

# A View From The Hill

VOLUME XXXVI, ISSUE 6

JULY 1, 2009

## OUR STAFF:

**Cynthia McClaskey**  
Facility Director

**Linda Bonham**  
Administrative  
Assistant

**Cheryl Veselik**  
Human Resources  
Assistant

**Mary Beth Counts**  
Secretary Senior

**Amanda Phipps**  
Executive Secretary

**James Parks**  
Pest Control

**Suzy Quillen**  
Vocational  
Rehabilitation  
Supervisor

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## From The Director

### Surveys

I am pleased to report that SWVMHI has successfully completed the 2009 unannounced Medicaid survey on the Geriatric Unit. While as of this writing we do not have our official results, we know that we will have several findings. I think it is very important to recognize that the survey was very detailed and intensive, more so than previous years. While all of us would prefer to have no deficiencies, we know that we will work very diligently to implement plans of correction that are systemic in nature. By systemic, I mean that the corrections can be maintained over time and are not dependent on any person or persons.

Here is a recap of the survey (thanks to Lisa Berry, Mike Jones and Leiann Smith for their summary):

Mr. Kenneth Adkins, Medical Facilities Inspector, Center for Quality Health Care Services and Consumer Protection (Medicaid), arrived at the facility, June 16, 2009. Ms. Elizabeth Repass, another Medical Facilities Inspector, arrived at the facility on Friday, June 19, 2009, to assist in the completion of the survey. The survey was concluded on that date.

At the exit conference, Mr. Adkins extended his appreciation to staff for their assistance during the survey process. He explained there were no complaints received prior to his arrival at the facility. The review process included the review of eight patient records, to include one closed record; observation of medication administration, which evidenced a zero percent error rate

during each of the medication observations; review of the human rights and patient abuse prevention policies; review of the Quality Assurance Program; review of staff training, orientation, and credentialing; inspection of the kitchen and environment; review of the



**Cynthia McClaskey, Ph.D.**

Emergency Preparedness Plan; and resident and family interviews. These are excellent findings.

Several findings on the unit involved revision of the care plan for individuals who had ongoing issues. Collaboration between departments will also help to address several issues with physician's orders. In one case, the difficulty involved following "if . . . then" physician orders involving several days of data for a person's treatment. Such orders are more complicated to track and implement than orders that read "once a day" or "twice a day," but I am confident that there will be a positive solution developed and implemented. The Food Services Department, while doing many things very well, has some issues to address in consistently covering, storing, dating, and labeling a variety of perishable

food items.

The plan of correction, which will be due within 10 days of the receipt of the official findings, must be very comprehensive. It must address how corrective action will be accomplished for those residents found to have been affected by the deficient practice, how the facility will identify other residents having the potential to be affected by the same deficient practice, what measures will be put into place or systemic changes made to ensure that the deficient practice will not recur, and indicate how performance will be monitored.

I encourage each of you to be supportive of the Geriatric Unit and to offer your assistance as needed and appropriate. They work hard to provide the highest quality of care and to attain this level of certification. They can be proud of their work on a daily basis.

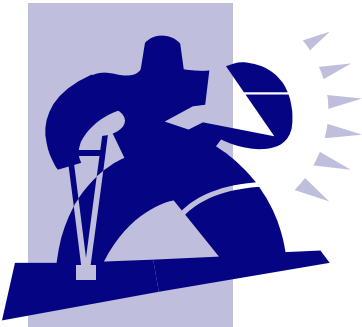
On June 25 and 26, we will again welcome Ms. Gracie Bumpass, Joint Commission Surveyor. Ms. Bumpass will complete our annual Periodic Performance Review.

The Periodic Performance Review is a compliance assessment tool designed to help hospitals with their continuous monitoring of performance and performance improvement activities.

**Continued on Page 6**

## Changes to the VSDP Program

Full-time employees hired or re-hired July 1, 2009, and after, must satisfy a one-year waiting period before being eligible for the Virginia Sickness and Disability Program (VSDP). Prior state service does not apply toward this waiting period.



After meeting the one-year requirement, full time employees hired or re-hired July 1, 2009, will qualify for 60% income replacement. After working five years (prior state service does not apply), the employee would qualify for the 100%-80%-60% income replacement schedule. After five years, prior full-time state service applies toward the 100%-80%-60% income replacement schedule.

### **Attention ALL employees covered by the VSDP:**

Beginning July 1, 2009, during short-term disability, should the doctor release the employee to return to full time, full duty work, and the employee

again becomes disabled due to the same condition, the disability will be considered a continuation of the prior disability if the employee works less than 45 consecutive calendar days. Currently, the time frame between new claims is 14 calendar days. This change affects everyone covered by the VSDP, not just those hired or re-hired July 1, 2009, and after.

As we receive additional guidance on these changes, we will notify staff.

~Annasue Cook, PHR  
Human Resource Analyst I



### July Lunar Phases

**July 7**

Full Moon

**July 15**

Last Quarter Moon

**July 22**

New Moon

**July 28**

First Quarter Moon



## **ATTENTION ALL STAFF**

### **The Infection Control CAI is due by July 31, 2009.**

This CAI schedule has changed to July, so some of you may have already taken it this year. If so, you are asked to please complete the CAI again so that all staff will be on the same training schedule. Thank you.

## Chaplain Corner



On May 15, 2009, a dinner was held for our Chaplains and Sunday School Teachers.

We were welcomed to the dinner by Doug Smith, Volunteer Services Director. I

then gave a brief history on SWVMHI.

Each attendee was given a container of flower seeds and a zippered key ring purse.

Everyone enjoyed the gathering.

