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From The Director

Two valuable members of the Nursing department from two different units were recognized as Employees of the Quarter at the May 19, 2011, Employee recognition Event.



The first is Bridgett Ford, RNCA, who works on the Geriatric Unit. Bridgett is a highly skilled professional who upholds the Mission, Vision, and Values of SWVMHI each day. She comes to work with a smile for everyone. She volunteers to work overtime any time a nurse is needed and has worked numerous times on her weekend off to cover the needs of the unit and to promote harmony and good will with the individuals with whom she works. Bridgett exhibits leadership and team-

work abilities by volunteering to work other units when there is a need to pull a nurse to these units. In addition, it is noted that Bridgett has gained the trust of each patient on the Geriatric unit and, by virtue of the relationships that she has built, she is able to elicit positive responses by talking in a calm manner to deescalate the situation. Bridgett goes the extra mile by spending one on one time with even the most difficult individual to ensure that each feels that someone has his or her best interest in mind.



Amy Martin, RNCA, is the second Employee of the Quarter, and is a dedicated employee on second shift, Ad-

missions Ward A/B. Amy is always available to assess and intervene with the individuals we serve using the least restrictive means possible. She is honest, yet uses compassion, even during a crisis situation. When acuity is high and the ward is very busy with new patients, admissions calls, and interventions, Amy remains calm, and therapeutic. She is noted for staying focused, organized and professional. She assumes a leadership role in the absence of the Head Nurse and takes the initiative to complete her tasks in a timely manner. It is not uncommon for Amy to work up new admissions, sit and relieve staff for their lunch breaks, and yet not have time to take a break herself. She is dedicated and hardworking and another valuable member of our staff.

Our two Employees of the Quarter deserve a round of applause for a job well done!

~ Cynthia McClaskey, PhD
Director

What Am I?

You saw me where I never was and where I could not be. And yet within that very place, my face you do often see.

Answer: Page 14

Central Rehab News



May was a busy month for the Rehab Department. We had Kentucky Derby Day where everyone wore wild

hats, “bet” on horses, and had refreshments. Everyone had a good time and asked to do it again. Thanks to the staff and individuals we serve for making it such a success, especially to the Patient Activities Committee for the idea.

Many of the individuals we serve, along with staff, took part in the Mental Health Awareness Day on Saturday, May 14 at Emory and Henry College in Emory. We had a wonderful speaker who was a for-

mer client of SWVMHI. It was really good to see a lot of individuals formerly served by SWVMHI who were doing so well. This was a great opportunity to see the results of our hard work. It really is nice to know that we have made a difference in their lives.

Rehab Department Staff attended a number of workshops at the Mental Health Awareness Day. The Department also hosted a workshop called the Relaxation Station where everyone had an opportunity to see some of the techniques and equipment that we use with the individuals we serve. A big thank you to our Facility Director, Dr. Cynthia McClaskey and all the staff who gave their Saturday to a great cause. This is what makes SWVMHI such a great place to work.

The Rehab Department also held a yard sale on May 21 on the lawn of Marion Baptist Church. Thanks to everyone for the time put into this project. It would not have happened without the dedication of Sue Saltz and the other Rehab Department staff members. Thanks also to everyone who made it a success by stopping by to make a purchase. The money raised will go back into the Patient Activities fund so that the facility can continue to sponsor fun and meaningful activities for all the individuals we serve.

~ Sue Eller, Peer Specialist
Central Rehab Services

Helpful Hint

Have you ever received the message that your e-mail box is full? [You know you have!] Try archiving or better yet, moving, e-mails you need to keep into specific folders from both your in box **and** sent box. These folders should reside off of the e-mail server. Don't forget to empty your deleted items folder as well! And remember, any e-mail you send with stationary, photos, graphics, or attachments all add up quickly for you and your recipients.

I am More Than My Mental Illness

These people have experienced one of the major mental illnesses of Schizophrenia, Bipolar Disorder, or Major Depression:

Abraham Lincoln **Buzz Aldrin** Kurt Cobain *Virginia Woolfe* *Charles Dickens* Winston Churchill *Sylvia Plath* TENNESSEE WILLIAMS **Tippor Gore** Leo Tolstoy **Carrie Fisher** *Ernest Hemingway* *Michelangelo*
TERRY BRADSHAW *Mike Wallace* **Maurice Benard** Lionel Aldrige *Vincent Van Gogh* **Jane Pauley**
Brian Wilson *Patty Duke* Isaac Newton John Keats *Beethoven* **Jimmy Piersall**

**PEOPLE WITH MENTAL ILLNESSES
ENRICH OUR LIVES**

These people have experienced one of the major mental illnesses of Schizophrenia, Bipolar Disorder, or Major Depression.

Recognizing the Value of Risk Management

June 20 - 24, 2011



Healthcare Risk Management (HRM) Week is ASHRM's annual campaign to raise awareness of the organizational value of today's healthcare risk managers.

