



Wheeler

Innovative Care. Positive Change.

March 2020

COVID-19 and PROBLEM GAMBLING AWARENESS MONTH

Wheeler's Health Spotlight



Caring for Our Patients and Communities: A Message About COVID-19

The worldwide spread of COVID-19 brings unprecedented events and added measures to promote and protect the health of the people and communities we serve. At Wheeler, our team of 1,000 professionals is working hard to ensure that our patients have access to vital health care and are aware of temporary changes in our in-home and community-based programs, as well as our community health centers and outpatient services.

During this stressful time especially, individuals and families can turn to us with concerns about isolation, anxiety, or other mental health issues. We are open and accepting new patients for medical and behavioral health. Please call our Navigation Center at 888.793.3500, or visit our [website](#) to learn more about our services.

For our patients' safety, convenience, and health, [telehealth services](#) are available

at Wheeler for many appointments, including some individual and family therapy, medical, psychiatry, and addiction services.

There is so much information available online about COVID-19. Our [website](#) also is a place for reliable, regular updates.

As you consider your actions to reduce your risk for infection, we cannot emphasize enough the need for the basics of infection control:

- Wash your hands regularly or use hand sanitizer,
- Avoid touching your face,
- Maintain as much social distance as you realistically can from others, and
- Stay home and call your provider if you are ill (fever, cough, shortness of breath, or flu-like symptoms).

For the latest updates on groups, programs, and services, visit [this page](#) on our website. For resources and facts about COVID-19, click [here](#).

For additional information, please call our Navigation Center at 888.793.3500.

Problem Gambling: Hope, Recovery are Possible

March is Problem Gambling Awareness Month, an observance designed to raise awareness of the far-reaching, serious consequences for individuals who gamble, as well as their loved ones. It also is a powerful reminder that gambling problems can affect anyone, regardless of age, gender, race, socio-economic status, or other factors. The good news is that help and hope are always available. The National Council on Problem Gambling (NCPG) defines problem gambling as "all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits."



According to the NCPG, symptoms associated with problem gambling include an increasing preoccupation with gambling; the need to bet more money more frequently; restlessness or irritability when attempting to stop or reduce gambling; lying to family members or others to conceal the extent of gambling behavior; and more. In extreme cases, problem gambling can create significant financial, legal, family, and work-related issues, or even result in suicide.

Wheeler's [Bettor Choice Gambling Treatment Program](#), funded by the Connecticut Department of Mental Health and Addiction Services, helps individuals and families [identify](#), cope, and [recover](#) from this challenging problem. Treatment may include individual, group, marital and/or family therapy. Financial and peer counseling also are available. Individualized treatment plans are developed for all clients to meet their specific needs.

For help, or to refer individuals to our program, call Wheeler's Navigation Center at 888.793.3500 or 860.692.8857 to schedule an appointment.

Sources: Connecticut Council on Problem Gambling, National Council on Problem Gambling, Wheeler's Bettor Choice Gambling Treatment Program

Resources

[American Psychiatric Association](#)

[Connecticut Clearinghouse](#)

[Connecticut Council on Problem Gambling](#)

[Connecticut Council on Problem Gambling Free Online Chat](#)

News You May Have Missed

Woodland Street Renovations: New Entrance, Ground-floor Lobby Open

A new entrance to Wheeler's Hartford community health center and new ground-floor lobby are now open for patients and other visitors, part of a year-long renovation project to increase accessibility and safety at the 43-49 Woodland Street campus. Many of Wheeler's Adult Outpatient Recovery Services have been relocated to the first floor, and Genoa Healthcare pharmacy and Quest laboratory services also can be accessed from the new lobby. [\[More here\]](#)



Mott Prepares 1,000 Bags of Personal Care Items for Wheeler Patients

Mott Corporation Health Ambassadors spent the afternoon with Wheeler in late February, filling 1,000 bags with personal care items, from deodorant to toothpaste and more, for individuals and families in our care who may need these items due to homelessness, chronic illness, financial hardship, or other reasons. [\[More here\]](#)

Our Teams, Our Communities



Community Impact Breakfast Highlights Problem Gambling

More than 40 clinicians, administrators, and friends from the local and statewide gambling addiction treatment and prevention communities attended a Problem Gambling Awareness Community Impact Breakfast at Wheeler's community health center in Hartford on March 11 to learn more about related risk factors, current trends, resources, and legislative issues. The event



Farm-Fresh Produce for Patients Later this Spring

Patients at Wheeler's four community health centers will have access to farm-fresh produce, thanks to a \$12,000 commitment from Wheeler through private donations and a \$12,000 matching gift from The Friends of Holcomb Farm through their Fresh Access Program. This expansion builds on an existing agreement, which, for the past two years, has provided approximately two tons of healthy

was presented by Wheeler, the Connecticut Council on Problem Gambling, Amplify, and the Connecticut Department of Mental Health and Addiction Services (DMHAS) Problem Gambling Services. More about Wheeler's Bettor Choice Gambling Treatment Program, funded by DMHAS, [here](#).

produce annually to Wheeler patients at 43 Woodland Street in Hartford and for use at the Corsini Demonstration Kitchen on the same campus at 49 Woodland Street. [\[More here\]](#)

35th Annual Golf Classic, Presented by Mutual of America Financial Group

We are all looking forward to a future beyond our current crisis, and [Wheeler's 35th Annual Golf Classic](#), presented by Mutual of America Financial Group, on Monday, June 8th at the Country Club of Farmington, is still planned. Your participation and/or sponsorship in our only fundraiser of 2020 will support Wheeler's

Basic Needs Fund, which serves the individuals and families in our care by addressing a range of environmental and social factors that interfere with a patient's health and well-being, but are not addressed by other means of funding.



Special thanks to this year's early bird sponsors, including Presenting Sponsor, Mutual of America Financial Group; Platinum Dinner Sponsor, People's United Bank; Platinum Logo Sponsor, the Manafort Family Foundation; Golf Cart Sponsor, Loureiro; Lunch Sponsor, Gibbs; Champion's Circle, Barnes Group, Inc., and Laurie and Bill Torres; Beverage Cart Sponsor, GO; Hole-in-One Sponsor, Land Rover; and Grand Prize Sponsor, Sanditz Travel Management. [\[More here\]](#)



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