

COMMUNITY | HEALTH | CARE

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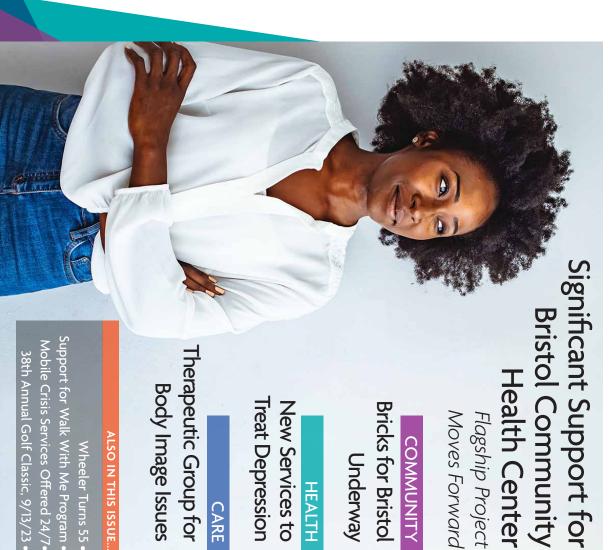






#### LICENSURE AND ACCREDITATION

Connecticut Department of Children and Familie Connecticut Department of Educa Connecticut Department of Public Health The Joint Commission National Committee for Quality Assurance



MPAC

we make in our The difference

communities

Flagship Project Moves Forward

**Bricks for Bristol** 

Underway

COMMUNITY

**Body Image Issues** 

**Treat Depression** 

CARE

**New Services to** 

HEALTH

# ALSO IN THIS ISSUE.

Wheeler Turns 55

Support for Walk With Me Program Mobile Crisis Services Offered 24/

**SPRING 2023** 



## Federal, State, Local Support for Flagship Community Health Center in Bristol

Wheeler's planned community health center project at One Hope Street in downtown Bristol continues to advance with federal, state, and local support.

In mid-February, U.S. Senator Richard Blumenthal, Bristol city officials, and Wheeler leadership celebrated the award of \$980,000 in federal support for construction of Wheeler's new health center. This funding was made possible through the efforts of Senator Blumenthal and U.S. Senator Chris Murphy to include the Bristol project among congressionally directed spending requested from the 2023 Omnibus Appropriations Bill.

Additionally, \$400,000 from the City of Bristol through the American Rescue Plan Act (ARPA) will support construction and development of the center, and Wheeler is working with local construction firms involved in the project to secure additional in-kind funding.

"We are humbled by so many forms of support for this amazing project, and we are grateful to the organizations and individuals who share our passion for community health and wellness," said Sabrina Trocchi, PhD, MPA,

president and chief executive officer, Wheeler. "We look forward to unveiling essential services in one convenient location for residents of Bristol and surrounding towns."

Construction of the 46,000-square-foot facility will be completed in approximately one year.

On Page 2, read more about "Wheeler's Bricks for Hope in Bristol" campaign, which also will support the new community health center.

**FACT:** The building at One Hope Street will be Wheeler's first newly constructed facility since its original location in 1972.

To access this and other stories in this issue, visit: WheelerHealth.org/Impact or access the page by scanning this QR code with your cell phone.



#### **COMMUNITY**

### Bricks for Hope in Bristol Campaign Underway

A new fundraising campaign, "Bricks for Hope in Bristol," will literally pave the path to One Hope Street, the future site of Wheeler Health's new Bristol community health center and administrative headquarters. Individuals and organizations from Bristol, surrounding communities, and beyond can play a part by sponsoring a named brick.

"Our vision is for the named bricks to be on prominent walkways to, and near, the entrances to One Hope Street. By sponsoring a brick, donors are helping to promote the power of recovery and hope in everyone we serve," said Sabrina Trocchi, PhD, MPA, president and chief executive officer, Wheeler.

The Bricks for Bristol campaign is part of Wheeler's larger "Campaign for Bristol," an effort for which Wheeler has reached 90 percent of its \$500,000 fundraising goal. Announced in winter of 2022, the public campaign was launched with support from the Barnes Group Foundation and other local philanthropic investors.

For more information, call 860.793.4450.



**55th ANNIVERSARY FACT:** Wheeler's first capital campaign was launched in 1985 to fund the 24,000-square-foot Northwest Village School, a therapeutic day school for students ages 4 to 21.

#### **COMMUNITY ROUNDUP**

- Wheeler received \$7,000 from the Pride in the Hills Fund at Connecticut Community Foundation to support a peer support specialist position and expansion of the Walk with Me program in Waterbury.
- Wheeler turns 55 in 2023! In the coming months, you'll see and hear stories about the many people and organizations who are integral to our mission.
- Wheeler's 38th Annual Golf Classic happens on September 13 at the Country Club of Farmington. Join us for a great day of golf, while supporting the individuals and families we serve!
- The third edition of the Southington Behavioral Health Directory, a
  guide to mental health and substance use treatment in the Southington
  area, is published. For copies, call CT Clearinghouse at 800.232.4424.