**"Peace starts with a smile."**

~Peggie Roland  
Spiritual Care Assistant

## Aspirin and Diabetes?

From the June 5-7, 2009, *USA Weekend Magazine*:

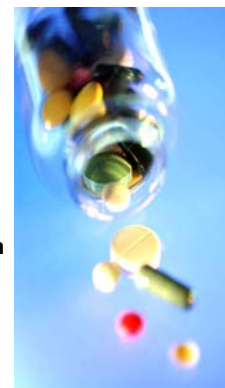
"You may have heard about heart health and aspirin. Now, a new study reveals that aspirin also may help reduce the risk of diabetes in men. The number of Americans with type 2 diabetes has almost doubled in the last 10 years – and men are up to two and a half times more likely to

be diagnosed with the disease than women.

The study tracked about 22,000 men for 22 years. The men who were taking aspirin regularly were 14% less likely to develop type 2 diabetes, which led researchers to conclude that a 'decreased risk of type 2 diabetes may be added to the list of clinical benefits of aspirin.' Stay tuned."

Source: *American Journal of Medicine*, April, 2009.

**Remember to always check with your physician before taking any medications!**



## Edward Earl "Dumpy" Thomas, Jr.

Edward Earl "Dumpy" Thomas, Jr., 50, passed away on Monday, May 4, 2009, at Smyth County Community Hospital in Marion, Virginia. Mr. Thomas was born in Smyth County and was a graduate of Wytheville Community College with a registered nursing degree. He was employed with the Virginia Department of Corrections and later transferred to the Southwestern Virginia Mental Health Institute where he began as a part-time Registered Nurse Clinician A. He later accepted a full-time position in the Infirmary

at Southwestern Virginia Mental Health Institute, where his medical nursing skills were greatly appreciated. In 2007, he was promoted to Head Nurse, Registered Nurse Clinician B, on the Admissions Unit.

Before he passed, he was also employed part-time at Woodridge Hospital in Johnson City, Tennessee.

He served in the U.S. Army and the U.S. Army Reserve, Unit 760, in Marion.

He is sadly missed by all of his co-workers and friends.

~Julie Stoots  
Admissions Unit  
Nurse Coordinator



## Dr. Leo Edwin Kirven, Jr.



We are sad to announce that Dr. Leo Edwin Kirven Jr., 85, formerly of Petersburg, Virginia, passed away at his home in Lakeland, Florida, on May 25, 2009, following a brief illness.

Born on July 18, 1923, he was the son of the late Leo E. Kirven and Theo Cain Kirven of Pinewood, South Carolina. Dr. Kirven was a pilot in the Army Air Corps during WWII, serving in the European Theater of Operations. Following his discharge, he graduated from Clemson University and then the

Medical College of South Carolina. After completing a residency in Psychiatry, he served for many years as the Administrator of Central State Hospital in Petersburg, Virginia. He was then named Commissioner of Mental Health for the Commonwealth of Virginia. Upon retiring from that position, Dr. Kirven served as a Hospital Surveyor for The Joint Commission on hospital accreditation, a position he held until he retired for medical reasons in October, 2008. (*Richmond Times Dispatch*)

Dr. Kirven served as Commissioner for the Department from 1976 through 1981. He also served as staff Psychiatrist for several months in the early 80's when we had no full-time Psychiatrist on our medical staff. Dr. Kirven came back to SWVMHI again to serve as Acting Medical Director following the unexpected death of our Medical Director at

that time and stayed on to serve as Acting Facility Director from 1990 to 1992.

Dr. Kirven was a strong advocate for active patient care and was frequently found in the dayroom with patients or talking with direct care staff about their interactions and perspectives rather than being in his office. He had an edge that quickly cut to the heart of issues, especially with hidden agendas or when he thought people were not being straight with him. He had a reputation for being direct while compassionate with those for whom he cared. He had an impact on all who had the pleasure to know and work with him.

Dr. Kirven was most recently at SWVMHI in his role as a Surveyor for The Joint Commission.

~Russ McGrady, MA, MBA  
Director, Clinical Services

History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.

~ Bertie C. Forbes



# U.S. History Word Search

See how many of the bolded, underlined Independence Day facts you can find!

I	A	Y	R	A	N	O	I	T	U	L	O	V	E	R	C	D	E
B	N	F	J	M	S	Z	Q	N	T	G	W	P	J	E	O	F	F
C	G	D	W	Y	C	R	S	R	Y	O	E	A	D	A	N	S	S
H	A	M	E	R	I	C	A	N	S	M	A	S	W	A	T	S	M
L	D	N	O	P	N	S	H	J	O	H	S	N	I	T	I	H	O
V	A	I	N	M	E	S	P	B	R	I	T	I	S	H	N	L	L
U	M	T	E	E	D	N	T	H	E	W	N	A	E	R	E	C	W
F	S	X	O	N	G	R	D	E	S	S	E	C	A	E	N	L	O
I	K	E	S	E	R	S	O	E	N	A	D	D	M	O	T	N	N
R	W	E	T	B	R	A	T	E	N	T	I	O	H	I	A	S	H
E	S	O	U	L	P	I	D	A	Y	C	S	W	I	T	L	H	D
W	H	N	O	I	T	A	R	A	L	C	E	D	K	C	A	L	M
O	M	I	K	E	D	J	R	A	T	M	R	E	S	V	I	M	N
R	A	P	O	N	P	I	W	A	R	O	P	V	E	D	T	O	H
K	I	E	O	T	E	B	E	N	D	B	O	Y	R	N	A	N	Y
S	B	K	C	O	O	L	I	D	G	E	H	P	N	L	L	R	L
I	R	J	H	C	O	L	O	N	I	E	S	L	H	D	E	O	U
T	U	B	E	R	I	O	X	T	N	O	S	R	E	F	F	E	J

On July 4, 1776, The Declaration of Independence was approved by the Continental Congress. Americans celebrate this holiday with fireworks, cookouts, and parades.

