



# Positive Change

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A publication of  
 Wheeler Clinic  
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### 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.



## Integrated, Whole-Person Health at Wheeler's Health & Wellness Centers

A broad array of highly skilled health care providers serve individuals and families at Wheeler's Health & Wellness Centers in Bristol, New Britain and Hartford and offer a continuum of integrated primary care, behavioral health, preventive dental and support services.

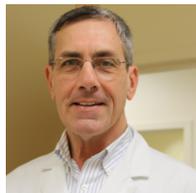
"Our staff of primary care physicians, nurse practitioners, clinicians, counselors and care managers employ a whole-person approach to care, managing the physical, emotional and other aspects of consumers' health," said

Susan Walkama, LCSW, president and chief executive officer. "Our multi-disciplinary team partners with patients to identify health risks, intervene early and employ effective approaches to chronic disease management."

Learn more about our integrated care and services at: [wheelerclinic.org/health-wellness](http://wheelerclinic.org/health-wellness).

In this issue, we're spotlighting our primary care and behavioral health providers at each of Wheeler's Health & Wellness Centers.

## Meet Our Providers



**E. Rodney Hornbake, MD, FACP**  
 Medical Director,  
 Primary Care

Dr. Hornbake oversees the delivery of primary care services for adults through Wheeler's Health & Wellness Centers in Bristol, New Britain and Hartford. He provides clinical oversight and management of clinical performance outcomes and direct clinical supervision to providers. He also provides direct primary medical care to patients.

Dr. Hornbake has served as assistant clinical professor at the University of Connecticut School of Medicine and associate adjunct professor at Hofstra University. He received his MD from the University of Pittsburgh.



**Robert Grillo, MD**  
 Medical Director,  
 Psychiatry

Dr. Grillo provides administrative and clinical leadership, management and supervision for the psychiatric medical staff and all psychiatric medical service operations for Wheeler.

Dr. Grillo graduated from the University of Connecticut School of Medicine. He is certified by the American Board of Psychiatry and Neurology in Psychiatry. He is an assistant clinical professor at the Yale School of Medicine.

Dr. Grillo is a frequent presenter on issues including physician health, attorney health, psychotherapy, depression, bipolar disorder, suicide, geriatric psychiatry, delirium and agitation, and legal issues in psychiatry and more. Since 2011, he has been listed as one of *Connecticut Magazine's* Top Docs.





# a message of change from the president

The stories in this issue of *Positive Change* take us from the very beginning of Wheeler to the latest developments in integrated care. The health care environment today looks very different from those early days, and Wheeler remains as focused as ever on ensuring that all communities across the state have access to effective, affordable care. We are challenged by the state's budget troubles and national policy changes to the Affordable Care Act (ACA) and Medicaid that could have a significant impact on the families we serve. At a time when the need for our services has grown 10 percent in the last year alone, Wheeler is facing potentially devastating cuts to funding for critically needed services.

Community-based nonprofit organizations already provide solutions and great value for Connecticut; we save lives and provide high-quality, cost-efficient services. Those services in turn improve the economy and the safety and security of our communities. Please join us in urging state and federal officials to invest in these priorities and adequately fund critically needed health and human services.

Our commitment to provide effective, accessible care to the individuals and families we serve has been steadfast for nearly 50 years. Thank you for sharing that commitment and joining us by taking action now.

**Susan Walkama, LCSW**  
President and Chief Executive Officer

### Join us in urging state and federal policy makers to:

- Protect access to health care for millions of consumers by maintaining the gains achieved by the ACA and Medicaid expansion
- Preserve access to care: further state budget reductions will reduce access to community-based primary care, mental health and substance abuse services in communities already facing substantial health disparities and an unrelenting opioid epidemic
- Realize long-term budget savings for the state by maximizing use of community services
- Ensure that state savings from child welfare and juvenile justice reforms are put back into services that support children and families

## Meet Our Providers (Continued from page 1)

10 North Main Street, Bristol



**Andrea Buglione-Corbett, MSN, APRN**

Andrea is a family nurse practitioner with a special interest in women's health. She has extensive experience in clinical settings. Most recently, Andrea provided comprehensive pediatric care for underserved populations, as well as an array of women's health services. Andrea received her MSN from Sacred Heart University.



**Rebecca Eleck, MD**

Dr. Eleck is a board-certified family physician with a special interest in medication-assisted treatment for alcohol and opioid addiction. She attended the University of Connecticut School of Medicine and completed her family medicine residency at Middlesex Hospital. Dr. Eleck also has a special interest in global health and has worked in Haiti, Guatemala and Honduras.



