

A publication of
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www.wheelerclinic.org
www.ctclearinghouse.org
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HelpLine:
24 hour crisis intervention,
support, referral
860.747.3434
Central Connecticut
860.524.1182
Hartford Area

Wheeler Clinic is a non-profit behavioral health agency serving Central Connecticut and Greater Hartford. The clinic provides mental health, substance abuse treatment, early childhood, prevention/wellness and special education services to children, adolescents, families, adults and the elderly.

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Sign up for E-Update, our new electronic newsletter! Contact Lisa Dietrichson, Public Relations Specialist at (860) 793-4404 or e-mail ldietrichson@wheelerclinic.org.

Hartford Foundation for Public Giving Supports New Electronic Health Record

Hartford Foundation for Public Giving has awarded Wheeler Clinic a \$195,000 grant to support implementation of an electronic health records system. The state-of-the-art system will improve the continuity of care the clinic provides to its clients through detailed, real-time information.



Wheeler Clinic staff members participated in intensive trainings to learn the new electronic health record system.

"Wheeler Clinic is very grateful to the Hartford Foundation for Public Giving for supporting this important initiative," said Susan Walkama, president and chief executive officer of Wheeler Clinic. "The clinic has doubled the amount of services it provides to the people of Greater Hartford during the last 10 years. Increased demand for services, coupled with more rigorous federal guidelines and compliance regulations, requires the clinic to operate as efficiently as possible to sustain the high level of services and coordination of care our clients have come to expect."

"The Hartford Foundation is pleased to support the Wheeler Clinic's implementation of an electronic medical records system," said Linda J. Kelly, president of the Hartford Foundation. "Creating easy access to health information is a vital component in providing better, more efficient care to the greater Hartford community."

Generous Foundations Support Children's Services

Many children and families served by Wheeler Clinic's congregate care and special education programs are benefitting from grant funding recently awarded by four foundations.

The **Fund for Greater Hartford** donated \$5,000 toward the purchase of equipment for an exergaming initiative for The Academy at Wheeler Clinic and the Extended Day Program located in Middletown. The *Exergaming: Making Exercise Fun* project utilizes games like Dance Dance Revolution and Wii Fit to get the students motivated and moving. Heart rate monitors and pedometers will be used in conjunction with the games while encouraging a healthy, active lifestyle.

The **Olga Sipolin Childrens Fund**, Bank of America, Trustee gave a \$2,000 grant to support the clinic's Safe Home. The Safe Home offers a safe haven for children removed from their home for the first time by the Department of Children and Families due to suspected abuse or neglect.

The **Red Sox Foundation** has supported the clinic's group homes for children since 2006.

Each year the team treats the kids to a baseball game at Fenway Park. The team has also been a generous donor supporting



the group homes with annual grants. "The \$5,000 grant we received in December was a very nice holiday gift," said Mike Russo, Psy.D., vice president of congregate care and school-based clinical services and acting administrator of school operations.

The Farmington-based Crisis Stabilization Program, a safe haven for youth ages 11-17 needing emergency mental health services, received funding from the **Fisher Foundation**. The program provides immediate relief for families while connecting them to community-based resources. Last year, 114 youth from 30 towns utilized the Crisis Stabilization Program.

A Message from the President



Susan Walkama, LCSW

Connecticut's budget crisis continues to threaten access to vital behavioral health services for children and families, yet the need for services continues to grow. Last month our Access Center received nearly 3,000 calls from families seeking help.

Wheeler Clinic, like many human service providers, now faces reductions in state funding that could limit access to behavioral health care services.

We know that cutting dollars from a community mental health system already imperiled by a long history of underfunding will further weaken the safety net that supports our most vulnerable families.

We're working closely with our state funders, legislators, trade associations and other advocates to maintain the current level of service access for children, adults and families. We're working with state leaders to ensure that cost-effective, quality services that help kids thrive in their home community, that reduce recidivism among individuals involved with the courts and that enhance functioning and quality of life, remain accessible in each town we serve.

Our goal is to ensure that services are accessible to the most vulnerable families in our community... you can help by telling your legislator how important the community safety net is to you, your family, your neighbors and friends.

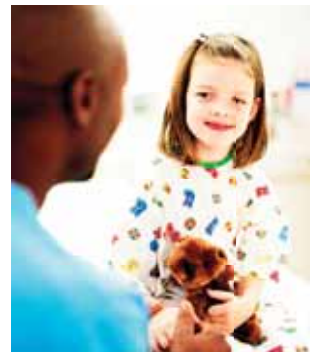
Training Program Builds Pediatric and Mental Health Integration

The first practitioner to see a child experiencing mental health problems often isn't a counselor or psychologist, but their primary care physician. Since recognizing problems early can be critical, integrating pediatric care with mental health services is a logical step in serving children and families more effectively.

Wheeler Clinic, in collaboration with the Child Health and Development Institute and the Department of Mental Health and Addiction Services, and Dr. Delbert Hodder, have created a professional development series designed to bring more integrated care to the state.