There were thirteen colonies.

British was misspelled in the Declaration of Independence!

There was a Revolutionary War.

Three presidents died on July 4: Thomas Jefferson (1826), John Adams (1826) and James Monroe (1831).

Calvin Coolidge was born on July 4, 1872.

~Cheryl Veselik, CPS/CAP  
Human Resource Assistant

(Answer Key on Page 16)



## Meals In Minutes— Strawberries and Cream Pancakes

What a great way to start the morning! Indulge yourself in tender pancakes layered with sweet berries and smooth cream.

Prep Time: 15 minutes

Total Time: 20 minutes

Makes: 4 servings

- 3 cups sliced strawberries
- 1/4 cup sugar
- 2 cups Original Bisquick® mix
- 1 cup milk
- 2 tablespoons vanilla
- 2 eggs
- 1 1/2 cups whipping (heavy) cream, whipped

Mix the strawberries and 1/4 cup sugar; set aside.



Heat an electric griddle to 375°F or skillet over medium-high heat; grease with cooking spray, vegetable oil or shortening.

Stir Bisquick, milk, 2 tablespoons sugar, the vanilla and eggs until blended. Pour by slightly less than 1/4 cupfuls onto hot griddle or skillet. Cook until edges are dry. Turn; cook until golden.

To serve, layer pancakes, strawberries and cream.

Taken from the *Betty Crocker Bisquick* magazine, Volume 17, Number 3.

**Do you have a quick and delicious recipe that you would like to share? Email it to Amanda Phipps, and we may place it in the next newsletter!**

~Amanda Phipps  
Nursing Executive Secretary

## Radiology Department Survey Report

**On May 20, 2009, the SWVMI Radiology Department had their annual Radiation Safety Inspection.** This inspection is required by the State Bureau of Radiological Health. The Joint Commission requires that the Inspector surveys the SWVMHI Radiology Department according to The Joint Commission's standards.

I am pleased to announce that Dr. Lee Anthony found no deficiencies within our department and that we received a perfect score. Dr. Anthony's



inspection report will be filed with the State Division of Radiological Health, and our department will be accredited until 2010.

As always, thank you for your continued support of our department!

~Denise Deel, RT(R)(M)  
Radiology Supervisor

## Can You Hear Me Now? Good!

**July is Cell Phone Courtesy Month.** Many people carry cell phones with them everywhere they go. We have compiled some helpful etiquette tips to assist you with daily use of your cell phone:

- Turn down the volume of your ring tone – not everyone enjoys your taste in music.
- If you are attending a meeting and must have your cell phone turned on, set it to vibrate instead of ring. It is very distracting to others who are concentrating on last month's statistical data during a meeting when out of nowhere, the theme song from "Sanford and Son" starts blaring across the room.
- If you are attending a church service, leave

your phone in the car, even if your ring tone plays "Amazing Grace."

- When you do take a call, keep your voice down because we really can "hear you now."
- Do not hold inappropriate conversations in public places – not everyone is interested in your weekend plans.
- Do not text your friends while driving, while talking to others, or while you are trying to check out at a fast food restaurant.
- Never talk on the cell phone in the bathroom – need we say more?
- Always follow the rules written for your particular department or unit for cell phone usage.



**On March 30, 2009, Governor Tim Kaine signed a new law prohibiting texting while driving. This law, which goes into effect on July 1, 2009, makes it a traffic violation for a person to send or read a text message while driving.**

~HPO Communications Team

## From The Director Continued

The Joint Commission states that the "PPR provides the framework for continuous standards compliance and focuses on the critical systems and processes that affect patient care and safety."

Ms. Bumpass has access to previous survey results, including Medicaid findings and any complaints that have been made.

If you would like more information about the PPR, you may visit The Joint Commission Web site at

[www.jointcommission.org](http://www.jointcommission.org).

### Child & Adolescent Mental Health Workgroup

Meetings have been held May 14 and June 22, 2009, of the Child and Adolescent Mental Health State and Community Consensus Planning Team. This is the workgroup that was formed as a result of legislation enacted after the planned closure of

the SWVMHI Adolescent Unit in March. SWVMHI was given the opportunity to make a short presentation at the June meeting, and we invited the committee to hold a meeting at our facility.

It is likely that there will be smaller workgroups to examine:

1. **Role of CCCA and SWVMHI Adolescent Unit.** This workgroup would look at current data about the centers and identify ways to improve services, target high-need populations not served by other providers, determine how to advance training and center of excellence models through the centers, and other ideas to ensure the appropriate role for these two providers; and

2. **Crisis and Alternative Services.** This workgroup would discuss the needed array

of services for crisis stabilization and acute care needs and outline how public and private providers can provide these services on a regional or local basis.

A final report to the General Assembly is due November 1, 2009. I will talk with unit leadership and with the Executive Committee to determine how best to share information that is presented/gathered with facility staff and to move forward with our planning to be an adolescent "center of excellence." In the meantime, if you have any questions, please call or email me.

Thank you.

~Cynthia McClaskey, Ph.D.  
Director

## Happy Recreation Therapy Week!

**Recreation Therapy Week is July 12-18, 2009.** Recreation Therapy is an integral part of the Rehabilitation Department at SWVMHI. Recreation Therapy is the provision of treatment services and recreation services to persons with illnesses or disabling conditions. The primary purposes of treatment services are to restore, remediate, or rehabilitate in order to improve func-

tioning and independence, as well as reduce or eliminate the effects of illness or disability. We also provide recreation services to recommend resources and opportunities to improve health and well-being. Patients are offered the opportunity to give input into their treatment goals and objectives, as well as develop leadership skills within treatment groups and activities.