**Sofiya German**  
**Registered Dental Hygienist**

Sofiya was born and raised in the Ukraine, where she graduated from Polygraph College. She graduated from the University of Bridgeport Fones School of Dental Hygiene and speaks four Slavic languages.



**Rebecca Theriault, PMHNP, APRN**

Becky specializes in child and adolescent services and also serves adults. She works in Wheeler's Congregate Care program and at the Northwest Village School as a provider.

Becky graduated from the University of Saint Joseph in 2015. Prior to becoming an APRN, she worked in women's health, primarily in labor and delivery.

# Integrated Care Works

## Integrated Care Works: Perspectives from an Early Leader



When Marlene Hoerle learned about Wheeler's expansion of integrated care services across Connecticut, she was not just happy, she was thrilled.

Hoerle, a Wheeler board of trustee chair from 1971-1975, played a key leadership role in the early years of the organization, following a bequest from prominent Plainville

resident Bertha Wheeler. The gift was originally intended to support the construction of a small hospital in Plainville. Hoerle and other community leaders engaged local hospitals and human services organizations in a collaborative effort to build Wheeler's programmatic foundation to meet the community's need for mental health services. Mrs. Wheeler's gift, and vital construction and staffing grants from the National Institute of Mental Health, helped establish Wheeler Clinic in 1968 and led to the 1972 construction of the first facility at 91 Northwest Drive in Plainville.

A longtime community leader and former Bristol resident, Hoerle also served on several boards of directors in central Connecticut and was a driving force for change, particularly in health care-

related issues. She obtained her Bachelor of Arts degree from Wellesley College, and, later in life, graduated from the University of Saint Joseph with a Masters in Counseling.

"Not only did I always understand the importance of integrated care, I am also living proof that it works," she said.

In 1998, Marlene was struck by the virus herpes simplex encephalitis, which placed her in a coma for seven weeks, a condition from which her doctors didn't think she would emerge. Marlene not only emerged, but with the help of an integrated care team, close friends and family, she recovered from her illness.

"Integrated care was key to my recovery," she said, emphasizing how critical it is to have services that focus on physical, spiritual and emotional health. "The physical and psychological dimensions of the self are intertwined. Medicine is only partly about the body. The spiritual needs and emotional reactions we experience at the time of serious illness are not only real, they are profound.

"Integrated care is 'priceless' for people who cannot advocate for themselves," she added. "And Wheeler now does that, and I am so proud. We had this little thing that we started with, and look at what you have done."

### 75 North Mountain Road, New Britain



**Debbie-Ann Ellington, APRN, ANP**  
*(also provides services at the Wheeler Health & Wellness Center in Bristol)*

Debbie-Ann has more than 13 years of patient-focused experience in primary care and community-based non-profit settings. Most recently, she has focused on management of acute and chronic diseases such as diabetes, hypertension, COPD, cardiac and respiratory issues, and more. Debbie-Ann obtained her MS in Adult Primary Care from Quinnipiac University.



**Laurie Kennedy, APRN**  
*(also provides services at the Wheeler Health & Wellness Center in Hartford)*

Laurie joined Wheeler in 2015 and treats adults with primary psychiatric illness and dual diagnosis, including addiction and mental health issues. Laurie has experience in inpatient, hospital intensive care and surgical settings. She obtained her Masters, an APRN in Psychiatry, in 2009 from the University of Saint Joseph.

### 999 Asylum Avenue, Hartford



**Jessica Angle, APRN**  
*(also provides services at the Wheeler Health & Wellness Center in New Britain)*

Jess is a psychiatric-mental health nurse practitioner who works with adults with mental illness and/or addictions. Her areas of interest are trauma and women's health. Jess works at Wheeler's Lifeline program and Wheeler's Health & Wellness Centers in New Britain and Hartford. She received her Masters, an APRN in Psychiatry, from the Yale School of Nursing.



**Marlene Dolat, MSN, APRN**

Marlene provides primary care services to adults. Prior to Wheeler, Marlene worked in an urgent-care environment. She also worked as a family nurse practitioner, providing well-child physicals, sports physicals, and immunizations in accordance with state and district requirements. Marlene received her MSN, from the Yale School of Nursing.

# Strengthening Families

## Ensuring Youth Entering Foster Care Find Medical Home

The Wheeler Health & Wellness Center in Bristol serves as an integrated primary and behavioral health care resource for youth in Wheeler's Foster Care Clinic/Multi-Disciplinary Evaluation (MDE) program.

