

August 2020

INSIDE

InterCommunity

A LOOK INSIDE
THE WORK WE DO
& THE INSPIRING PEOPLE
WHO MAKE IT HAPPEN



**InterCommunity
Health Care**

Health Care for the Whole Person

InterCommunity Supports Black Communities

COVID-19 Update: Testing Locations

Coronavirus Testing *at* InterCommunity



Find out if you or a member of your family have coronavirus.

Adults and children can now be tested at

InterCommunity Health Care offices in Hartford, East Hartford and South Windsor.

Hartford:

Mon., Wed. & Fri.
1:00 pm - 3:00 pm

Tues. & Thurs.
9:00 am - 3:00 pm

16 Coventry Street

East Hartford:

Wednesdays & Fridays

9:00 am - 3:00 pm

281 Main Street

South Windsor:

Mondays & Wednesdays

9:00 am - 3:00 pm

828 Sullivan Ave.

- Walk up testing all locations
- No doctor's order or appointment needed
- Testing for adults and children
- Test is a self-administered nasal swab
- Bring identification and insurance card
- InterCommunity will call you with the results of your test
- Insurance and uninsured accepted

Help us stop the spread of coronavirus. Get tested today.

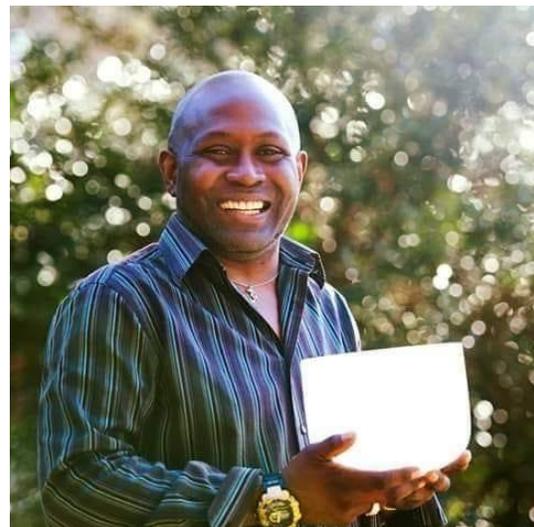
Please wear a face mask, scarf or bandanna and observe social distancing of 6 feet while waiting to be tested.

Spotlight on Our Staff: Kelvin Young at the Transitions Clinic

Kelvin Young was recently hired as a Community Health Worker at InterCommunity's Transition Clinic based in Hartford. The Transitions Clinic helps formerly incarcerated individuals re-entering society to connect with health care, housing, employment, benefits programs, and basic needs such as food and clothing.

"About 80% of the people we see have a mental health condition or substance use disorder," Kelvin says. "It's so important to connect them with the quality healthcare they need, care that addresses the whole person."

Having been incarcerated himself and in recovery for many years, Kelvin has the 'lived experience' that helps him connect with clients and offer peer support and encouragement. He notes that in spite of all the barriers facing those with felony records,



such as challenges finding employment and housing especially during the pandemic, people with lived experience are resilient. “We learn to work with what we have and utilize resources as best we can.”

Breaking the cycle of recidivism isn't easy when people feel stressed out and overwhelmed. Many clients who have undiagnosed mental health and addiction issues feel stigmatized when they return to the community. “Addiction is a human experience, not a human identity. Behind the addiction is a human being in mental and emotional distress, Kelvin says. We help our clients learn how to manage toxic stress and find freedom from self-limiting beliefs.”

Kelvin is a certified sound healer, and has done sound healing work at InterCommunity's Clayton House and Recovery House. He is passionate about healing and in eliminating the stigma of mental illness and addiction in the community. “When you're dealing with stress and mental health issues, self-care is picking up the phone and calling a therapist,” he says. “Self-care is a form of self-love.”

Spotlight on Our Board of Directors



Andre Santiago is one of two board directors on InterCommunity's racial and ethnic equity committee. He is the Vice President for Programs at Leadership Greater Hartford and oversees the development, implementation and evaluation of all programs at Leadership Greater Hartford as well as the organization's extensive consulting and training services. A native of Hartford and East Hartford, Andre notes he is extremely proud to be of service to both communities and to InterCommunity Health Care.



Brian Cutino serves as InterCommunity's Board Chair. He is a Director at The Hartford Financial Services group, leading the strategy and delivery of large, complex IT programs. Brian's service to InterCommunity Health Care started in 2010 when he served on the board of ADRC, Inc. He joined InterCommunity's board in 2015 when both organizations merged and has served on InterCommunity's Finance, Governance, Merger, and Executive Board Committees. Brian has experience working with State of Connecticut government and agencies and has been an active volunteer on the local and national levels of the Boy Scouts of America.

Sports Eye Safety

August is [Children's Eye Health and Safety Month](#).

raising awareness that most serious eye injuries are preventable. Baseball, basketball, and softball are the leading causes of sports-related eye injuries.

The American Academy of Ophthalmology recommends that children wear the [appropriate eyewear](#) for their sport, such as glasses made of polycarbonate material that resists shattering.