~James Caudill, CTRS  
Recreation Therapist Senior

## Celebrate Family Reunion Month

Family reunions are an age old tradition. They may be as small as the reunion of two family members, or as large as many branches and several generations of extended family. Reunions are an annual tradition for some families; a chance to renew ties, honor the elders, grieve for those now gone, and to meet new members born to carry on the family lines. They offer the opportunity to hear and tell the stories of

the past, as well as make new memories to be shared at future gatherings. Many use the family reunion to find answers to genealogical road blocks and fill in the blanks on the family tree. Treasured family photos are created to hold still a moment in time for those who haven't yet been born.

Join the countless families who use the beautiful July weather to plan a big family

reunion picnic or simply plan to meet a cousin for lunch that you haven't seen in years. Share a story and make a new memory. You'll be happy that you did.

~Mary Beth Counts  
Secretary Senior



# Centralized Rehabilitation Services Activities

**On May 13, 2009**, patients were invited to the gym to participate in a campus-wide Bingo tournament. Patients had tons of fun shouting BINGO! and winning lots of prizes.



## Hungry Mother

**On May 16, 2009**, the patients were able to take a trip to Hungry Mother State Park for a day of hiking, outdoor games, and communing with nature. The patients were provided with a light snack as they enjoyed a beautiful day at the park.

**On May 26, 2009**, The Patient Activity Council, supported by the Centralized Rehabilitation Services Department (CRS), hosted a Garden Party/Social for the patients. The gym was transformed into a beautiful botanical garden, complete with hundreds of flowers, lights, and music. Patients were able to choose their favorite tunes and dance the evening away. Vegetable snacks and cold tea were served to all. Patients and staff had a wonderful time.



### Patient Comments:

"I just love when we have dances. They are always so much fun!" ~M.K.

"The dances are my favorite. There are so many good songs to choose from. We need to do this more often." ~J.S.

**On May 30, 2009**, nine patients participated in an outing to the CineMall in Abingdon and were able to choose between two movies, *Angels & Demons* or *Star Trek*. Both movies received grand reviews!

**On June 5, 2009**, CRS staff members took a trip to Copper Crest Farm to take part in a day of learning regarding new horse therapy techniques. Copper Crest Farm, located in the rural countryside of Wythe County, is the home of Pam Umberger. Pam is the Instructor, Trainer, and Clinician of Copper Crest Farm. She has over 30 years of experience with training horses and giving riding lessons to students. She has also enjoyed more than 15 years of teaching students horse-drawn carriage driving. Pam provided staff with basic interaction with the gentle horses on her farm, sample activities in therapeutic horseback riding and cart driving, equine assisted psychotherapy "games" and staff team building activities. The staff will utilize this information to improve our existing equine therapy program at SVVMHI.

**On June 13, 2009**, ten patients went on a dining trip to El Puerto Mexican Restaurant in Marion. The patients were received warmly and experienced great customer service as they dined on authentic Mexican fare. Rave reviews were given for the food.

The Patient Activity Council, with the assistance of the CRS Department, is planning future patient activities to include:

- **July 11**— Shopping trip to Dollar Tree and Wal-Mart in Marion
- **July 18**— Outing to the Craft Festival at Hungry Mother State Park in Marion
- **July 25**— Outing to the CineMall in Abingdon (movie choices will be announced)

~Suzy Quillen  
Vocational Rehabilitation Supervisor



## HPO Resource Team Meeting

**July 14, 2009**  
**1:30 PM - 3:00 PM**  
**C Building**  
**Conference Room**

**Anyone**  
**interested is**  
**welcome!**



# PERSONNEL CHANGES



## MONTHLY PATIENT CENSUS

May 2009

Admissions 103

Discharges 100

Passes 4

Average Daily  
Census  
152

## New Employees

Adetokunbo Ladenika, MD Medical on Duty (MOD)	05/07/2009
Elizabeth Graham P-14 Rehabilitation Specialist	05/10/2009
Marie Guilmette Registered Nurse Clinician A	05/10/2009
Judy Harman Psychiatric Aide	05/10/2009
Greg Sawyers Psychiatric Aide	05/10/2009
Tisha Thomas Registered Nurse	05/10/2009
Victoria Legg Occupational Therapist	05/25/2009
Belinda Mowl P-14 Registered Nurse to Registered Nurse full-time	05/25/2009
Robin Poe Nursing Training and Development Coordinator	05/25/2009

## Promotions/Role Changes

Adam Butler Food Services Technician to Food Services Storekeeper	05/25/09
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## Separations

Ed Thomas Head Nurse	05/04/2009
Keeb Compton Registered Nurse Clinician A	05/22/2009
Ann Call Psychiatric Aide	05/24/2009
Shirley Olinger Psychiatric Aide	05/24/2009



# Medical Services Highlights Dr. James W. Nachbar

On June 1, 2009, Dr. James W. Nachbar joined the medical staff of Southwestern Virginia Mental Health Institute. He is assigned to the Adolescent Unit.

Dr. Nachbar completed a child psychiatry fellowship at Tufts New England Medical Center after completing medical school at St. George's University School of Medicine.

In addition to medical school, he has a master's degree from Sacred Heart University. He has used his master's degree in his teaching career, both in the academic world, and also in the medical world.



