grant from the Bradley Henry Barnes and Leila Upson Barnes Memorial Trust at the Main Street Community Foundation to continue the Southington Health Outreach Project. The project enhances access to programs for mental health and substance use disorders by educating residents about how to identify behavioral health issues and the services available.

Wheeler’s Southington Health Outreach project employs a three-tiered approach to serving individuals and families in this community, including outreach and health education; system navigation assistance; and efforts to reduce barriers to care such as transportation, child care concerns and others.

“This funding allows us to continue our programming to meet the needs of Southington residents and facilitate their access to comprehensive behavioral health care services and information,” said Judith Stonger, MA, CPS, CARC, vice president, Wheeler Prevention, Wellness and Recovery.

“This extended funding supports the delivery of outreach and education to Southington residents and helps individuals and families identify and navigate available local resources,” said Susan Sadecki, MBA, president and chief executive officer of the Main Street Community Foundation. “We are pleased to support the continued development of the Southington Health Outreach Project.”

Since the project’s inception last May, the project’s senior health outreach coordinator has provided education and support to nearly 700 residents through 73 outreach programs. A Southington Behavioral Health Resource Directory also has been developed and is available through:

- **Southington Community Services Dept.**
91 North Street, Plantsville
- **Plainville-Southington Regional Health District**, 196 North Main Street, Southington
- **Southington Public Library**
255 Main Street, Southington
- **Calendar House Senior Center**
388 Pleasant Street, Southington

The directory also is available at the Connecticut Clearinghouse website at www.ctclearinghouse.org/southingtonmhdirectory.



Wheeler Health & Wellness Center Expands Pediatric Services

The Wheeler Health & Wellness Center at 10 North Main Street, Bristol now offers expanded pediatric services to further meet the needs of residents of Bristol and the surrounding communities.

The medical staff includes a board-certified pediatrician and a nurse practitioner who offer comprehensive primary medical services for newborns, children and adolescents, including newborn first-year exams, well-child visits, school, sport and camp physicals, and immunizations and flu shots.

The center offers a welcoming, child-friendly environment. Services are age-appropriate to accommodate children and youth at every stage of their development. For information, call 860.584.6555.

The Wheeler Health & Wellness Center, Bristol is funded by the Health Resources and Services Administration (HRSA), an operating division of the U.S. Department of Health & Human Services, and the United Way of West Central Connecticut.



From left, Wheeler's expanded pediatric team in Bristol: Nicole Doty, APRN, primary care nurse practitioner; Swathanthra Kumar Melekote, MD, FAAP, board-certified pediatrician; and Marvelle Lindo, MSN, APRN, lead primary care nurse practitioner.

Wheeler Teams with ProHealth Physicians' Center for ADHD and Attention Disorders



From left, clinicians assigned to the ProHealth Center for ADHD, David Barringer, LCSW, supervisor, and Katherine Houghtaling, LCSW, senior clinician, Children's Outpatient Services.

Wheeler and ProHealth Physicians now provide behavioral health services for children and adolescents at the ProHealth ADHD Center in Middletown, specializing in ADHD and attention disorders.

Wheeler services complement existing treatment provided at the center and include on-site diagnosis, rapid assessment, individual and family treatment intervention and referral, case management and linkages to other community providers as needed and requested by the families.

"This integration has been a very positive experience, and the demand for integrated services is especially high," said Kim Nelson, LCSW, vice president, Wheeler Outpatient and Community Services. "We appreciate working collaboratively with the ProHealth team to provide a unified plan of care for youth and families."

Dr. Marybeth Ellison, medical director of the ProHealth ADHD Center, says, "We believe in a comprehensive management model for attention and developmental disorders, since integrated treatment plans have been documented as the most successful approach. Treatment that includes psychotherapy, behavior modification, and parent training has been shown to be instrumental in improving outcomes for these patients and their families. We are committed to helping our patients cope with their diagnosis; having these services integrated into our office will improve the delivery of care and, ultimately, their lives."

The ProHealth ADHD Center provides comprehensive, multi-dimensional care to address the impact of attention disorders on home, school, and social functioning. The center participates with most insurance plans and cares for children ages three to college-age.

For information or to make an appointment, call 860.344.8770.

Highlights

Wheeler Sponsors CT Health Council “Depression in the Workplace” Event



Photo credit: J. Meehan, MetroHartford Alliance

From left to right, from Wheeler, Sabrina Trocchi, MPA, chief strategy officer, and Susan Walkama, LCSW, president and chief executive officer; Bob Albright, Ph.D., management department chair, University of New Haven; keynote speaker Donna DeWan, MS, MA, LPC, LMT, director of corporate programs and a national trainer for the National Council for Behavioral Health; Amy Cunningham, executive director, Connecticut Health Council; Gabriel J. Jiran, partner, Shipman & Goodwin, LLP; and Hyong Un, MD, chief psychiatric officer, Aetna.



Wheeler co-sponsored a January 20 “Depression in the Workplace: Cost, Conversation and Solutions,” breakfast program with keynote speaker Donna DeWan, MS, MA, LPC, LMT, director of corporate programs and a national trainer for the National Council for Behavioral Health, and expert panelists. The program, attended by area business leaders, focused on the scope and nature of depression in the workplace and what employers can do to address this problem, including strategies for creating a psychologically safe and supportive work environment. Wheeler Employee Assistance Program (EAP) Manager, Dan Fallon, LPC, CEAP, was among the Wheeler leaders in attendance, and shared resources and information about the Wheeler EAP program and mental health challenges in the workplace.

