

Transformation

A Bridges Healthcare Publication

Spring 2018



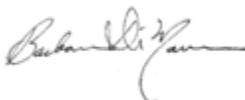
A Message from Our CEO

Dear Friends of Bridges,

As many of you may know, this past January I announced my retirement as Bridges' CEO and President, which will be effective June 30, 2018. These past few months have flown by, and the coming weeks will be filled with goodbyes, as I leave Bridges in the very capable hands of our leadership team and staff. I would like to take this opportunity to send a final message to all of our readers and supporters.

As my tenure at Bridges comes to a close, I reflect upon how fortunate I have been to work in collaboration with a highly skilled staff and a committed Board of Directors in many wonderful and diverse communities. I have grown personally and professionally because of it, and I am forever grateful to have had such a rich opportunity in my life. I am also indebted to Bridges' many funders and donors, who have supported our programs for many years, allowing us to both sustain and expand our service delivery and reach across Connecticut. Thank you all for being there for us, and for being there for our clients.

With Gratitude,

A handwritten signature in cursive script, appearing to read 'Barbara DiMauro'.

Barbara DiMauro
President & CEO

NEW! SMART Recovery Program and Group Meetings to Support Teens

Bridges' SMART Recovery® program supports teens (ages 16-18) who have or are considering abstaining from any type of addictive behaviors (substances and activities).

SMART stands for (**Self-Management and Recovery Training**) and the program teaches you how to change self-defeating thinking, emotions and actions and helps you work towards long term satisfactions and quality of life.

The program also supports friends and families who are affected by the substance abuse, drug abuse, alcohol abuse, or other addictions of a loved one.

Free Group Meetings:

SMART Recovery Teen Group Meeting

Meets on: Wednesdays 5:15 - 6:30pm

SMART Recovery-Family and Friends

Meets on: Mondays 6:45 - 8pm

All meetings are held at:

RM4 Drop-in Center 570 Boston Post Rd, Milford, CT 06410

For more information **visit our website or call 203.693.2640**



May is Mental Health Awareness Month

One in 5 Americans lives with a mental health condition*. Every May we celebrate Mental Health Awareness month to educate the public about mental illness and increase the understanding of diseases like depression, bipolar disorder and schizophrenia. We also fight the mental health stigma that causes shame and fear and prevents many from seeking treatment.

Bridges will be honoring Mental Health Awareness Month with a Wellness Fair for Bridges' clients. Fair activities include acupuncture, yoga, St. Vincent's Mobile Mammography screenings, University of Bridgeport wellness clinic, smoking cessation information and much more. Sponsored by Bridges' Behavioral Health Home, Genoa Healthcare and Optimus Healthcare.

Check Bridges' [Facebook](#) and [Twitter](#) pages for educational and inspirational posts.

*NAMI

Bridges Achieves Behavioral Health Care Accreditation



Bridges has earned The Joint Commission's Gold Seal of Approval® for Behavioral Health Care Accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal of Approval® is a symbol of quality that reflects an organization's commitment to providing safe and effective care.

Bridges underwent a rigorous onsite survey on February 6-9, 2018. During the review, compliance with behavioral health care standards related to several areas, including care, treatment, and services; environment of care; leadership; and screening procedures for the early detection of imminent harm was evaluated. Onsite observations and interviews also were conducted.

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[Building a Healthy Community](#)

Client Story:

Bridges' Team Aids Adolescent and His Family

Three weeks into the new school year, eleven year old Patrick was admitted to the child psychiatric unit of a local hospital. Patrick had been having significant difficulty communicating, and was prone to telling strange stories. School staff were concerned about his behaviors and thinking, which appeared to indicate a possible emerging psychosis.

Patrick was referred to Bridges' Intensive In-home Child and Adolescent Psychiatric Services (IICAPS) program, and after a thorough evaluation the team, including Bridges' medical and clinical staff determined that Patrick did not meet the criteria for a psychotic disorder. The team identified that Patrick's communication and behavior issues were a result of intellectual and developmental disabilities. His story-telling was his attempt to communicate his thoughts and feelings the best way he could.

During his hospitalization, Patrick was terrified and angry, and his family was frightened and confused. It was a traumatic experience for all, and left them feeling overwhelmed, anxious and distrustful of the mental healthcare system, and the people they thought could help them.