Dr. Nachbar enjoys his medical practice, and particularly enjoys the teaching aspect

of medicine. He takes pleasure in teaching the full spectrum, from medical students, to patients, to families, to ancillary staff, and even to other physicians. He feels one of the best parts of teaching is the sudden look of comprehension when a student grasps a concept and then is able to utilize the new knowledge.

**Please welcome Dr. Nachbar to SWVMHI!**

~Amanda Currin  
Assistant Director  
Administrative Services

## Who Am I?

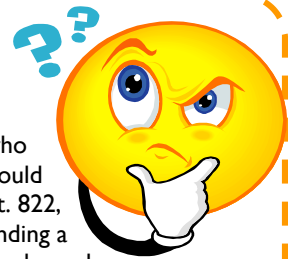
It's time for the next SWVMHI mystery person! This one should have you all on your toes. There are some good clues, if you pay very close attention.

- Worked same job for more than two decades
- Four generations of family have worked here
- Has worked in most all the buildings on the hill
- Has one child, three grandchildren, one cat, and has been married for over 30 years
- First vehicle was a black Volkswagen Beetle
- Favorite thing about job – Great co-workers!
- Favorite TV show – Survivor!
- Likes all kinds of music
- Most desired vehicle – Harley Davidson motorcycle!
- Retirement plan – Do some traveling all over the country
- Enjoy camping, fishing, gardening, and likes going to the beach
- Wants to visit Washington, D.C., again

Let me know who you think this could be by calling Ext. 822, emailing me, sending a note, or stopping by and telling me in person. I'm hoping for a winner on this one!

The answer will be in the August newsletter.

~Mary Beth Counts  
Secretary Senior



## Employees Earn Certification

Please join me in congratulating Laura Oakes, MSW, and Jennifer Cregger, LCSW, on their completion of the Institute for Geriatric Social Work, Boston University Certificate in Aging Program. They have worked very hard this past year to complete this certification!

The Boston University Certificate in Aging Program requires the successful completion of seven courses. These courses include four core classes: Basic Issues in Aging, A Guide to the Aging Network, Mental Health & Aging Is-

sues, and Geriatric Assessment.

They also completed three elective classes. They coordinated their selection of electives to maximize the areas covered. Jennifer chose Baby Boomers: The Next Generation of Retirees, Creative Treatment Approaches with Older Adults, and Medications & Aging. Laura chose Mental Illness in Later Life, Coping with Grief, and Decision Making & Ethics at the End of Life. They began the program in June, 2008, and completed it in June, 2009.

**Way to go Laura and Jennifer!!**



**Jennifer Cregger (Left) and Laura Oakes (Right)**

~Leiann Smith, LCSW/LNHA  
Clinical Social Work Supervisor

# Stories from The Library Shelves

If there is a silver lining in the nimbus storm clouds we have been seeing since early spring. It might be found in the explosion of greens, reds, and yellows that have marked what has been a wonderful early season for most things in the plant kingdom. While we may grumble at the twice-weekly mowing of saturated lawns, farmers, and backyard gardeners alike, can look forward with anticipation to what may be one of the best years in memory for fresh fruits and vegetables.



Do you know the origin of the "green thumb?" The idiom is possibly linked to the reign of King Edward I of England. He enjoyed fresh green peas so much that he had a dozen serfs working daily to keep him supplied. The worker with the greenest thumb, presumably from hours of shelling, won a prize!

If you are interested in having a "green thumb," please check out the many great books and magazines that feature gardening, plants, flowers, and cooking in the SWVMHI Library today! Currently on display are:

- *The Southern Garden*, Ben Arthur Davis
- *Beyond the House Plant*, Jack Kramer
- *Backyard Vegetable Gardening*, Hugh Wiberg
- *Making Vegetables Grow*, Thalassa Cruso
- *The Lazy Gardener: Letting the Garden Grow by Itself*, Ruth King

- *Anyone Can Have a Green Thumb*, Alice de Wolf Pardee
- *The Healing Foods Cookbook*, Prevention Magazine
- *Favorite Meals from Williamsburg*, Charlotte Turgeon
- *The Foxfire Book of Appalachian Cookery*, Linda Garland Page and Eliot Wigginton
- *Martha Stewart's Hors d'Oeuvres*, Martha Stewart
- *Blue Ribbon Recipes: County Fair Winners*, The Cookbook Collector's Library
- *Preserving the Fruits of the Earth*, Stanley Schuler and Elizabeth Meriwether Schuler
- *Virginia's Historic Restaurants and Their Recipes*, Dawn O'Brien
- *The Hot and Spicy Cookbook*, Sophie Hale
- *Glorious Food*, Christopher Idone
- *Designing with Flowers*, Tricia Guild
- *Great Gardens of America*, Carroll C. Calkins
- *Gardening for Everyone*, Roger Grounds
- *Better Homes and Gardens*
- *Good Housekeeping*
- *Southern Living*
- *Taste of Home*

**The library would like to thank the following people for donating items:**

Cynthia McClaskey  
Russ McGrady  
Nancy Wood  
Kandace Miller-Phillips  
Marlene Doyle  
Amanda Currin  
Ashley King  
Sue Lefler  
Karen Branson  
Georgia Kincer  
Pat Frazier

We also appreciate the many anonymous cards, magazines, and books, as well as anyone accidentally left off the list.