Today's healthcare risk managers operate in a wide variety of healthcare arenas, under a variety of titles. But, healthcare

risk managers have many common attributes including:

- Strategy, practicality, seeing the big picture, and are the go-to professionals in a crisis
- Commitment to patient safety
- Bring expertise to risk prevention and event management

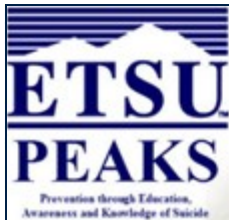
They offer a holistic ability to protect the patient, the balance sheet, and our organization's reputation, through proactive thinking and response management.

At SWVMHI, the Risk Management Department collects and analyzes data on patient events, and seclusion and re-

straint, helps protect health information, ensures the facility stays in compliance with federal rules and regulations including HIPAA, and reviews individual accounts for benefit information.

SWVMHI would like to thank its Risk Management Department for the work they do every day, including: Phil Jones, Risk Management Director; Phyllis Miller, Corporate Compliance Coordinator; Debbie Hagy, Utilization Review Coordinator, and Rita Coe, Administrative Assistant.

For additional information about Healthcare Risk Management, please visit: <http://www.ashrm.org>.



The March/April 2011 edition of SAMHSA News, the Substance Abuse Mental Health Service Administration's award winning newsletter, highlights a campus suicide prevention program "just down the road" in Johnson City, Tennessee at East Tennessee State University.

The new program, ETSU Prevention through Education, Awareness and Knowledge of Suicide, or ETSU PEAKS, was specially designed to reach 15,000 students at a rural, commuter university. In addition to traditional efforts such a training for health service students and resident advisors in dorms, the program leverages a growing technological emphasis. There is a main webpage full of useful and practical information, and there is also a Facebook page, a Twitter account, and more.

For more information view the SAMHSA newsletter on line (www.samhsa.gov/samhsaNewsletter/) or the projects main webpage at www.etsu.edu/etsupeaks. You can also "friend" or "like" the Facebook page for more information.

Radiology Department has deficiency-free inspection

On May 4, 2011, the Radiology Department at SWVMHI had its annual Radiation Safety Inspection. The Radiation Safety Inspection is required by the Virginia State Bureau of Radiological Health. Since our facility is accredited by The Joint Commission, the Inspector is required to survey our department by The Joint Commission standards.



During the Inspection process, Dr. Lee Anthony examined Radiation Dosimetry Reports, staff qualifications, documentation of assisting patients for radiation exposures, and inspected equipment. I am pleased to announce that Dr. Anthony found no deficiencies within our Radiology Department. Dr. Anthony's report will be filed with the State Division of Radiological Health and our department will be licensed until June, 2012.

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

Hope: An Embedded SWVMHI Value

As we examine the SWVMHI Values, we may ask whether *Hope* is a core SWVMHI Value. *Hope* is an embedded value, or a value within a value. *Hope* is both a noun and a verb. One of the definitions of hope is “a person or thing in which expectations are centered.” Another definition is “the feeling that what is wanted can be had or that events will turn out for the best, or the belief in a positive or desired outcome.”

When we live the SWVMHI Values, we inspire *Hope* in others and we become the embodiment of that



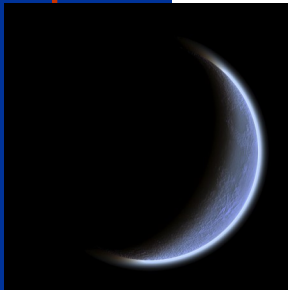
Hope. Our consumers and co-workers can find in us, *Hope*. We, through our demonstration of the SWVMHI Values of Communication, Honesty with Compassion, Trust, Teamwork, Self-initiative, Leadership, and Honoring Day-to-Day Tasks, cause others to feel that something desired may happen. This is *Hope*.

Our own actions, attitudes, and words can serve as a beacon to others, evoking their courage to feel that something positive may actually happen after all. This is *Hope*.

When we take our knowledge and basic goodness as human beings and work with others within the context of our SWVMHI Values, *Hope* is inevitable. Poetically, an old French proverb reminds us, “Hope is the dream of a soul awake.”

~ James Moon, Ph.D.
Psychology Supervisor

June Lunar Phases



June 1

New Moon

June 8

First Quarter Moon

June 15

Full Moon

June 23

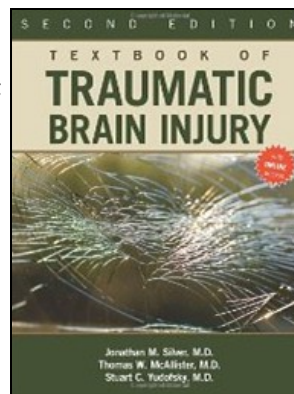
Last Quarter Moon



New to the SWVMHI Library

Textbook of Traumatic Brain Injury, Second edition. Edited by Jonathan M. Silver, Thomas W. McAllister, and Stuart C. Yudofsky. Washington, DC: American Psychiatric Publishing, Inc, 2011.

