

**WILLIAMSBURG REGIONAL LHRC**

Approved Minutes  
December 13, 2023  
9:00 AM

Eastern State Hospital 4601 Ironbound Road, Williamsburg, VA 23188

**MEMBERS PRESENT**

Frances McBride – Chairperson  
Melissa South – Member  
Valjean “Dick” Roberts – Member

**Members Absent**

None

**OTHERS PRESENT**

Lashanique Green – Human Rights Advocate  
Brandon Charles – Facility Operations Manager  
Tony Davis – Human Rights Advocate  
Riley Curran – Human Rights Advocate  
Daniel Herr – Facility Director ESH  
Linda Cox – Clinical Social Worker  
Sonji Jackson – Clinical Social Worker  
Ronald Olivera – Licensed Clinical Psychologist  
Kenneth Martin – Next Friend  
Gregory Willis – Next Friend

**CALL TO ORDER**

The meeting was called to order by Frances McBride at 9:15 AM.

**ROLL CALL/ATTENDANCE**

Those in attendance made introductions.

**APPROVAL OF AGENDA**

The agenda was motioned to be approved by Frances McBride seconded by Melissa South and unanimously approved by all members in attendance. An addition to the agenda was motioned to be approved by Frances McBride seconded by Valjean Roberts and unanimously approved by all members in attendance.

**APPROVAL OF MINUTES**

The minutes were motioned to be approved by Frances McBride seconded by Melissa South and unanimously approved by all members in attendance.

**PUBLIC COMMENTS**

No public comments were made.

Revised 3.17.21

### **ADVOCATE REPORT AND TRAINING**

Lashanique Green provided the advocate report to include facility data regarding quarterly ANE and Complaint Statistics, summary of current Variances, local updates, and upcoming events.

### **CLOSED SESSION**

Upon a motion made by Frances McBride and seconded by Valjean Roberts the committee entered closed session pursuant to Virginia Code §2.2-3711, a.15 and §2.2-37.05.5 for the purpose of discussion of treatment plans.

### **NEW BUSINESS (Closed Session)**

1. ESH: Water Restriction – 9:20 AM

The review for water restriction at ESH were motioned to be approved after returning to open session by Melissa South seconded by Valjean Roberts and unanimously approved by all members in attendance.

2. PGH: Next Friend (2) – 9:30 AM

The reviews for proposed next friend at PGH were motioned to be approved after returning to open session by Melissa South seconded by Valjean Roberts and unanimously approved by all members in attendance.

3. CCCA: BTP/Restriction – 9:45 AM

The review of BTP/Restriction at CCCA were motioned to be approved after returning to open session by Melissa South seconded by Valjean Roberts and unanimously approved by all members in attendance.

### **RETURN TO OPEN SESSION**

Upon reconvening in open session, each member certified that, to the best of each member's knowledge, only private business matters, lawfully exempted from statutory open session requirements and identified in the motion by which the closed session was convened, were considered in the closed session, namely to review water restriction at ESH, two proposed next friends at PGH, a BTP at CCCA, and a Restriction at CCCA. Each individual voted. All members voted on 2024 LHRC meeting dates.

### **MEETING ADJOURNED**

The meeting was adjourned by Frances McBride at 10:18 AM. The next meeting date is March 6, 2024, at 9AM located at Eastern State Hospital.

## **Psychogenic Polydipsia**

**The Condition:** Psychogenic polydipsia (PPD) is self-induced water intoxication from excessive and/or compulsive water drinking. It is termed "psychogenic" when there are no known medical factors contributing to excessive water consumption. While the cause of this condition is often unclear, it is associated with several psychiatric conditions, including psychotic depression, bipolar disorder, and most commonly with schizophrenia. Excessive water drinking causes hyponatraemia (sodium deficiency) which can result in nausea, vomiting, seizures, delirium, coma, and death, if not recognized and treated appropriately.

**Treatment For The Condition:** Treatment interventions for psychogenic polydipsia consist of:

- (1) pharmacotherapy for psychiatric symptoms;
- (2) education on symptoms and recommended management of polydipsia;
- (3) regular monitoring of blood sodium levels; and
- (4) monitoring, and if needed, restricting the water intake based upon sodium levels.

**Sodium Levels & Hyponatraemia:** A normal blood sodium level is typically between 135 and 145 milliequivalents per liter. If the blood sodium level falls below 135 milliequivalents, an individual is at risk for hyponatraemia.