



Dry Erase Boards for STEP Clients

Sarah Kamens wanted an engaging way to work with clients in the STEP program. Having used paper before, clients shared that it made recovery feel more like a homework assignment rather than a dynamic process. She also found that clients often lost or forgot papers. Having seen other clinician use dry erase board, she submitted a request for funds to purchase two boards.

The boards have become central to her work; they serve as an interactive and engaging tool in person-centered planning with young-adult clients experiencing first-episode psychosis, allowing clinician and client to collaborate on a visual representation of the client's goals and recovery timeline. They also complete her office environment and are accessible to other clinicians.

For more information about this project, contact: Sarah Kamens, Postdoctoral Associate, sarah.kamens@yale.edu



Mindfulness Tools for the STEP Clinic

As a clinical social work intern with the STEP team, Josina James became interested in using tools and activities to promote mindfulness. Many of the clients Josina works with experience anxiety related to symptoms such as hallucinations, and often have difficulties grounding themselves in their reality-based experiences to relax.

She requested funds to purchase adult coloring books with stress-alleviating patterns, coloring pencils, and sculpting clay. These tools can be accessed by providers to teach clients mindfulness skills that are easily accessible for many and can be incorporated into their recovery journey to relieve stress and anxiety.

For more information, contact: Josina James, Clinical Social Work Intern,

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Magazine Subscriptions for Pharmacy Department

In order to create a more comfortable environment for clients waiting prescriptions in the Pharmacy Department, Cheryl Hall requested 50 Under 50 funds. Clients had asked about getting magazines in the pharmacy, and 50 Under 50 was a chance to respond to those requests.

The grant allowed for one-year subscriptions to Woman's Day, Good Housekeeping, Motor Trend, and Outdoor Life magazines. The small addition of magazines has created a more welcoming atmosphere for clients.

For more information about this project, contact: Cheryl Hall, Pharmacy Technician, cheryl.hall@p.o.state.ct.us



Relaxation Videos for Main Lobby

You may have noticed a change on the television in the 1st floor lobby. Carmi Kostolitz requested 50 Under 50 funds for relaxation DVDs in order to create a more inviting atmosphere from the moment folks walk into the center. Visiting the CMHC, particularly for the first time, can be challenging. With clients experiencing anxiety in mind, Carmi chose several DVDs which feature calming nature scenes and soothing music. These options help to create a space that feels relaxing and comfortable, and allow the television to be used consistently without showings becoming repetitive.

For more information about this project, contact: Carmi Kostolitz, Inpatient Rehab Services Supervisor, carmel.kostolitz@ct.gov