This comprehensive textbook for the mental health and medical professional is an excellent addition to the SWVMHI library. This is the second update to a textbook first published in 1994. While it is dedicated to “the members of the U.S. Armed Forces and American war veterans who have suffered traumatic brain injuries in the defense of our freedom,” it is useful in understanding any population of individuals with traumatic brain injuries. With almost 700 pages, it is replete with useful and clearly written chapters from experts in the field. It is newly revised this



year and divided into five sections describing Epidemiology and Pathophysiology, Neuropsychiatric Disorders, Neuropsychiatric Symptomatology, Special Populations and Issues, and Treatment. It is important to note that the editors recognize that most readers will seek out individual chapters based on their need, and so each of the chapters needs to stand alone, complete and relevant. This has understandably led to some redundancies, but the issues are often

complex and repetition is useful at times. SWVMHI staff may particularly be interested in chapters on Neuropsychiatric Assessment, Neuropsychological Assessment, Psychotic Disorders, Personality Change, Aggressive Disorders, and the chapters in Section V. Treatment.

Chaplain's Corner

“Come unto me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light” (Matthew 11:28-30).

At the center of Ellis Island stands the Statue of Liberty. It symbolizes all that the United States of America historically represents to those coming from other nations looking for freedom, hope, and a new start in life. At the base of this grand statue are the words written by Emma Lazarus that says in part, “Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore; send these, the homeless, tempest-tossed to me. I lift my lamp beside the golden door.” America has and continues to be the land of opportunity for many who look for freedom and a better way of life. But even America cannot promise freedom from weariness of life and all the many burdens that come with it. Each of us has opportunities to improve our quality of life in many ways. But none of us are immune from life's many challenges that weary us and burden us as we struggle with finding rest. A pastor in the Philippines tells of the time the driver of a Carabao wagon was on his way to the market. He happened to come across an older man on the side of the road carrying a heavy load. The driver having compassion stopped and offered the older man a ride on the back of his wagon. The elder gentleman climbed on, and off the driver went. After a bit, the driver looked to see how the elderly man was doing, and to his surprise found him still straining under his heavy load, for he had not removed it from his shoulders.

That's how we are with life sometimes. Each of us, in a sense, carries a burden bag every day. Sometimes it starts out light in the morning and gets heavier during the day. Other times it starts out heavy and only gets worse as the day goes along. The burdens can be many and very wearisome over time. Some burdens are common to all. Worry for instance. Jesus said, “Who of you by worry can add a single hour to

your life?” Yet, we all do worry. But has worry ever solved our problem? Has it ever caused money to fall out of the sky to pay our bills? Has it ever made sickness go away? No, but it has caused unwanted stress, loss of sleep, and more worry. There is the burden of an unforgiving spirit. Forgiveness is possibly one of the hardest things we may ever have to do in life, but left unresolved it tends to make us bitter, resentful, and feeling like a raging bull inside. Over time it is not the person who wronged us that is our enemy. It is all the inner turmoil brought about by our inability to forgive that becomes the real enemy. There is the burden of self-pity. This is a terrible burden to carry around. Sometimes we just seem to enjoy having a pity party on pout ridge. We may not think so, but self-pity has its own reward and until we recognize that, we will always carry this burden around. There is the burden of guilt. There is good guilt, designed to help us resolve the issue and move on with peace of mind. But there is also bad guilt that leads us to believe we cannot forgive ourselves. If God is willing to forgive all we do when we ask, we should learn to be good to ourselves by learning self-forgiveness when we have done our best to make things right. Religion can be a burden. Our faith and service to God is a good thing, but even this can prove to be a burden when our service to God becomes more important than our relationship with God. There are many burdens. Perhaps even now as you read this you are aware of a burden that is slowly wearing you down.

But Jesus offers us rest from this weariness and burdens of life. This word “rest” also implies being refreshed. It can mean to be re-energized and to be able to carry on in life all the duties and responsibilities we face. He promises to provide us rest and refreshment as we learn to turn our burdens over to him. We read that portion of scripture that says “take my yoke upon you” and that sends up red flags right away. How can the yoke of Christ give me rest and refresh me when the word “yoke” implies a burden within itself? What Jesus offers is not a means of escape from life, but new life and energy in Him in dealing

with life. He gives to us his strength, peace and refreshment in facing life and all its challenges. The yoke He speaks of is submission to His will and the willingness to trust Him in all life's ventures. It is in obedience to Him we are able to discover the rest that we so desperately seek. We are told in scriptures that “the joy of the Lord is our strength.” All that burdens do is rob us of that joy causing us to take our eyes off He who is able to lift that burden away. Some burdens we should willingly carry as we realize we are God's fellow workers in reaching out to a hurting world. With such burdens He promises to give us grace and strength to bear as we work together to fulfill his Divine purpose. But all others we must learn to let go. Yet, too often we struggle with letting go. The words that follow by an unknown author reveal to us why we struggle so with our unwanted burdens.

“Lord, I'm so discouraged
I don't know what to do.
I have so many burdens
And I gave them all to you.
But you didn't take them Jesus.
Will you tell me why that's so?
The answer is simple little one,
Because you won't let go.”





Word Search

How many words can you find related to the month of June?

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

June signifies the start of summer vacation for most school children, but it also means graduation from high school and college for many others. If you like to watch horse racing, the Belmont Stakes runs June 11. Also on June 11, Queen Elizabeth will celebrate her birthday, although her actual birthday is April 21. For you history buffs, on June 10, 1752, Ben Franklin flew his infamous kite during a thunderstorm, Flag Day, the celebration of the adoption of the United States flag, falls on June 14, Magna Carta Day is on June 15, and on June 17, 1885, the Statue of Liberty arrived in the United States, a gift from France. Father's Day follows this year on June 19, and the "official" start of summer is marked by the summer solstice on June 21, the longest day of the year, as far as sunlight goes anyway.

