



Connecticut Mental Health Center's 40th Anniversary

Selby Jacobs, MD, CMHC Director

I realize it is a busy time with JCAHO on the horizon, the introduction of many new practices to our clinical services, research support more stringent than it has been for a long time, the imposition of yet another hiring freeze (self-imposed this time), and disaster planning. Still, it is important to keep a long view as well. Such a perspective leads to recognition of an imminent **40th anniversary for the Connecticut Mental Health Center.**

2006 will be the 40th year of operation of the Connecticut Mental Health Center. Though it may seem a long way off, it is not too early to begin to think about it. A few of us have met and agreed to plan a celebration for the autumn of 2006, about 40 years after the opening celebration on September 30 and October 1, 1966. Forty years is not a major birthday, such as 25 or 50, yet it is an important developmental landmark. Daniel Levinson, one of the original faculty of the Center and author of Season's of a Man's Life, characterized the age 40 transition as one of entry into middle adulthood. For those of you like me, who have been through it (for me years ago), you know it is/was a developmental milestone that can focus your attention and promote development. We hope this would prove true for the institution as well.

The concept we have developed for a 40th celebration is the following; we propose an academic conference on a Friday in the Fall, 2006, and a fund raising dinner, the same evening.

The academic conference we have in mind would be on the contributions over 40 years of faculty and staff at the Connecticut Mental Health Center, an academic community mental health center, to public sector psychiatry and to psychiatric knowledge and practice in general. We have already had preliminary discussions with principal authors of documents, who would write papers for presentation at the conference.

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Focus on People

Wayne A. Rodriguez transferred here from Western Connecticut State University on September 16, 2005 as a Building & Grounds Patrol Officer, in our Public Safety Department.

Clorinda Mirto started employment at CMHC on September 30, 2005 as a Utilization Review Nurse Coordinator, in our Care Management office. Clorinda comes to us from the private sector with extensive experience in UM.

Our sincere condolences to the family and friends of **Robert Caprio**, Mental Health Assistant, 3rd Floor, CNRU, who passed away on October 1st as a result of injuries sustained in an automobile accident.

Focus on Information

JCAHO will conduct its triennial survey of CMHC by the end of this year. The survey will be significantly different from past surveys.

Surveyors will "trace" patients through their course of treatment at CMHC and speak with many direct care staff as they walk throughout the building and satellites.

In preparation for this, we will have a **mock survey from October 17 through 19**. Two consultants will conduct the mock survey and provide us with information on areas of concern before our formal JCAHO survey visit. Any questions, please contact **Betty Grottale at ext. 7085**

40th Anniversary, continued . . .

The papers would cover areas such as chronic mental illness, law and psychiatry, substance abuse, neurobiology, services research, public health and epidemiology, cross-cultural issues, and education. We intend to collect the papers in an edited volume, published around the time of the anniversary.

The evening of the conference, we plan a local anniversary dinner sponsored by the CMHC Foundation to raise money, as it ordinarily does, to improve the lives of the recipients of care served by the Center. The dinner would not only serve the purpose of fund raising but also serve as a vehicle for engaging the community around us, including our affiliate agencies, the City, the State and the University, in the celebration, while highlighting the essential qualities, importance, and contributions of an academic community mental health center to the community.

There is plenty of time for revision and improvements of the plan I have sketched above. I would welcome your comments and suggestions. Please email or stop by to discuss them.

**Center Focus - contact us at: CMHC, 34 Park Street, Room 142,
New Haven, CT 06519, by calling (203) 974-7089,
or via e-mail at Joyce.Kristof@yale.edu**

He rtfelt Gifts

When **Hurricane Katrina** sent her waves and winds of destruction – almost unthinkable – to the southeastern coastline of the United States, and later, when we saw the devastation and heard the stories of death, despair and need – Americans went into action.

Here at CMHC, the request from the Governor to collect needed items was swiftly answered with a resounding, “Yes” from staff, patients and friends.



Boxes and boxes of diapers, water, food, new clothing, teddy bears, blankets, personal hygiene items, and much more were filled and refilled, and at the end of a week, a 17 foot truck was packed and delivered to the New Haven Armory by members of the Plant Operations staff, led by **Tom White and Charlene**

Handy. Angelo and Gene DelGreco and Carlos Torres gave exemplary service., and Charlene adds a special note of “thanks to the guys from the back room (we like to refer

to them as the “**Back Room Boys**” here at CMHC) for doing the final wrap up job of the skids”.

We may never know where they were delivered or who is hugging a bear or warmly wrapped up in a blanket, but our boxes were clearly marked with their contents and noted that they were a gift from the Connecticut Mental Health Center of New Haven, Connecticut.

We want people to know that when it comes to compassion and giving, *we* know how to respond.



Packing up and moving out!