**The following is a list of new books that we have just received in the SWVMHI Library:**

## Fiction

- *Pegasus Descending*, James Lee Burke

## Nonfiction

### **For Staff:**

- *The Complete Guide to Asperger's Syndrome*, Tony Attwood
- *Navigating the Mindfield*, Scott Lilienfeld
- *Helping Teens Who Cut*, Michael Hollander
- *Loosening the Grip*, Jean Kinney

### **For Consumers:**

- *The Inward Journey*, Howard Thurman
- *Jesus, the Man Who Lives*, Malcolm Muggeridge
- *Brothers of the Faith*, Stephen Neill
- *Helter Skelter*, Vincent Bugliosi
- *Bible: Canadian Catholic NSV*, Canadian Bible Society
- *An Introduction to Literature*, Sylvan Barnet



## Summer Travelers' Tip

"Every Virginia State Police Trooper while out on the road has experienced more than one 'near miss' with a passing motorist," says Colonel Flaherty with the Virginia State Police. "We are asking drivers to be alert and comply with the Move Over law when passing police, rescue, and fire personnel stopped on the side of the road. Their lives depend on it."



**Remember, if you see an emergency vehicle stopped on the shoulder of the highway, you must change lanes away from the stopped emergency vehicle. If you can't change lanes, you must slow down and pass with caution. It's not just a good idea, it's Virginia Law!**

## Independence Day—Local Family Fun Events



### Christiansburg 11th Annual 4th of July Celebration

#### **Christiansburg High School Football Field**

Festivities begin at 5:00 PM, with food, music, games, and door prizes. Fireworks start around 9:45 PM.

### Marion Hometown Fourth of July Celebration

#### **Marion Senior High School Stadium**

Come celebrate our nation's independence the old-fashioned way with an authentic "Hometown Fourth of July" Celebration in Marion, Virginia! Live performances from some of the region's best musicians, delicious food served by the Marion Quarterback Club, and a GIANT fireworks display, coordinated to patriotic music on WZVA Z103.5FM! A great family event! 6:00 PM-11:00 PM.

### Radford 4th of July celebration with Jimmy Fortune and More Bisset Park

Spend the day in the park with crafts, vendors, and a kid's area. Enjoy patriotic readings and music throughout the day. You'll love the dog show! Enter the karaoke contest, and sing your heart out. At 7:00 PM, Jimmy Fortune takes the stage for a free concert. The fireworks start around 9:30 PM and are a perfect ending for a great family-friendly 4th of July celebration! 12:00 PM-10:00 PM.

## Annual Life Safety Code Survey

John McCormick, Deputy State Fire Marshal, conducted an annual Life Safety Code Survey of the Bagley Building on June 22, 2009, to ensure compliance with the Life Safety Code and that we were maintaining a "fire safe" environment. While we have not yet received the for-

mal report regarding this survey, Mr. McCormick did advise that he was very pleased with our hard work and dedication in conducting fire drills and maintaining a safe environment. However, he did note one deficiency during his survey. The one deficiency was that a storage building was

located too close to the Bagley Building. This was a GOOD survey, and I sincerely appreciate the dedication and support of all staff in maintaining a safe environment.

~Don Chisler, CHSP  
Physical Plant Services/Safety Director

## July Days to Celebrate

This month, we celebrate Family Reunion Month, Recreational Therapy Week, July 12-18, as well as Independence Day on July 4.

### **"Off the cuff" July holidays to celebrate:**

#### July 3

Compliment Your Mirror Day

#### July 6

National Fried Chicken Day

#### July 13

National French Fries Day

#### July 18

Cow Appreciation Day

#### July 18

National Ice Cream Day

#### July 20

Ugly Truck Day

#### July 26

All or Nothing Day

#### July 29

National Lasagna Day





# The Fly Swatter



We don't know if you have been looking for someone building an ark, but we sure have! If nothing else, the abundance of rain this year, and the buzzing in our ears should emphasize the necessity of doing

what we can to discourage the insect invaders that appear this time of year. If we do not take certain precautions at work, and at home, we may end up with some unintended consequences.

## Mosquitoes

Mosquito bites are a major source of the West Nile Fever (WNF), other types of Encephalitis, Malaria, and Dengue fever. There were around 3,600 cases of WNF in the United States in 2007 with 124 deaths reported. Most individuals infected with WNF will show no symptoms, but 20% will have serious symptoms. If you are of mature age, have had an organ transplant, have an auto-immune deficiency, have diabetes, or have a genetic factor making you susceptible to WNF, you may be at risk for a more severe case of the disease. WNF control is achieved through mosquito control which consists of elimination of mosquito breeding sites, larviciding ac-



tive breeding areas, and encouraging personal use of mosquito repellents.

## Other Annoying and Possibly Dangerous Insects

From time to time we all encounter wasps, hornets, yellow jackets, ants, and biting flies at home and at work. Reaction to insect bites can range from mild (itching or stinging with mild



swelling) to the severe reaction anaphylaxis (facial swelling, difficulty breathing, abdominal pain, swelling of the lips or throat, confusion, dizziness, hives, rapid heartbeat.) If a stinging insect appears, avoid sud-

den or rapid movements, and don't swat or flail your arms. Move away slowly unless you are being pursued. For information on first aid for insect bites there are many websites with guidelines for care available on the internet.

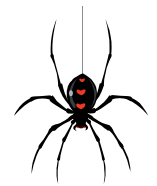
While it is impossible to rid our home and work environment of these pests, there are actions we can take to minimize our risk of exposure.



- Empty containers of water located around your home, such as pools, old

tires, buckets, clogged gutters, stagnant bird baths, etc.).

- If you see standing water around the facility that remains on the ground over an extended period of time, let the Maintenance Department know of the location.
- Make sure facility windows and doors are closed to keep insects from entering.
- Don't leave half eaten food and/or partially consumed beverages on the grounds, but especially not around doors and where patients or staff congregate.
- Be sure to close garbage can lids after depositing leftover food.
- Keep car windows closed.
- For your personal protection, consider wearing long covering clothing, avoiding brightly colored clothing (especially prints), avoiding loose clothing, checking garments that have been outside prior to putting them on, avoiding going barefoot or wearing sandals outdoors, and avoiding scented cosmetics.