A recent MetroHartford Alliance “Pulse of the Region” radio program interview includes a discussion with Mr. Fallon about the effects of depression in the workplace and strategies for employers. Visit www.wheelerclinic.org/eap to hear the interview or to learn more about Wheeler EAP.

Wheeler Employee Assistance Program (EAP) Manager, Dan Fallon, LPC, CEAP, shares Wheeler EAP resources and information with event attendees.



Wheeler Participates in National Health Service Corps Loan Repayment Program

Wheeler is part of the National Health Service Corps Loan Repayment (NHSC) Program, which offers tax-free loan repayment assistance to eligible employees of qualified healthcare providers.

Loan assistance recipients—licensed outpatient clinicians, doctors and nurse practitioners working at four designated Wheeler locations—can each earn up to \$50,000 toward student loans in exchange for a two-year commitment at an NHSC-approved site. Payment is made at the beginning of service so that participants can quickly pay down their loans. Award amounts for participants are based on community need and determined by the designated Health Professional Shortage Area (HPSA) score.

“This program reflects our commitment to attract and retain a vibrant, skilled workforce by nurturing the growth and career development of our employees,” said Tish Speicher Werbner, vice president, Wheeler Human Resources. “It also provides Wheeler with the capacity to recruit other highly skilled NHSC participants.”

The program is offered to eligible employees at the following Wheeler locations: 10 North Main Street, Bristol; 75 North Mountain Road, New Britain; 999 Asylum Avenue, Hartford; and 91 Northwest Drive, Plainville.



2016 Annual Fund Your Support Creates Hopeful Tomorrows

Thanks to all who contributed to Wheeler's annual fund. Your donation makes a tremendous difference for our communities and the individuals and families in our care. The need for effective behavioral health, primary care and safety net services in Connecticut is greater than ever, and public funding for these critical services face even more devastating cuts in the months ahead. Learn how you can make a difference below and at www.wheelerclinic.org/hope.



- \$500 could ensure a young family has safe housing, food on the table and gets the support they need to help their children thrive
- \$250 could provide educational advocacy for a student and helps them graduate with the skills they need to be successful
- \$100 could help a foster family provide a loving home for a child
- \$50 could support a friend, a family member, or a neighbor who needs Wheeler

Wheeler 31st Annual Golf Classic, June 13

Wheeler's 31st Annual Golf Classic takes place June 13, 2016 at the Country Club of Farmington to support children and families in our care. Sign up to play or choose from an array of sponsorships, and you'll be part of a great day of fun that includes golf, lunch and dinner, prizes, recognition for your business, and more! There are plenty of opportunities to participate for non-golfers as well. Register at give.wheelerclinic.org/golfclassic, or contact Jennifer McHale at 860.793.4214.



Wheeler Innovation Fund: Making A Long-term Difference

The Wheeler Innovation Fund is a significant way to make a long-term and sustained difference in your community. The fund consists of a family of funds designated to advance innovative approaches to care and service delivery as well as other initiatives across the agency. Longtime Wheeler supporters Peter and Mary Fran Libassi recently established the Libassi Fund for Innovation through a legacy gift commitment of \$500,000. The Libassi endowment fund is now one of multiple funds that make up the Wheeler Innovation Fund. Learn more about this gift at www.wheelerclinic.org/Libassi-Endowment-Fund.



The Paths to Planned Giving

By designating a gift to Wheeler Clinic through your will, you can establish a legacy of care and concern that will serve generations to come. There are many ways to make a planned donation, including gifts of appreciated securities; donations of stocks, bonds and mutual fund shares, charitable lead trusts and charitable remainder trusts; gifts of life insurance or retirement assets; and life income gifts. Visit plannedgiving.wheelerclinic.org or contact:

Wendy DeAngelo, Chief Business Development Officer
wdeangelo@wheelerclinic.org or 860.793.4401

Please accept this contribution to help Wheeler Clinic continue fostering positive change in the years ahead.

- ☐ \$0-99 Friend
- ☐ \$100-249 Sponsor
- ☐ \$250-499 Sustainer
- ☐ \$500-999 Leader
- ☐ \$1,000-4,999 Champion
- ☐ \$5,000-9,999 Hero
- ☐ \$10,000+ Visionary

Name (as you wish to see it printed)

Address

City State Postal Code

Telephone

Donation Amount

- ☐ Check enclosed **or** ☐ Charge my credit card
- ☐ Visa ☐ Mastercard ☐ Discover ☐ AmEx

Account Number

Exp. Date

Security Code

Signature

- ☐ I have enclosed a matching gift form from my employer.
- ☐ Please send me information about planned giving opportunities.

Mail to: Wheeler Clinic, Development Office
91 Northwest Drive, Plainville, CT 06062



Wheeler
Innovative Care. Positive Change.



Non-Profit Org.
U.S. Postage
PAID
Plainville, CT
Permit No. 503

91 Northwest Drive, Plainville, CT 06062

www.wheelerclinic.org

888.793.3500

Special Edition!



Monday, June 13, 2016

31st Annual Golf Classic

The Country Club of Farmington • 806 Farmington Avenue, Farmington



For information, visit give.wheelerclinic.org/golfclassic or contact Jennifer McHale at 860.793.4214 or jmchale@wheelerclinic.org.