In addition, **\$275.00** was collected and delivered to The Salvation Army in New Haven to support their immediate and long-term recovery efforts to serve people affected by this horrific event.

Thank you all for your participation and your heartfelt generosity to others.

A Request from a CMHC colleague:

I am the new social work student working with Eileen Hamel in Jail Diversion.

As part of UCONN’s MSW program, the school is requesting that students run a voter registration drive for clients and staff at each of their agencies.

Although not a national election year, individuals would be able to vote in local elections on Nov. 8th. Interested persons can contact me for the voter registration cards.

To vote in Nov. 8th local election, voter registration cards need to be postmarked by Oct. 25th. To vote in future elections, individuals can contact me by Nov. 18th for registration cards.

I can be contacted at 974-7274 if you have any questions or need additional information. My office is in Room 222.

Thanks so much! --- Leigh Shields

Focus Calendar



October 16: Branford Shores Fall Classic Road Race and Fitness Walk - 10 a.m., Lenny’s Indian Head Restaurant, Branford, CT

October 17/18/19 - JCAHO Mock Survey

October 19: Infection Control - 2:15 p.m. - Auditorium
Environment of Care - 3 p.m. - Auditorium

October 21: *BMS/CPR - 9 a.m. - 3:15 p.m., 1LWTR

October 25: DMHAS Longevity Awards - Auditorium

October 26: *BMS/CPR - 9 a.m. - 3:15 p.m., 1LWTR

October 28: Center Focus information due to Joyce Kristof, Room 142 or Joyce.Kristof@yale.edu

***Registration required - Justine Early - 974-7638 1LWTR (One Long Wharf Training Room)**



Arts & Eats Cafeteria opened for business in February of 2004 when Fellowship Place and CMHC began a collaboration to operate a food service training program in the CMHC cafeteria. The road has sometimes been challenging in the past year, as these things go, but has always been interesting.

More recently, **Anneli Chapman**, who was with the Cafeteria from its inception, departed to be with her family in Boston. Two new Assistant Managers have been hired to replace Anneli -- **Katie McKiernan** and **Jackie Ebron**. Jackie will be moving on to another position at Fellowship in the near future, and additional staffing changes have occurred on the Fellowship side of things. **James Puchel** has been promoted to Food Service Coordinator and is now overseeing the Cafeteria in an effort to streamline all the food service operations at Fellowship. James looks forward to working with **Mark Ianiello**, CMHC's Cook extraordinaire, to expand the menu and offer a wider range of choices.

In sum, Art & Eats Cafeteria has provided Fellowship Place Career Development Program with seven additional paid training positions in food service. Since the A&E Cafeteria started, 13 trainees have participated in the food service training at the Cafeteria. Of those trainees, four have gone on to leadership positions as Assistant Manager, and three have gone on to competitive community employment.

Our success is based on the patronage of CMHC and Yale staff and clients. Thank you for your continued support and please contact us with any feedback about how we can improve and serve you better. There is a survey and survey box located in the cafeteria for feedback about the quality of the food and service that is reviewed by CMHC and Fellowship staff. You can also contact James Puchel directly at 865-3719 ext. 124. Or you can e-mail James at jpuchel@Fellowshipplace.org



Focus on Activities and Events

It's Time to Stamp out Stigma!



It's not too late to sign up for the 3rd Annual Branford Shores Fall Classic, a 4-mile run and 2-mile fitness walk will be held Sunday, October 16th beginning at 10 a.m. at Lenny's Indian Head Restaurant in Branford. As a matter of fact, you can sign up that day if you're just not sure right now!

This is a certified 4M course and sanctioned by the USATF, featuring a beautiful shoreline route which includes a variety of beach, park and cove areas. Pre-registered participants (and the first 100 day of registrants) receive a long-sleeved commemorative t-shirt. There will be various categories of competition and awards, entertainment by Cox Radio's John Voket, delicious refreshments from local merchants, on-course photos, and all for a great cause - CMHC programs and services!

Bring your family and friends! Volunteers needed! Brochures in Room 142 at CMHC, or by calling Joyce Kristof at 974-7089.

A Place to Call Home

"PSI is a stepping stone to real life . . . PSI helps me find a job and gives me a place to live . . .the skills I am learning I can use in real life . . ."

Those are the words of one of the newest residents at the **Park Street Inn and Residence**, which celebrated its grand opening on September 29th.

Surrounded by residents, board members, staff, friends, funders and those directly involved with the construction and renovation of this space, **Jerry Ross, Executive Director of ALSO-Cornerstone, Inc, and Paul Di Leo, COO, DMHAS**, (photo at left) cut the ribbon to ceremonially open this much-needed and beautifully-designed living and program space for adults who have histories of multiple or prolonged hospitalizations and who face complex challenges that complicate their recovery.

The Inn is a collaboration between **ALSO-Cornerstone, Inc., Easter Seals Goodwill Industries, Marrakech, Inc., the Yale Program for Recovery and Community Health and Hill Health Corporation.**

For more information on PSI, call 776-9900.

