



LICENSURE AND ACCREDITATION
Connecticut Department of Children and Families
Connecticut Department of Education
Connecticut Department of Public Health
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IMPACT

The difference we make in our communities

Significant Support for

Bristol Community

Health Center

*Flagship Project
Moves Forward*

COMMUNITY

Bricks for Bristol
Underway

HEALTH

New Services to
Treat Depression

CARE

Therapeutic Group for
Body Image Issues

ALSO IN THIS ISSUE...

- Wheeler Turns 55
- Support for Walk With Me Program
- Mobile Crisis Services Offered 24/7
- 38th Annual Golf Classic, 9/13/23





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.



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."

PRESIDENT'S MESSAGE

Wheeler is now in its 55th year, and it's both a time to take stock and a time to consider how best to meet our patients' needs moving forward.

In this issue, you'll learn more about our progress in Bristol and our many forms of support as we prepare to build our new community health center and administrative headquarters at One Hope Street. You'll also learn more about cutting-edge therapies to help patients manage depression, as well as an innovative program that's helping individuals struggling with body image issues.



COMMUNITY | HEALTH | CARE

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 highlight in this issue expanded hours for our mobile crisis intervention program, a new school-based health center in New Britain, additional support for our Walk with Me program in Waterbury, and so much more.

Thank you for being a part of our community. Thank you for helping us get to where we are today. Our work is only as strong as the organizations and individuals who support it.

Sabrina Trocchi, PhD, MPA

Sabrina Trocchi, PhD, MPA
President and Chief Executive Officer



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 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:
Wheeler
Office of Philanthropic Giving
91 Northwest Drive
Plainville, CT 06062

Or scan this QR code with your cell phone to make a donation.