"Having Patrick hospitalized had a huge impact on him and his family. Our job was to

ensure that Patrick was diagnosed correctly, and then put the appropriate services in place to help him and his family recover from the experience, learn to recognize and manage emotions and behaviors, and develop tools to improve Patrick's ability to communicate," said Bridges' IICAPS clinician, Breanna Sansone.

Team Encouragement

Seven months later, on a bright spring morning Patrick enters his school social worker's office for his regular team meeting, accompanied by Mrs. Garfield, his special education teacher. He lights up when he sees his mom, Liz, and immediately leans over to hug her. They share a moment that reveals a deep bond and his affectionate nature. Patrick has a shy smile, bright eyes, and now towers over his diminutive Mom. He greets Mrs. Scheibel, the school social worker, and his Bridges' ICAPS team, Breanna and John Parise. His team encourage him to remember things they have talked about, how he is feeling, and how his life is different now. "I never want that to happen again," he says, shuddering at the memory of the time in the hospital.

Patrick and his family received IICAPS services for six months. These services are designed to help children who have been hospitalized, or who are at risk of hospitalization or out-of-home placement to remain at home safely with their families while receiving treatment. It is a research-based model that relies on a working partnership between the child, the family and the treatment team. Services include: individual and family therapy, psychiatric consultation, crisis intervention, school consultation and parent guidance and training in behavior management techniques, plus case management support. Bridges has operated its IICAPS program since 2002.

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Patrick, center, with Mom Liz, at left, Breanna Sansone, IICAPS clinician, Suzanne Garfield, special education teacher, John Parise, IICAPS case manager and Kathy Scheibel, school social worker at Harborside Middle School.

Save the Date

Folks on Spokes and Remembrance Walk for Suicide Sunday, September 16, 2018

Join us for **Folks on Spokes Ride** and the **Remembrance Walk for Suicide** to raise funds, promote mental wellness, and show support for people on their road to recovery from the challenges of a mental illness or addiction and healing for families and loved ones of suicide victims.

Cyclists of all levels can enjoy the scenic, mapped routes around the Connecticut shoreline.

Walkers will take a 3.1 mile route along the Milford shoreline, from the harbor to Fort Trumbull Point and return.

Registration begins May 1st! **Visit our website for all the details.**



**FOLKS ON
SPOKES**

**RIDE FOR MENTAL HEALTH
SUICIDE AWARENESS WALK**

**September 16, 2018
Fowler Field, Milford CT**



Bridges' B-SAFE Project

Bridges Healthcare recently changed the name of its Young Parent Program to B-SAFE which stands for **Sexual Awareness and Family Empowerment**.

The B-SAFE mission is to:

1. To provide sexual and reproductive health and prevention education to teens and students
2. To offer information, referrals and case management services for pregnant and parenting teens and young adults

All services are confidential. **Learn more on our [website](#)** or call 203-301-2353.

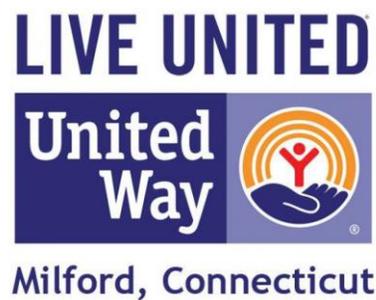
Opioid Treatment Outreach

To fight the opioid addiction epidemic locally, Bridges continues to expand its efforts to provide outreach and **opioid treatment** to people in the greater Milford area. Bridges provides prevention education and resources to the community including local schools, medical professionals and pain management clinics to assist them in identifying opioid addiction and to understand how to refer an individual to Bridges for Medication Assisted Treatment.

Call Bridges at (203) 878-6365 if you or someone you know needs a medication assisted treatment program for opioid addiction. Our trained clinicians are ready to help.



Bridges Awarded United Way of Milford Community Investment Funding



Bridges will receive \$168,000 in funds from the United Way of Milford Community Investment allocation for 2018. These funds will serve Milford residents enrolled in Bridges' Outpatient Mental Health and Addiction program and B-SAFE Project (formerly the Young Parent Program). The funds supplement state grants and contracts for outpatient services as well as funding from the City of Milford.

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www.bridgesct.org

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