Motivational Interviewing

Enhancing Communications With the Individuals We Serve

Motivational Interviewing (MI) is not a technique for clinical assessment, but rather it is a style or manner of communicating with the individuals we serve. MI was developed in 1983 by William Miller, Professor Emeritus at the University of New Mexico, and Steven Rollnick, Professor of Healthcare Communication at Cardiff University in Wales. Their method stresses that therapeutic interaction is person-centered and empathetic, yet purposeful and directive. It is important



that a collaborative, rather than coercive, relationship be developed. The interactions should be non-judgmental and the individual is encouraged to explore opportunities for recovery and to decrease resistance within an atmosphere of safety and support.

Successful Motivational Interviewers are aware of “traps” that can make it harder to have motivating interaction with the client, such as the “Question-Answer Trap.” In this situation, the care provider asks all the questions and the client provides the answers. This approach can lead to client’s becoming more passive and losing motivation for change. The Question-Answer Trap is an easy one for care providers to fall into, especially when we have a lot of questions that need to be answered during the initial phase of assessments and when time is short. To avoid falling into the Question-Answer Trap, incorporate these practices:

1. Consider having individuals fill out questionnaires in advance.
2. Begin your session with more open ended questions and wait until the end of the session to obtain the details you need.
3. Allow clients to speak about their concerns and issues.
4. Use reflective listening.

The Motivational Interviewer respects the individual, encourages self-motivation, and values the individual’s personal view and life experiences. By beginning with the individual, and developing therapeutic relationships throughout the process, it is more likely that the individual will be motivated to change.

~ Communication Team

Summer Vacation Safety

As the warm weather approaches and thoughts turn to getting away for a few days, being safe while on summer vacation helps ensure that you and your loved ones only have good memories of your time away from home. There are many things you can do to keep yourself, your family, and your valuables safe.

Summer Vacation Safety Starts Before You Leave Home

- ✓ Make copies of all of your credit cards and important identification information, including your medical insurance cards and your passport. Take one copy with you (pack it separately from the cards themselves) and leave one copy at home.
- ✓ Take only a little cash with you. Most locales have ATMs, or plan to use your credit cards while on vacation.
- ✓ Never put your home address on your luggage tags. Write your phone number instead.
- ✓ Make sure all of the doors and windows

to your home are secured and locked. If your home has an alarm system, arm it when you leave for your vacation.

- ✓ Never post your travel plans on social networking sites.
- ✓ Have your mail held at the post office and your newspaper delivery put on hold.
- ✓ Set automatic timers to turn your lights and a radio on and off.

Protect Your Valuables and Yourself

- ✓ Park your car in areas that are well lit and as close to your destination as possible.
- ✓ Always close all of the windows and lock the car doors. Keep all valuables out of view by locking them in the trunk or tucking them under the seat.
- ✓ Never leave your wallet, pocketbook, or checkbook in the car. Always keep them with you.

- ✓ If you are driving and become lost, do not stop on the side of the road to check the map. Drive to a brightly lit, public place to do so.

- ✓ Never leave your car unattended with the motor running.

- ✓ If you are going out sightseeing, ask at the hotel front desk if there are any areas you should avoid.

- ✓ Never display large amounts of cash when making a purchase. The money you keep with you should be in small denominations.

- ✓ When you check into your room, make a mental note of the locations of the stairs and fire exits.

~ Safety Committee

Nursing Week Celebrations Demonstrated Facility Values

National Nurses Week was celebrated during the week of May 9 at SWVMHI in recognition of the care provided by nurses, aides, and clerical nursing department staff members. Three main events deserve special acknowledgement for the demonstration of team work and self-initiative by key employees.



“The Quilt Project” with the theme, “SWVMHI Nursing...Joined by a Common Thread” began with a simple idea of making a banner with individual blocks drawn by staff hot-glued to a blue cloth background. Ellen Tilson, Unit Nurse Coordinator, expanded on this idea to making a real quilt with real fabric and an embroidered heading. Over 140 nursing staff members made a unique block which Ellen and her sister, Joan Minnick,



stitched together with a brilliant sapphire blue batik sashing. The quilt was first displayed on Monday of Nursing Week, and

serves as a metaphor for individuals coming together for a common mission resulting in a sum total greater than the separate pieces that make it up. It also demonstrates how a person can use a special gift or talent that normally would not be associated with the workplace into something that brings people together to create and enjoy something special. Thank you to each of the nursing staff who responded to the request to make a quilt square and to Ellen, for the many, many hours of planning, designing, sewing, and worrying! It truly is a priceless work of art.

