



*InterCommunity Health Care Supports Black Communities*

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## **Update from InterCommunity Health Care's Racial/Ethnic Equality Committee (REEC):**

The DataHaven Community Wellbeing Survey, recently released by [DataHaven](#), shows the stark socioeconomic and racial/ethnic disparities and disproportionate impact of COVID-19 on minority communities. Black adults are more likely to know of someone who has died of COVID-19, and people of color are more likely to be exposed to community transmission. Latinx workers are more likely to have been furloughed or to have lost their jobs during the pandemic. In addition, many Connecticut adults have lost their health insurance or report having difficulty accessing care and getting tested for COVID-19.

## **COVID-19 Update**

InterCommunity is no longer conducting coronavirus testing at its community health centers in Hartford, East Hartford, and South Windsor, but will instead offer testing at various locations in Hartford, East Hartford, and Manchester. A calendar of testing events is below:

# Coronavirus Testing Schedule



**InterCommunity Health Care** is working to keep you and your family safe and healthy! We provide coronavirus testing at several convenient locations in the Greater Hartford area (see below for dates and times).

- Walk up testing for adults & children
- Bring ID and insurance card (uninsured also accepted)
- No appointment needed
- InterCommunity will call you with test results

Every Wednesday through the end of October 9:00am - 1:00pm

Farmer's Market located on Coventry Street, Hartford

**Monday, October 5** 10:00am - 4:00pm

Milner Middle School, 150 Tower Ave, Hartford

**Saturday, October 10** 8:00am - 2:00pm

Zion Church, 680 Blue Hills Ave, Hartford

**Monday, October 12** 10:00am - 4:00pm

Montessori Magnet School at Annie Fisher  
280 Plainfield St, Hartford

**Tuesday, October 13** 10:00am - 4:00pm

Great Path Academy at  
Manchester Community College, Manchester

**Monday, October 19** 10:00am - 4:00pm

Opportunity High School, 20-28 Sargeant St., Hartford

**Tuesday, October 20** 10:00am - 4:00pm

Pathways Academy of Technology and Design  
2 Pent Rd, East Hartford

**Thursday, October 22** 9:00am - 3:00pm

Veterans Terrace, 102 Columbus St, East Hartford

**Friday, October 23** 9:00am - 3:00pm

Hockanum Park & Shea Gardens  
75 Hamilton Rd, East Hartford

**Monday, October 26** 10:00am - 4:00pm

University High School of Science and Engineering  
351 Mark Twain Dr, Hartford

**Tuesday, October 27** 10:00am - 4:00pm

Magnet School of Performing Arts (*Testing for children, grades PK - 8*)  
65 Van Block Ave, Hartford

**Thursday, October 29** 9:00am - 3:00pm

Meadow Hill, 101 Connecticut Blvd, East Hartford

**Friday, October 30** 9:00am - 2:00pm

Raymond Miller Gardens, 452 Main St, East Hartford

**Thursday, November 5** 9:00am - 1:00pm

The Highlands, 1403 Main St, East Hartford

**Friday, November 6** 9:00am - 1:00pm

Heritage Gardens, 163 School St, East Hartford

**Thursday, November 12** 9:00am - 2:00pm

Elms Village, 11-59 Elms Village Dr, East Hartford

**Friday, November 13** 9:00am - 12:00pm

Hutt Heights, 64-76 Cannon Rd, East Hartford

**Thursday, November 19** 9:00am - 1:00pm

Rochambeau, 68 Silver Lane, East Hartford

**Get tested at one of these events and help us stop the spread of coronavirus!**

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

## Treating Depression

October is [National Depression Education and Awareness Month](#), a reminder that depression is a medical condition that can seriously impact a person's mental and physical health. Major depression is one of the most common mental illnesses. It can also be successfully treated with medication and/or therapy.



According to the [National Institute of Mental Health](#), in 2017 an estimated 17.3 million American adults had at least one major depressive episode. This number represents 7.1% of all American adults. More women than men are diagnosed with depression. Depression can also affect children and teens, although the illness often goes unrecognized and untreated.



## Recognizing the Signs

There are several types of depressive disorders. The severity and frequency of symptoms will vary in people depending on their unique circumstances and stage of the illness. Symptoms may include the following:

- Persistent feelings of sadness and hopelessness
- Physical symptoms, such as muscle pains, headaches, stomachaches
- Loss of interest in activities or hobbies
- Sleep problems: insomnia, early morning awakening, or excessive sleeping
- Changes in appetite with unusual weight gain or loss
- Irritability, restlessness, and agitation
- Withdrawal from friends and social activities
- Difficulty concentrating and making decisions
- Decreased energy and feelings of fatigue and “heaviness”
- Thoughts of death or suicide

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## Newer Treatments for Depression: Esketamine and Brexanolone

Effective treatments for depression may include psychotherapy, medications (or a combination of both) and brain stimulation therapies.

In 2019, the The U.S. Food and Drug Administration approved [Spravato \(esketamine\) nasal spray](#), in conjunction with an oral antidepressant, for the treatment of depression in adults who have tried at least two other antidepressant medicines but have not benefited from them (treatment-resistant depression).

Because of safety concerns, it is only available through a restricted distribution system and it must be administered in a certified medical office where the health care provider can monitor the patient.

Another new medication approved in 2019 is [brexanolone](#), a fast-acting medication for women struggling with the devastating effects of postpartum depression. It is the first drug known to target postpartum depression.

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If you, or someone you know, is interested in [addiction recovery services](#), [primary care](#), or [mental health care](#) for children or adults, contact InterCommunity. To receive services at any of our Hartford, East Hartford, or South Windsor locations, **please call us at 860-569-5900.**