Endpaper: The Boxer Rebellion

In the early 70's, I heard a woman on the radio say, "Now that the Women's Movement has raised my consciousness, I no longer fold my husband and my son's boxer shorts, I just throw them in the drawer. That's my rebellion." At the time, I thought that was the lamest thing I'd ever heard, but the comment goes to the heart of a crucial issue: Taking Care.

Intentionally or unintentionally, the Women's Movement undercut the value of Taking Care. The standard of worth became Winning, Power and Money. In the shuffle, the true human gifts that nurture – like planning, communicating, creating order, noticing what's missing in the environment, and finding things in the refrigerator – were undervalued and dismissed, while aggressive-based activities came into ascendancy.

Not realizing how important and complicated Taking Care was, they entrusted FEMA to a guy who'd lost his job at the Arabian Horse Association. It was as if they'd asked me, who knows nothing of football, to coach the Miami Dolphins. I'd be asking, "Do those stains come out?" "Does the ball come in any other colors?" "Where do we send the 'thank you' notes?"

Here's another vignette from the 70's. Students from Yale's School of Epidemiology and Public Health used to be Administrative interns at CMHC. One day, I heard a phone ringing in the Administration office, so I walked in, answered the phone and took a message. When I looked up, I saw one of the students sitting at her desk, two feet away. "Stella!" I said, "Why didn't you pick up your phone?"

She replied, "They taught us at EPH: Men don't pick up phones, so women shouldn't either." Those kinds of stories from the early days of shaping attitudes for women in management help us understand how we got to where we are today. One of the frightening things in the morass they called preparedness was that even the women in positions of power in the Emergency Game were as clueless as the men.

Take this story from a recent *Washington Post*. As you may know, a movement began in Britain to encourage people to put "In Case of Emergency" (ICE) numbers into their cell phones, so that first-responders — police and firemen — can grab a victim's cell phone, look for "ICE" and immediately see who to contact. In the newspaper article, a reporter asked a woman high up in Homeland Security what she thought of the idea. She said, "Well. I don't know. I think it's better if you go to the Internet and download our homeland security form, fill that out, keep it in an obvious place and use that instead." That's a great idea, unless the disaster strikes somewhere other than next to your refrigerator.

What was she thinking? More pointedly: Was she thinking? Or did her knee-jerk reaction to an authority other than her own overcome her common sense, no less her innate survival skills?

Until this weekend, when the State of Connecticut printed its *Guide to Emergency Preparedness* in our local newspapers, the best preparedness advice we'd gotten so far came from the French Woman's Diet Book, which told us "Always carry emergency food."

Katrina gave me a heads-up that emergency planning must begin at home. Having heard that the Chinese symbol for Chaos is the same as the symbol for Opportunity, I've wondered if the symbol for Emergency Planning is the same as the symbol for Vacation Planning (with the possible addition of iodine tablets to avert the effects of radiation). The vacation notion is further supported by the cover of the Connecticut Guide: People of all ages, race and size look thrilled to bits that they are getting stuff together for their next disaster. Yes: the manual lumps together blizzards, floods, hurricanes and nuclear disasters, and uses a full page to define each one for us.

I personally wanted more specifics on preparedness from the Guide. For example, how many calories can a person live on a day? The Guide said to pack duct tape, but it didn't say to pack scissors. And it doesn't suggest packing a book (I'd take Bartlett's Quotations, or perhaps To Kill a Mockingbird by Harper Lee). The guide optimistically suggests an emergency supply kit sufficient for three days, which includes a gallon of water a day for each person. That means you should also be packing a wheelbarrow. I wonder if we should have police whistles, so rescuers can hear us clamoring in the rubble.

I wish they'd asked the people who'd spent time on the roofs in New Orleans what they wished they'd packed, so we'd have some of their insights. When Leah Lettieri, the high school student who packed up several hundred backpacks for New Haven's homeless, developed her backpacks, she started with can openers; but later, with input from homeless people themselves, she added paper and pens (not included in the Connecticut Emergency Guide). Of note, Leah and her friends knew to include toothbrushes and toothpaste, which the CT. Guide left out.

Watching evacuees returning to their homes in New Orleans, I saw that some of the saddest moments were people finding old photo albums, ruined in the muck. Those of us who are still dry should probably try to make digital prints of some favorite photographs to preserve on CD's, and make a few copies for family and friends.

Realistically, I think each person in my family should be prepared with his or her own backpack, and I don't mind that it falls to me to do it. I'm good at assembling water bottles, power bars, Wash-and-Dries, a blanket, a deck of cards, a photocopy of a birth certificate, tape and scissors, plus the first aid and sewing kits. I'll even throw in boxer shorts: but because I'm so liberated, I won't fold them.

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