A first half-day “Regional Psychiatric Nursing Conference” was held on Thursday of Nursing Week, and was attended



by about 100 people from southwest Virginia and northeast Tennessee. Norma Brickey, Assistant Nurse Executive, and Robin Poe, Coordinator for Nursing Staff Development, chaired a workgroup that responded to nursing staff requests for more training, particularly in the subjects of working with patients who have Borderline Personality Disorder or Traumatic Brain Injury (TBI). Dr. Harvey Jacobs, Ph.D., an internationally respected expert in the field of TBI, was a featured speaker. The DOC Academy West training center provided the setting for the conference as well as the location for a silent auction of donated items. Other members of the workgroup included Sheila Heldreth, Head Nurse; Ken Miller, Head Nurse; Diann Marshall, Nurse Coordinator; Cindy Jones, Infec-

tion Control Nurse Coordinator; Josie Wade, Head Nurse; Amy Dempsey, Registered Nurse; and Amy Cavin, Registered Nurse. Thank you to each of these nurses who spent many hours planning, on the phone, soliciting items, networking, and making arrangements for this special focus on education which is valued as a professional development by the nursing staff.



Also on Thursday, Deresa Hall, Nurse Practitioner, with the assistance of Debra Magee, Nurse Practitioner, and Lisa Berry, Executive Secretary, and other members of the medical staff, made about 200 crepes for facility-wide employees on all three shifts in honor of nursing care provided at SWVMHI. Caramel Apple Pie, Peaches and Cream, and Cherries Jubilee are only a sampling of the varieties for these thin, delicate pancakes that were filled and folded over for a mouth-watering delight! This represented a lot of time standing in one place working with hot pans, as well as rising very early and staying very late to make sure all shifts had equal opportunity for this “first” French food recognition event. Trés bien, Deresa!!

All of this would not have been possible without the assistance of special people who are key communicators with emails, flyers, banners, cards, phone calls, PowerPoint's, handouts, and personal contact. Thank you to Debbie Kiser and Sarah Parris for keeping things organized, centered, and moving.

~ Alicia Alvarado, MSN



PERSONNEL CHANGES

New Employees

Jamie Anderson, Registered Nurse	Apr 10
Donna Crockett, Psychiatric Aide	Apr 10
Melissa Medley, Psychiatric Aide	Apr 10
Judy Price, RNCA	Apr 10
Michael Testerman, P14 Food Service Tech	Apr 10
Debra Borders, P14 Staffing Nurse Coordinator	Apr 13
Teresa McNeil, Admissions Clerk	Apr 13
Mary Ida Henry, Admissions Clerk	Apr 25
Sarah Jackson, P14 Admissions Clerk	Apr 25
Tanya Leedy, P14 Food Service Tech	Apr 25

MONTHLY PATIENT CENSUS

April
2011

Admissions 82
Discharges 75
Passes 10

Average Daily
Census
143

Separations

Melinda Haynes, Social Worker	Apr 5
Lynn Delp, RNCA	Apr 22
LeAnn Barbrow, RNCA	Apr 24
Scott Stables, Psychiatric Aide	Apr 26

Promotions/Role Changes

Benjie Duvall P14 SNC to full time Head Nurse	Apr 10
Ellen Campbell, P14 to full time Food Service Tech	Apr 10
Rachel Hayes, Food Service Tech to Lead Server	Apr 25

Meals in Minutes -- Corn and Black Bean Salad

Need a fast and flavorful dish to take to your next picnic? Try this Corn and Black Bean Salad.

INGREDIENTS:

- 1 1/2 cup corn (fresh, cooked, canned, drained; or frozen, thawed, cooked)
- 1 cup cooked black beans (cooked from dry; or canned, strained)
- 2/3 cup chopped red bell peppers
- 1/3 cup chopped onions
- 1/4 cup chopped fresh parsley
- 1 1/2 tablespoon red wine vinegar
- 1 tablespoon vegetable oil
- 1/2 teaspoon sugar

1/8 teaspoon salt, or to taste
freshly ground black pepper, to taste



PREPARATION:

In a large bowl, toss together the corn, beans, peppers, onions, and parsley.

In a small bowl, stir together the remaining ingredients. Pour the dressing over the salad and toss to combine.

Serves/Makes: 4

~ www.cdktichen.com



All staff are reminded that the CAI on Back Injury Prevention must be completed between June 1 and June 30, 2011.

Recovery Heroes

A Spotlight on Employees using TOVA Skills and Assisting People with their Recovery

Wow! What a compliment the geriatric unit staff received from Dr. Ladenika. I would like to share excerpts from an e-mail Dr. Ladenika sent to Mike Jones, Ellen Tilson, Dr. Crisp, and the treatment team.

Good Morning!

I spoke to ____ for quite a while yesterday and she does seem to be turning around. This is primarily because of no less than herculean efforts demonstrated by the entire unit, primarily the Aides, and Nurses, in getting her back on track. It is easy to dispense medication and write orders, (especially during the transition she has

been through...that has required certain adjustments be made, but you all go the extra mile to ensure that it is implemented, and you should all be proud of getting ____ to turn around. I am including Mike and Ellen in this email, to be aware (of what they already know about, no doubt) of these recognizable, and, undoubtedly, rewardable supreme team efforts. Their exemplary hard work should, and must be commended.