#### THANKS TO ALL WHO SUPPORT HEALTH, RECOVERY, AND GROWTH IN BRISTOL!

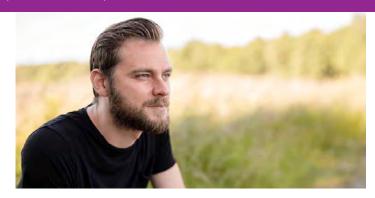
#### **HEALTH**

# Helping Patients Manage Depression

Two new services being offered at Wheeler's Hartford and New Britain community health centers will help patients find relief from symptoms of depression and anxiety.

Spravato® therapy, a new, highly effective treatment for patients suffering with persistent depression, is now available at Wheeler's Family Health & Wellness Center in Hartford. Patients are treated under the supervision of our psychiatric medical director in a suite designed specifically for this service. Spravato® (esketamine) is the first FDA-approved prescription nasal spray for adults with moderate-to-severe, treatment-resistant depression.

Wheeler's Family Health & Wellness Center at 40 Hart Street, New Britain, is now accepting referrals for Transcranial Magnetic Stimulation (TMS), a novel and effective specialty behavioral health treatment to be offered at this location in Spring 2023. TMS is a highly effective, noninvasive procedure that uses magnetic fields to activate regions in the brain which have decreased activity in patients with depression. It is also extremely effective for patients with anxiety disorders, including OCD, and requires no medication. For information, call 860.793.3500.



**55th ANNIVERSARY FACT:** Help Line, a phone crisis line to address issues ranging from substance use to depression, was brought to Wheeler in 1972.

#### **HEALTH ROUNDUP**

- A grant of nearly \$190,000 to Wheeler from the U.S. Department of Health and Human Services (HHS), through the Health Resources and Services Administration (HRSA) is making COVID-19 booster vaccines accessible to the community.
- Tina Loarte-Rodriguez, MSN, RN, CIC, CPPS, CPHRM, Wheeler's vice
  president of Nursing, has been accepted into the American Nursing
  Association Innovation Accelerator program, a nine-month effort
  focused on advancing innovation knowledge, principles, applications,
  and more.
- Wheeler has opened a school-based health center at DiLoreto Elementary & Middle School in New Britain.

#### CARE

### **Treatment Group Helps with Body Image Challenges**

A new group therapy at Wheeler's Hartford Family Health & Wellness Center is designed to help females, ages 16-22, with an array of body image issues.

The weekly group, held Tuesdays at 4 pm at 43 Woodland Street in Hartford, uses Dialectical Behavioral Therapy (DBT) to provide support and assistance with a wide range of related topics, such as unhealthy eating habits, negative self-image, and more.

DBT is a technique that helps individuals learn new interpersonal and coping skills. When used to address disordered eating, DBT can help people learn to better handle stressors in the family or the environment, and offers new ways for them to process upsetting thoughts and feelings.

Through Wheeler's model of integrated health care, individual primary care and other behavioral health services are available on-site as well, including nutrition counseling and support.

Call Wheeler's Navigation Center at 888.793.3500.

#### PRESIDENT'S **MESSAGE**



In an ever-changing health care landscape, our services are constantly evolving as well to meet the needs of the individuals and families we serve. We're excited to

Dabrine Tescolii, PhD, MPA

President and Chief Executive Officer



FACT: In the U.S., Body Dysmorphic Disorder affects about 1 in 50 people. (Source: International OCD Foundation).

#### **CARE ROUNDUP**

- Wheeler's Mental Health Awareness Training, funded by SAMHSA, exceeded first-year goals with the majority of trainings provided to law enforcement and higher education professionals. Among the highlights: 95.2% of participants increased their knowledge, surpassing a goal of 85%, and 95.4% showed increased confidence in referring others to appropriate support, compared to a goal of 75%.
- A new digital campaign to recruit foster families for children and youth in Waterbury and surrounding towns has launched and is designed to educate prospective parents about opportunities to foster youth many times for shorter durations—right in their own communities.
- Wheeler's Mobile Crisis Intervention Services (MCIS) program now serves youth and families in crisis 24/7. Funded by the Connecticut Department of Children and Families, the service can be accessed by dialing 2-1-1 and pressing "1."

#### **PLEDGE**

#### YOU CAN MAKE A DIFFERENCE.

YOUR support, YOUR commitment, YOUR vision can change, and literally save, lives.

#### Yes! I want to support:

Bristol Family Health & Wellness Center	\$
Basic Needs Fund	\$
Basic Needs Fund, Northwest Village School	\$
Other	\$
Enclosed is my total gift of	\$
Check Enclosed (Please make payable to Wheeler.)	
Please charge my donation to: Visa MasterCard D	Discover AmEx
Name	
Account Number	
Exp. Date Security Code	
Signature	
My gift is in memory of:	
My gift is in honor of:	
Please notify:	
My employer will match my contribution. I have enclosed a matching gift form.	

Please send me information about Planned Giving.

Mail using the enclosed envelope to: Or scan this QR Wheeler Office of Philanthropic Giving 91 Northwest Drive Plainville, CT 06062

code with your cell phone to make a donation.