The program, funded by the Department of Children and Families (DCF), works collaboratively with health care providers, including Community Health Center and Charlotte Hungerford Hospital, to identify the mental health, developmental, medical and dental needs of youth entering foster care. Medical, dental and mental health professionals collaborate with DCF workers and foster and biological parents to assess and make recommendations to meet each child's needs within the first 30 days of placement in care and ensure that children have an established medical home. Wheeler's program serves youth in one-third of the state, including DCF Region 5 – Waterbury, Torrington and Danbury, and DCF Region 6 – New Britain and Meriden.

"Wheeler's Health & Wellness Center is an effective resource for our work with youth from Bristol and surrounding towns," said Christine Gillies, program manager. "We've integrated our evaluation efforts to provide primary care providers and foster parents with guidance and information to meet a child's physical and emotional health needs during their time in foster care."

## Course Highlights the Many Facets of Foster Parenting



Fifteen families graduated from Wheeler's 10-week Trauma Informed Partnering for Safety - Model Approach to Partnerships in Parenting (TIPS-MAPP) class, where they learned about the process of fostering a child. Wheeler's TIPS-MAPP course covers a range of topics, including an overview of children in foster care, behaviors, loss and grief, strengths and needs, what families can expect when fostering a child or children, and more. Graduates from the program are engaged in the process of becoming licensed as foster families.

## Expanded Resources to Strengthen Families in Manchester, Hartford



*Members of Wheeler's expanded IFP team, back row from left, Holy Rivera, Alicia Price, LCSW, Margie Jones, Rodney Montalvo, Dru Breslav, LCSW. Front row from left, Jessica Arnold, MFT, Cecily Pacheco, Antoinette Badillo, MSW, Allison Bombard, LCSW, and Rachael Kulesza, MA.*

Families in Greater Manchester and Hartford now receive an expanded array of services through Wheeler's Intensive Family Preservation (IFP) and Multisystemic Therapy-Building Stronger Families (MST-BSF) programs. Both programs are funded by the Connecticut Department of Children and Families (DCF).

Wheeler's IFP program has expanded to serve families in 23 cities and towns in DCF Region 4 – Hartford/Manchester. Wheeler's original IFP program, comprising two team members, served 40 families per year. The expanded program, which includes 10 staff, now serves 140 families annually and is the largest provider of IFP services in the Greater Hartford region. Services include direct service, skill development, individualized intervention plans to meet the unique needs of each family member, interventions based on a family's strengths, and links to community resources and services.

Wheeler's MST-BSF program team recently expanded to serve individuals and families in 19 cities and towns in Greater Manchester. MST-BSF is an intensive, home-based approach for families with children ages 6-17 involved with DCF protective services due to neglect or physical abuse concerns, and where there also is concern about the impact of parental substance abuse on the family.



## Gifts for Youth in Our Care

Mike Howard, founder of 4&UP, along with the help and generosity of Ross Woodward Middle School in New Haven, recently collected holiday gifts for youth served by Wheeler's foster care programs. Mr. Howard was a foster child until the age of 4 years old. His organization, 4&UP, is an informational resource for foster families.

## Mott Volunteers Take Part in Foster Care Holiday Parties



Mott Corporation employees demonstrated the real meaning of the

holiday season by donating presents for and volunteering at the Wheeler Foster Care programs' annual party.



Mott supports Wheeler's mission through philanthropic support and the employee volunteer Health Ambassadors program. Most recently, Wheeler and Mott Corporation formed an innovative collaboration to promote community health and wellness, and engage underserved individuals and families in Bristol and New Britain in accessing primary and behavioral health care information and services.



## There's Still Time to Give

Thanks to all who contributed to Wheeler's annual fund in 2016. Your donation makes a tremendous difference for our communities and provides us with a wonderful opportunity to encourage health, recovery and growth in the lives of those we serve.

**There's still time to give!** Visit [wheelerclinic.org/give](http://wheelerclinic.org/give) or fill out the adjacent form. We need your support now more than ever to ensure the delivery of critical safety net services to children and families in our communities.

## 32nd Annual Golf Classic June 12!

Wheeler's 32nd Annual Golf Classic takes place June 12 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 [wheelerclinic.org/golfclassic](http://wheelerclinic.org/golfclassic), or contact Jennifer McHale at 860.793.4214.

**Please accept this contribution to help Wheeler Clinic continue to encourage recovery, health and growth at all stages of life 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
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Exp. Date

Security Code

Signature

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

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# Wheeler

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# Save the Date!

## 32<sup>nd</sup> Annual Wheeler Golf Classic

### Monday, June 12 • Country Club of Farmington



For information, visit [www.wheelerclinic.org/golfclassic](http://www.wheelerclinic.org/golfclassic) or contact Jennifer McHale at 860.793.4214 or [jmchale@wheelerclinic.org](mailto:jmchale@wheelerclinic.org).