Our nurses and aides work hard every day, they give and give of themselves and expect very little in return. When the

individuals we serve say, "Thank You," that is all it takes to put a smile on the staff's faces. And when a physician takes the time to say that he was impressed and shares his appreciation of his co-workers with others, then you know you really have employees to be proud of.

Congratulations to the Geriatric Unit staff: your teamwork and devotion to the individuals we serve is the perfect example of promoting mental health and assisting people in their recovery.



**Robin Poe, MSN, RN-BC
Coordinator of Nursing
Staff Development**

From the Library

Effective Communications Month



June is Effective Communications Month. Communication is one of our values because it is very important for creating a workplace that moves smoothly and keeps confusion to a minimum. Communication is also important in our personal relationships, allowing us to understand each other, which leads to better group decision making. Communication can be spoken, written, or even signed through gestures and expressions, and it is the basis for education and learning about anything.

The library is filled with books, magazines, and audio materials that communicate. According to About.com, the best ways to improve one's communication skills are to "stay focused, listen carefully, try to see the other person's point of view, respond to criticism with empathy, own what's yours, use "I" messages, look for compromise, take a time out, don't give up, and ask for help if you need it."

We have a number of excellent books about communication in our library including:

"That's not what I Meant: How Conversational Style Makes or Breaks Your Relations with Others"

"You Just Don't Understand: Women and Men in Conversation"

"Communication Based Intervention for Problem Behavior"

"Communication for Nurses"

"Words that Change Minds: Mastering the Language of Influence"

"Talk About Activities: Developing Social Communication Skills"

"Feedback Toolkit: 16 Tools for Better Communication in the Workplace"

New Books on the Shelves



The following is a list of some of the newer books we have in the library and another huge thank you to all of the staff who have been so generous with such great donations:

"Atonement" by Ian McEwan

"The Cross Gardener" by Jason F. Wright

"Georgia's Kitchen" by Jenny Nelson

"Knockout" by Catherine Coulter

"Blood Brothers" by Nora Roberts

"Windmills of the Gods" by Sidney Sheldon

"Wyoming Brides" by Debbie Macomber

"T is for Trespass" by Sue Grafton

"Stalemate" by Iris Johansen

"The Mark" by Tim LaHaye/Jerry B. Jenkins

"Nicolae" by Tim LaHaye/Jerry B. Jenkins

"Temperatures Rising" by Sandra Brown

"Amazing Grace" by Danielle Steel

"The Last Song" by Nicholas Sparks

"Loop Group" by Larry McMurtry

"Hour Game" by David Baldacci

"Made in the U.S.A." by Billie Letts

"Creation in Death" by J.D. Robb (Nora Roberts)

Donations

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

Dr. Richard Mears
Dr. Colin Barrom
Tom Harvey
Amanda Currin
Lesu Cole
Kathy Moore
Dr. Jim Moon
Jen Ward
Sharon Winebarger



We are also very thankful for the many anonymous cards, magazines, and books and anyone I may have accidentally left off the list.

~ Christina Quillen
Librarian

Grand Rounds

The following Grand Rounds are scheduled for June:

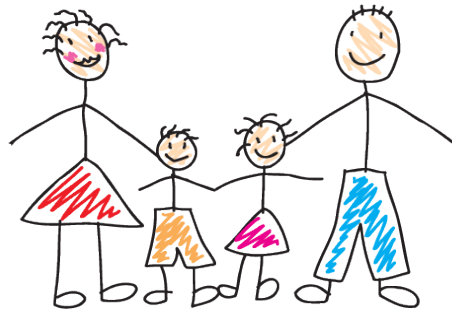
- June 9 “Recovery Philosophy of Mental Illness” will be presented by Debbie Boelte, LCSW.
- June 30 “The Ethics of Downsizing and Deinstitutionalization” will be presented by Dr. Michael Gillette.



Both will be held in 1330 in the Training Classroom A/B. If you are interesting in attending any of these events, please contact the Training Department at Extension 854 to register.

Celebrate National Family Month

Annual from Mother’s Day to Father’s Day



national family month™

National Family Month encourages family relationships and focuses on developing healthy, confident children.

The celebration was created by KidsPeace to raise awareness and underscore the importance of family – children, mothers, fathers, relatives, and caregivers – and to encourage supporting one another.

Child development experts have described “family” as “someone who has a strong emotional attachment to another.” National Family Month provides an opportunity for families to share special time together, to develop or renew relationships, identify or rediscover needs, and to remind everyone of the importance of family involvement in raising healthy, confident children for America’s future.

No matter how your family is formed, and no matter what your family make-up, all strong families trust each other, love one another, spend time together, talk to one another, and have fun together.

How can you grow stronger as family? Try one of these ideas, or sit down with your family and come up with other ideas together:

- Take a walk together ☘ Bake and decorate a cake together ☘ Watch a favorite movie together ☘ Discipline in private ☘ Have a family dinner at home at least twice a week ☘ Listen, listen, listen ☘ Allow mistakes ☘ Give and respect privacy ☘ Create rules together ☘ Acknowledge feelings ☘ Go to the park and feed the ducks ☘ Go to the playground and slide down the slide with your child ☘ Sing silly songs together ☘ Keep your promises ☘ Make family traditions ☘ Read to your child ☘ Teach good manners ☘ Praise successes ☘ Share memories ☘ Laugh out loud ☘ Cry when you are sad ☘ Tell the truth ☘ Hug often ☘ Show enthusiasm ☘ Look at the world through someone else’s point of view ☘ Catch your child being good ☘ Never embarrass each other ☘ Say “I’m sorry” and ask for forgiveness when you are wrong ☘ Tell each other how proud you are of each other ☘ Say “I love you” often.