~The Safety Committee

# Hurricane Season Is Here— Is Your Pet Ready?

The Atlantic hurricane season began June 1, 2009. The web-site for the Virginia Ready program and the Virginia Department of Emergency Management lists three steps that each household should take to be ready for any natural disaster. The steps are:

1. Get a kit.
2. Make a plan.
3. Stay informed.

The Virginia State Animal Response Team (VASART) has one more suggestion: make plans for your pets. VASART and its partner agencies throughout the Commonwealth will do everything they can to provide pet assistance during an emergency. It offers this advice: prepare your pets and livestock now, prior to an

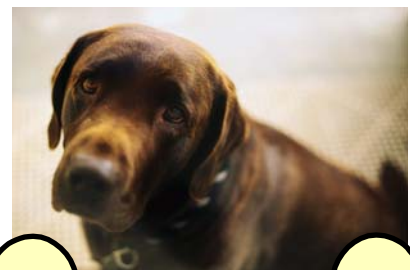
emergency. VASART offers the following tips for preparing your animals in a disaster:

1. Prepare a pet emergency kit ahead of time. The kit should include a few days worth of medication, your pet's medical and vaccination records, a leash, collar, identification, water, food, toys, bedding, and a picture of you and your pet.
2. Make sure your animals have some form of permanent identification, such as a microchip, brand, or tattoo.
3. Purchase a pet carrier, and label it with emergency contact information.
4. Store water and feed for emergencies.
5. Create a contingency plan for ani-

mals including horses and livestock that addresses transportation, water, and feed resources and areas for confinement if needed.

6. Go to [www.vvma.org/sart.htm](http://www.vvma.org/sart.htm) for more information.

~The Safety Committee



I'm ready... are you?



# History of Mental Health Services

"History of Mental Health Services" excerpts from Mental Health: A Report of the Surgeon General

*"In September, 1997, the Office of the Surgeon General, with the approval of the Secretary of the Department of Health and Human Services, authorized the Substance Abuse and Mental Health Services Administration (SAMHSA) to serve as lead operating division for preparing the Surgeon General's Report on Mental Health. SAMHSA's Center for Mental Health Services worked in partnership with the National Institute of Mental Health, National Institutes of Health, to develop this report under the guidance of Surgeon General David Satcher, M.D., Ph.D."*

*"This is the first Surgeon General's report ever issued on the topic of mental health and mental illness."*

The history of mental health services in the United States has been chronicled by historian Gerald N. Grob in a series of landmark books from which this account is drawn (Grob, 1983, 1991, 1994). The origins of the

mental health services system coincide with the colonial settlement of the United States. Individuals with mental illness were cared for at home until urbanization induced state governments to confront a problem that had been relegated largely to families. The states' response was to build institutions, known first as asylums and later as mental hospitals. When the Pennsylvania Hospital opened in Philadelphia in the mid-18th century, it had



The "Public Hospital for Persons of Insane and Disordered Minds" (built in Williamsburg, VA) was the first building in North America devoted solely to the treatment of the mentally ill. October 12, 1773, the first patient was admitted.

provisions for individuals with mental illness housed in its basement. Also in the mid-18th century, colonial Virginia was the first state to build an asylum for mentally ill citizens, which it constructed in its capital at Williamsburg. If not cared for at home or in asylums, those with mental illness were likely to be found in jails, almshouses, work houses, and other institutions. By the time of the Revolutionary War, the beginnings were in place for each of the four sectors of the de facto mental health system.



Pennsylvania Hospital horse-drawn ambulance, c. 1900. Pennsylvania Hospital's horse-drawn ambulance service began in 1876 and was replaced by automobile service in 1912.



Dr. Benjamin Rush's Medical Chest. Dr. Rush was an eminent physician in his day, and practiced medicine at the Pennsylvania Hospital from 1783 until his death in 1813. Dr. Rush was considered to be the "Father of Psychiatry."

The origins of treatment for mental illness in the general medical/primary care sector can be traced to the Pennsylvania Hospital. The origins of specialty mental health care can be traced to the Williamsburg asylum. Home care, the most common response to mental illness, probably became a part of the voluntary support network, whereas the human services sector was by far the most common organized or institutional response, by placing individuals in almshouses (homes for the poor) and work houses. The first form of treatment—known as "moral treatment"—was not given until the very end of the 18th century, after the Revolutionary War.

You can read the Surgeon General's complete report at: <http://www.surgeongeneral.gov/library/mentalhealth/home.html>

Thanks to James Parks who highlighted the history in this fascinating report.

~Cynthia McClaskey, Ph.D.  
Director

## Good News!

The DMHMRSAS has announced that it will dedicate approximately \$655,000 to continue the efforts with the DSA Career Pathway Program. The state-wide workgroup will meet in July to discuss the continued implementation of the program. As of June, 2009, 518 Direct Support Associates have completed Level I of the program. We have had over 300 DSAs express an interest in pursuing Level II.

Southwest Virginia has received \$650,000 as a result of a civil settlement with the maker of the painkiller OxyContin. The settlement was the result of a lawsuit brought by 26 states and the District of Columbia claiming that Purdue Pharma, LLC, encouraged physicians to over-prescribe OxyContin. Of the total \$19.5 million settlement, Virginia received \$1 million. The majority of these funds will go toward prescription drug treatment, education, outreach and prevention in southwest Virginia.