"We are offering a "train the trainer" course in March," said Elisabeth Cannata, Ph.D. vice-president of community based

family services and practice innovation. "The training equips mental health professionals from Enhanced Care Clinics (ECCs) with the knowledge and tools they need to effectively collaborate with pediatric and family medicine practitioners in their area. We will also teach primary care providers how to identify, respond to, and refer children



who need behavioral health intervention. Collaborative care can range from simply strengthening the referral relationship to a fully-integrated co-location arrangement like the one Wheeler Clinic has with Pediatric Associates in Bristol."

For more information, contact Elisabeth Cannata, Ph.D. at (860) 793-4492.

Tobacco Prevention and Education Campaign Hugely Successful



Connecticut Clearinghouse designed and distributed this calendar to merchants throughout the state. The calendar outlines the laws and penalties of selling tobacco to minors in a colorful, eye-catching format.

Since 2006 Connecticut Clearinghouse has played a big role in the state's initiative to keep youth from obtaining tobacco products, and their efforts are paying off. Prevention and education campaigns are working so well, merchant sales violations to minors has dropped to 9.7% - the lowest in state history.

The campaign uses a variety of approaches to educate merchants about the law. The Clearinghouse contracted with the Department of Mental

Health and Addiction Services in 2006 to develop the Tobacco Merchant and Community Education Initiative. Staff members created educational materials including cash register stickers, a calendar, tip sheets, and a tobacco sales training video and distributed them to every tobacco merchant in the state. The materials reinforced the message that it is illegal to sell tobacco products to anyone under the age of 18.

"We are thrilled with the campaign's success," said Patricia Corless, program manager. "We also give a lot of credit to the merchants, for they are our partners in prevention - the 'front line' that helps keep the kids of Connecticut healthy."

Educational materials can be requested by calling Connecticut Clearinghouse at 1.800.232.4424. For additional information about the initiative, log onto www.ct.gov/dmhas.

A Little Creativity Makes a Big Difference

Please join us in our efforts to help more families and individuals in the community by contributing to Wheeler Clinic. Simply fill out and mail the form below along with your tax-deductible donation. Thank you for your support.



Please accept this contribution to help Wheeler Clinic continue fostering positive change in the years ahead...

\$0-99 Friend \$500-999 Leader
 \$100-249 Sponsor \$1,000-4,999 Champion
 \$250-499 Sustainer \$5,000+ Hero

Name (as you wish to see it printed) _____

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Please charge my donation to:

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Security Code/CVC # _____

Signature _____

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

Mail to:
 Wheeler Clinic, Development Office
 91 Northwest Drive
 Plainville, CT 06062

Thank you!

Our online donation feature makes it easy to give.
 Just log on to www.wheelerclinic.org.

Wheeler Clinic relies upon the generosity of the community to support our continuum of care. Your support helps Wheeler Clinic meet the growing need for behavioral health, special education, early childhood and prevention services for children and families across Connecticut. Each year 30,000 youth, adolescents and adults benefit from programs and services of the clinic.

Creative supporters make an even larger impact at Wheeler Clinic:

- Elaine Frost is a senior at Hamden Hall Country Day School. After seeing an online video clip of a six month old baby being abused Elaine decided that she wanted to help raise awareness of Prevent Child Abuse Connecticut. Her a cappella group, G Sharp, organized a benefit concert to raise funds for Prevent Child Abuse Connecticut.
- Kelly Anderson, office manager at Loureiro Engineering Associates, Inc., joined the planning committee for the Wheeler Clinic Golf Classic last year. Realizing that Wheeler Clinic didn't have much of an online presence, Kelly started a group for the event on Facebook. Become a fan (and tell your friends!) by logging onto www.facebook.com today.



- Jacqueline Mott, a former employee of Wheeler Clinic, remembered the children in our care as she celebrated a milestone birthday. Friends and family made gifts to the clinic in honor of Jacque's birthday – supporting our V.I.P. (Very Important Present) Fund. The fund is used to purchase toys, clothing and other items to celebrate children's birthdays and holidays.

Other donors have run charity races to benefit Wheeler Clinic, organized an "Operation Backpack" school supply drive, and collected gift cards for grocery stores and mass merchandisers. All of these activities foster positive change in the lives of the families we support ... touching hearts and changing lives for thousands in Connecticut.

The ideas are endless! Your creativity can help Wheeler Clinic provide supports and programs to children, adolescents and families throughout Connecticut.

If you have an idea to help Wheeler Clinic please let us know! Contact Jennifer McHale at 860-793-4214 or jmchale@wheelerclinic.org

Short on creativity but still want to help?

You can make a secure online donation at www.wheelerclinic.org or send your check to:
 Development Office, 91 Northwest Drive,
 Plainville, CT 06062.



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March 2010

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Please join us for the 25th Anniversary of the Wheeler Clinic Golf Classic

Monday, June 14, 2010
The Country Club of Farmington
Farmington, Connecticut

Dust off your clubs, organize your foursome and register early—
this is an anniversary you won't want to miss!

Sign up to receive regular updates by e-mail at
http://www.wheelerclinic.org/golf_classic.php

Please contact Jennifer McHale at 860-793-4214 or
jmchale@wheelerclinic.org with any questions.