~ Adapted from www.kidspeace.org/

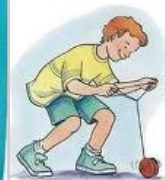
June Days to Celebrate

“Off the cuff” June holidays to celebrate:

- June 1**
National Go Barefoot Day
- June 3**
Donut Day
- June 6**
National Yo-Yo Day
- June 10**
Ball Point Pen Day



- June 17**
National Flip Flop Day
- June 18**
National Splurge Day
- June 20**
Ice Cream Soda Day
- June 22**
National Chocolate Éclair Day
- June 27**
Sun Glasses Day
- June 29**
Waffle Iron Day



History From The Hill - Bernard Kasinoff, M.D. -- Superintendent

Dr. Bernard H. Kasinoff served as Superintendent from the spring of 1971 to the spring of 1972, which was a controversial year for Southwestern State Hospital (SWSH).

Dr. Kasinoff was appointed as Superintendent on March 1, 1971, following the retirement of Dr. Blalock. At the time of his appointment, Dr. Kasinoff was Clinical Director at DeJarnette State Sanatorium (now known as Commonwealth Center for Children and Adolescents) in Staunton, Virginia. Dr. Kasinoff joined the Virginia system in 1962 as Director of the Valley Mental Hygiene Clinic in Staunton, and in March, 1969, he joined the staff at DeJarnette.

Dr. Kasinoff is a native of New York and earned his medical degree from the University of Virginia in 1946. He served as a psychiatric resident at the Veterans Administration Hospital in Bronx, New York. He also served as both a staff psychiatrist and later as Chief of the mental hygiene treatment section for the Veterans Administration in New York before returning to Virginia.

During his brief tenure as Superintendent, Dr. Kasinoff was said to have been disliked for being an outsider with a direct approach to problems, including his blunt handling of em-

ployees and the public. Dr. Kasinoff thought that the community was "too involved with the hospital as they interfered with efforts to move from a program of custodial to therapeutic care." Needless to say, many in the community were glad to see Dr. Kasinoff leave, although there were apparently a great number of employees who were not.

Several retired employees were interviewed while preparing this article, and they described Dr. Kasinoff as a "character" who was unpolished, out-

spoken, and often argumentative with the "wrong people." Many did not like Dr. Kasinoff because of his gruff personality, but he was described as a very good psychiatrist. Daphne Ernest, who worked as a Secretary in the Superintendent's Office, said that she remembered Dr. Kasinoff would often barbeque hot dogs on the porch of the Henderson Building for breakfast. Paul Shepherd, Staffing Nurse Coordinator, remembers Dr. Kasinoff riding around Bagley Circle in a 1967 Plymouth several times each day checking on the patients who were out on the grounds.

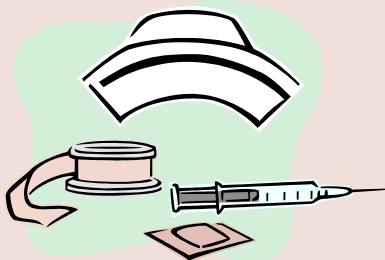
Following his resignation as Superintendent at SWSH in January, 1972, he moved to Richmond for a time, then started working at Marion Correctional Treatment Center as a Psychiatrist, where he worked until his retirement.

References: "Mental Health in Virginia," Department of Mental Hygiene and Hospitals, Winter 1971; "A Brief History of the Southwestern State Hospital 1887 - 1987," by Joan Tracy Armstrong, 1987; Personal interviews with Paul Shepherd, RN; Daphne Ernest, Secretary in the Superintendent/ Director's Office from 1970 to 2002, and Jimmy Farmer, Retired Aide.



Dr. Bernard H. Kasinoff
Superintendent, 1971 - 1972

Old Nursing War Stories Between Debbie and Deresa.



Stay tuned for a new column in July from Deresa Hall and Debbie Magee entitled, "Old Nursing War Stories between Debbie and Deresa." Between the two of them, they have 67 years of experience in the Nursing field.

June is National CPR/AED Awareness Month

In 2008, Congress designated the first week of June for observation of National CPR / AED Awareness Week, with the goal of encouraging all states, cities, and towns to establish organized programs which provide CPR and AED training to the public.

By participating in the program, we can raise the public awareness regarding Sudden Cardiac Arrest and increase the chance of survival by having at least one person in each household trained and an employee for each shift and every department trained in CPR and the use of an AED.

Over 300,000 people a year die from Sudden Cardiac Arrest (SCA). Estimations are that 70 percent of those who die do not get any help prior to an ambulance arriving. Statistics also show that those who get help in the first several critical minutes of an SCA event have three times the survival rate.