# First Impressions Last— The SWVMHI Console Operators

Try saying “Southwestern Virginia Mental Health Institute” three times in a row really fast. It is quite a mouthful to say! Give it a try and you’ll really appreciate this dedicated group of SWVMHI staff members, known as the “Operators,” who say it countless times daily.

“Console Operator” is the official title of Ruth Neitch, Karen Russell, Rondia Widener, Betty Williams, and Iva Witten; and they do much more than operate the switchboard console. Other duties include: greet staff and visitors, assist Security personnel with signing patients in and out, intercom announcements, maintain the patient roster, assist visitors with signing in and acquiring keys, as well as a myriad of other duties that help keep our facility running smoothly.

## Iva Whitten

Iva retired from SWVMHI with 32 years of full-time service; but, in 1991, Iva returned to SWVMHI as a part-time staff member. She has two daughters, four grandchildren, and one great-grandchild. She enjoys walking, sewing, and church activities.



**Ruth Neitch**

## Ruth Neitch

Ruth has worked here for seven years. She started out working the switchboard before moving to the Admissions Office for three years and then transferring back to the switchboard in 2006. She has two children, loves animals, and feels very lucky to have a great husband. Reading, crocheting, being with her family and dogs are her favorite pastimes.

## Karen Russell

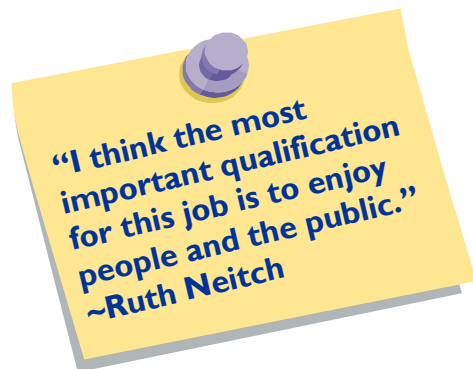
Karen has worked off and on at SWVMHI since 1969. She is also a retired Corrections Officer from Marion Correctional Treatment Center. She has three daughters, seven grandsons, and two great-grandsons.

## Rondia Widener

Rondia began working at SWVMHI in July, 1998. She is currently attending Highlands Community College to attain her Master’s Degree in Radiology Technology. She has a son, a daughter, and a granddaughter.

## Betty Williams

Betty began working as an Operator in 2006. She has two daughters and two grandsons. Betty is also a Cosmetologist and really LOVES shopping!



According to Ruth, “I think the most important qualification for this job is to enjoy people and the public. Our personal attitude has an effect on other people, whether we think so or not.” As they are the first point of contact with everyone that enters the Bagley Building or for anyone who calls the main facility phone line, this is the perfect attitude for our Console Operators. What a great first impression!

~Mary Beth Counts  
Secretary Senior



**Betty Williams**



**Karen Russell**



**Rondia Widener**



**Iva Witten**



# History From The Hill

Below is a copy of a letter that Senator John F. Kennedy wrote on June 25, 1955.

LISTER HILL, ALA., CHAIRMAN  
JAMES E. MURRAY, MONT.  
MATTHEW M. NEELY, W. VA.  
PAUL H. DOUGLAS, ILL.  
HERBERT H. LEHMAN, N. Y.  
JOHN F. KENNEDY, MASS.  
PAT McNAMARA, MICH.  
H. ALEXANDER SMITH, N. J.  
IRVING M. IVER, N. Y.  
WILLIAM A. FURTELL, CONN.  
BARRY GOLDWATER, ARIZ.  
GEORGE H. BENDER, OHIO  
GORDON ALLCOTT, CALIF.  
STEWART E. MCCLURE, STAFF DIRECTOR

United States Senate  
COMMITTEE ON  
LABOR AND PUBLIC WELFARE  
June 25, 1955

Joseph R. Blalock, Superintendent  
Southwestern State Hospital  
Marion, Virginia

Dear Mr. Blalock:

I am writing to you at this time in the interest  
of [Patient Name] whom I understand is receiving treatment  
at your hospital.

His mother [Mother's Name, Street Address,  
City, State], is very concerned about her son's  
welfare and I would appreciate your looking into this matter  
and furnishing me with any information you may have relative  
to this particular case.

Thanking you for your kind cooperation, I am

Sincerely yours,

*John F. Kennedy*  
John F. Kennedy

JFK:ee

*Thank You*

I would like to say "Thanks!" to everyone for the wonderful retirement reception held for me on Friday, June 12. Everything was so beautiful, and I appreciate each and every one involved in the planning and preparing. Thanks to all who took time from their busy schedules to say good bye to me and wish me well. My cup surely ran

over. Thanks for all the gifts and cards, I will treasure them always.  
  
This job has been a wonderful experience for me, and I love and appreciate my extended family I have gained over the last 32 years. I will think of you often and fondly. I wish you all well and the very best life has to

offer. This is not good bye, for I am sure we will all meet again. Thank you from the bottom of my heart.  
  
~Carol Bise  
Personnel Assistant





## Southwestern Virginia Mental Health Institute

**Address:** 340 Bagley Circle  
Marion, Virginia 24354

**Phone:** 276-783-1200

**Fax:** 276-783-1465

### Comments, Suggestions or Ideas?

#### SHARE THEM!

Please place any comments, suggestions, or ideas you have regarding the newsletter in the Suggestion Box located outside of the copy room on the Clinical/Medical/Nursing Administrative Offices hallway.



## U.S. History Word Search Answer Key

I		Y	R	A	N	O	I	T	U	L	O	V	E	R	C		
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Please submit articles for the next newsletter to Amanda Phipps by July 20, 2009.

The next newsletter will be published August 3, 2009.