



Wheeler

Innovative Care. Positive Change.

DECEMBER 2019
NATIONAL IMPAIRED DRIVING PREVENTION MONTH

Wheeler's Health Spotlight



NATIONAL IMPAIRED DRIVING PREVENTION MONTH

Avoid Risky Driving Behaviors, Now and Always

December is National Impaired Driving Prevention Month, a powerful reminder to avoid risky driving behaviors, including driving under the influence of drugs and/or alcohol. During this season of increased celebration and holiday gatherings, it's especially important to know the dangers and multi-pronged consequences of impaired driving, as well as understand the impact of other hazardous behaviors such as distracted or drowsy driving, speeding, and driving without a seat belt. According to the National Highway Traffic Safety Administration (NHTSA), in 2018 in the United States, more than 10,500 people were killed in crashes involving alcohol, an average of one alcohol-impaired-driving fatality every 50 minutes. The estimated economic cost of all alcohol-impaired crashes in the U.S. (involving alcohol-impaired

drivers or alcohol-impaired nonoccupants) is \$44 billion.*

The Centers for Disease Control and Prevention advises the following steps to enhance your safety this season. Before holiday gatherings, designate a non-drinking driver within your group. Don't let your friends and loved ones drive impaired. If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver. Offer alcohol-free beverages, and make sure all guests leave with a sober driver.

If you or a loved one have a [substance use disorder](#), visit one of Wheeler's [Family Health & Wellness Centers](#) and/or outpatient locations in Bristol, New Britain, Hartford, [Plainville](#), and Waterbury. Wheeler offers a full range of treatment for substance use disorders and intervention services, including [medication-assisted treatment for opioid and alcohol addiction](#). Our comprehensive array of addiction services offer a flexible combination of in-home, outpatient, and family intervention programs that serve the needs of thousands of individuals annually.

To schedule an appointment or to learn more, call Wheeler's Navigation Center at 860.793.3500.

Sources: Centers for Disease Control and Prevention, National Highway Traffic Safety Administration

* NHTSA: This data point is from 2010, the most recent year for which this information is available.

Additional Resources

[CDC: Facts about Drunk Driving in Connecticut](#)
[Centers for Disease Control and Prevention](#)
[Connecticut Clearinghouse](#)
[CT.gov](#)
[Medline Plus](#)
[Mothers Against Drunk Driving Connecticut](#)
[National Highway Safety Traffic Administration](#)

Raising Awareness for World AIDS Day, December 1

Wheeler's Lisa Roth, MS, director of care management and education, and Cinqué Barlow, Ryan White specialist, coordinated daily activities during the first week of December for Family Health & Wellness Center employees to raise awareness of World AIDS Day (December 1). Discussions, quizzes, and the distribution of material helped to educate our team about this disease and how Wheeler helps consumers to identify and manage it.



[\[More about our services here\]](#)



NEWS YOU MAY HAVE MISSED

New Saturday Hours at Wheeler's Community Health Center in Hartford



Wheeler's community health center at 43 Woodland Street in Hartford is now open on Saturdays from 9 am to 1 pm, providing walk-in and scheduled care for a range of issues, including cold and flu symptoms; aches and pains; minor cuts and bruises; addiction and behavioral health, and more. [[Click here](#)]

Diabetes Education Classes in New Britain and Hartford

Education classes for Wheeler primary care patients with diabetes and pre-diabetes are offered at our community health centers in Hartford and New Britain. Classes run from 5:30 to 6:30 pm on the first Monday of the month at 43 Woodland Street, Hartford, and on the first Thursday of the month, starting January 2, at 75 North Mountain Road, New Britain. [[Learn more here](#)]



ONE SEASON, MANY WAYS TO MAKE A DIFFERENCE



Wheeler serves more than 30,000 individuals, families, and communities each year, through more than 100 programs, covering 90 percent of Connecticut's cities and towns. Your support helps us serve everyone in ways that are innovative, effective, and not possible through traditional funding methods. This season, consider the many ways that you can help us make an even greater difference. [[Click here to make a donation](#)]

Funding for the Wheeler Family Health & Wellness Center is provided by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA). Improvements to the Family Health & Wellness Center in Hartford are supported in part by the State of Connecticut Nonprofit Grant Program, the Connecticut Health & Educational Facilities Authority, the Maximilian E. and Marion O. Hoffman Foundation, and the Ensworth Charitable Foundation. Additional support is provided by Delta Dental of New Jersey Foundation. Added support for the Family Health & Wellness Center in Bristol is provided by the United Way of West Central Connecticut. Wheeler is a Health Center Program grantee under 42 U.S.C. 254b and a deemed Public Health Service employee under 42 U.S.C. 233(g)-(n).

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