CPR methods and practices have changed and are the most significant CPR updates in more than 40 years. The SWVMHI Training Department has issued guidance on these new methods and practices, and new training materials have been obtained, including a new CAI and refresher courses when your license is due.

For questions regarding these new methods and practices, or to find out when your license is due for renewal, you should contact the SWVMHI Training Department at Ext 854.

For additional information on CPR/AED Awareness, please visit these sites:

<http://www.abreathoflife.com/natcpaedweek.html>
<http://www.americancpr.com/CPR-AED-awareness-month.html>

FAST FACTS

- Less than 8 percent of people who suffer cardiac arrest outside the hospital survive
- Effective bystander CPR, provided immediately after sudden cardiac arrest, can double or triple a person's chance of survival
- New technology has made AEDs simple and user-friendly. Clear audio and visual cues tell users what to do when using an AED and coach people through CPR. A shock is delivered only if the victim needs it.

WHAT AM I ANSWER:
A reflection

Men's Health Week

June 13 - 19, 2011

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with hundreds of awareness activities in the USA and around the globe.

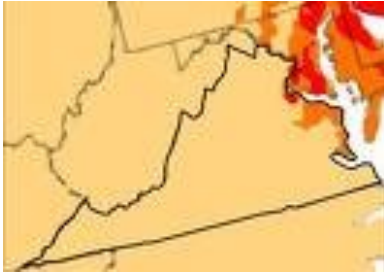
Plan to wear blue during this week to help bring awareness to men's health issues, and promote regular health screenings and early detection and treatment of preventable diseases.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

~ Congressman Bill Richardson (Congressional Record, H3905-H3906, May 24, 1994).

NATIONAL
MEN'S HEALTH WEEK
 June 13-19, 2011
 Awareness. Prevention.
 Education. Family.
www.menshealthweek.org

Lyme Disease on the Rise in Virginia



Since 2007 Virginia has experienced significant increases in the number of reported Lyme disease cases and other tick-borne infections. The risk of acquiring Lyme disease is no longer confined to northern Virginia.

In 2007, Lyme disease increased dramatically and has remained high. From 2009 to 2010, there was a 37 percent increase. The recent increase in Lyme disease has coincided with a progressive geographic spread of activity southward and westward from northern regions of the Commonwealth as part of an overall expansion in the eastern United States.

As ticks become more active in warmer weather, the risk of contracting tick-borne infections increases. Although Lyme disease is the most common tick-borne infection in Virginia, several other types of tick-borne infections occur, including Ehrlichiosis,



Adult deer tick

Anaplasmosis and Rocky Mountain spotted fever. These tick-borne infections should be considered in anyone with a febrile illness during warm weather months. They can

cause serious illness and, in some cases, can be fatal. Heightened vigilance in the coming months for detecting Lyme disease and other tick-borne diseases should be maintained.

Early recognition and prompt treatment are important in order to decrease the likelihood of long-term complications and other adverse events. Symptoms include: chills, fever, headache, lethargy, and muscle pain. There may be a "bull's eye" rash, a flat or slightly raised red spot at the site of the tick bite. Often there is a clear area in the center. It can be larger than 1-3 inches. Deer ticks can be so small they are almost impossible to see. Many people with Lyme disease never even saw a tick.



Prevention is important to decrease our risk of acquiring tick-borne diseases.

- ✦ Wear long pants and sleeves. When walking in wooded or grassy areas, wear shoes, long pants tucked into your socks, a long sleeved shirt, a hat, and gloves. Try to stick to trails and avoid walking through low bushes and long grass. Keep your dog on a leash.
- ✦ Use insect repellents. Apply an insect repellent with a 10 to 30 percent concentration of DEET to your skin and clothing. Choose the concen-

tration based on the hours of protection you need—the higher the concentration of DEET, the longer you are protected. A 10 percent concentration protects you for about 2 hours. Keep in mind that chemical repellents can be toxic, and use only the amount needed for the time you'll be outdoors. Don't use DEET on the hands of young children or on infants younger than 2 months. According to the CDC, oil of lemon eucalyptus, a more natural product, offers the same protection as DEET when used in similar concentrations. Don't use this product on children younger than 3 years.

- ✦ Do your best to tick-proof your yard. Clear brush and leaves where ticks live. Keep woodpiles in sunny areas.
- ✦ Check yourself, your children, and your pets for ticks. Especially after time in wooded or grassy areas.
- ✦ Remove a tick with tweezers. Gently grasp the tick near its head or mouth. Don't squeeze or crush the tick, but pull carefully and steadily. Once you've removed the entire tick, dispose of it and apply antiseptic to the bite area.

~ **Cindy Jones, RN, CIC**
Infection Control/
Employee Health
Coordinator



**Southwestern Virginia
Mental Health Institute**

**Address: 340 Bagley Circle
Marion, Virginia 24354**
Phone: 276-783-1200
Fax: 276-783-9712

Comments, Suggestions or Ideas?
SHARE THEM!
Please send any comments, suggestions, or ideas you have regarding the newsletter to the Office of the Director.



This Month's Word Search Answer Key

			F	A	T	H	E	R	S								
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Please submit articles for the next newsletter to Cheryl Veselik by June 20, 2011.

The next newsletter will be published July 1, 2011.