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May is Mental Health Month

*"I can Recover
And start again with courage
Wounds take time to heal"*

Several years ago, before 2010, we held a haiku contest with a recovery theme. The winner was a young person who was on our Adolescent Unit. She not only wrote the winning poem, which is above, but she printed it in calligraphy and illustrated it beautifully. As I reflected on mental health, recovery, and our SWVMHI Mission, "We promote mental health in Southwestern Virginia by assisting people in their recovery," I thought of her, her courage, and her expression of hope.

SAMHSA's Consensus Statement on Recovery

"Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential."

Our hopefulness comes not from an ivory tower construct, but from the lived experience of individuals who have overcome the suffering that often accompanies serious mental illnesses. When the hard work of recovery pays off and someone is able to enjoy life again and find meaning, it often feels miraculous.

Recovery is a personal process of change experienced by each person in a unique way. It is a complex and time-consuming process. It takes time to rebuild confidence and abilities after experiencing the effects of a mental illness. Developing confidence, self-respect, and a positive purpose for one's life doesn't occur simply because symptoms of mental illness are lessened. Those in recovery strive to have meaningful lives, with purpose, and reflective of the person they are, not the diagnosis they are given.

SWVMHI's Role in Recovery

Recovery is the person's job and our role is to figure out how to assist and help the individual gain the hope and power to do it! Empowerment also means the development of new valued roles, such as peer support staff, volunteers, or advocates for positive change in the mental health system. We want to teach and promote self-advocacy skills that get good results. We want to put each person in a helping role so they remember that they have a contribution to make.

Our challenge as mental health professionals is to balance safety, security, and support during acute phases of illness. We don't want to imply, in

choice of word or actions, that there is no hope because "biology is destiny." We don't want to inadvertently stamp out hope because an individual came to our doors.

Never give up hope!

Hope is the beginning. It is a thought that things can get better, a feeling of courage with a spark of new energy. Hope creates a turning point and means "I have dreams." Hope is a vision of a better future. We can hold the hope for someone else.

I have learned over the years that most of us are in recovery from something. We all can benefit from encouragement, hopeful support, and a positive, recovery-oriented environment. We can "start again with courage."

*Hope is the thing with feathers
That perches in the soul.
And sings the tune
Without the words
And never stops at all.*

~ Emily Dickinson

~ Cynthia McClaskey, Ph.D.

DID YOU KNOW?

The first cellular phone call was made using a Motorola Demonstration unit on April 3, 1973, and the phone weighed nearly two pounds! Ten years later, the first commercial cell phone was introduced with a price tag of \$3,500. It weighed one pound.

Tick Season is Upon Us

Tick season has started earlier than normal due to the mild winter, which means hikers, gardeners, and others who love the outdoors should take precautions to prevent becoming a meal for ticks. People also should keep alert for symptoms of tick-borne diseases. Lyme disease and anaplasmosis are caused by bacteria carried by ticks, while babesiosis is a parasite that infects red blood cells.

But there are a number of things people can do to protect themselves from ticks:

- ✓ Tick avoidance -- staying out of areas where ticks are going to be present, including tall grasses, shrubs, and leaf litter.
- ✓ Use insect repellent, such as DEET.
- ✓ Clothing is available that has been impregnated with pyrethroids,

which is another type of insect repellent.

- ✓ Provide insect repellents for pets.
- ✓ Keep grass short in yards and don't go into overgrown areas.
- ✓ Wear long clothing to prevent ticks from accessing your skin.
- ✓ After spending time outdoors, thoroughly check yourself, your children, and your pets for ticks.
- ✓ Stay on trails when you hike. If you leave the path, wear long pants tucked into your socks.
- ✓ If you find ticks, remove them immediately. Pinch the tick near its mouth and pull it out slowly in a continuous motion.

Don't twist the tick because doing so may leave mouth parts embedded in the skin.

Fever, headache and muscle pain can be signs of a tick-borne illness. A hallmark of Lyme disease is a bull's-eye-patterned rash. Even if you do not recall getting a tick bite but have been working outdoors or visited other tick habitats and develop such symptoms, make sure to mention this to your doctor.

The U.S. Centers for Disease Control and Prevention has more about ticks. Visit their website at www.cdc.gov.

~ Cindy Jones RN CIC
Infection Prevention & Control/
Employee Health Coordinator

Recovery Heroes

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

Recently an individual on ERS became very loud and began using profanity in the day-room. When staff attempted to re-direct him, he became aggressive. The staff offered him a PRN medication and the option of going to his room. He became more threatening and aggressive. A code alert was called. The individual was again offered the option of going to his own room and taking a PRN. The individual refused the PRN medicine, but did walk to his room. Once in his room he continued to threaten others and he hit the closet door with his closed hand.

At this time two employees from the Admissions Unit started to interact with the individual, and as they talked he began to calm.

Adam Anderson, LPN and Josh Hale, PA were the two employees from the Admissions Unit. As they talked with the angry individual, they remembered to use the CALMS Model we learned in TOVA.

- Connect-** Establish a connection, assure the person you care and want to help. Gain their trust.
- Assess-** Assess what is being communicated.
- Listen-** Remember to listen more than we talk.
- Maintain-** Maintain safety, distance, and an attitude of caring.
- Support-** Provide supports.

By gaining the individual's trust, Adam and Josh were able to maintain safety and provide support to the individual without using physical intervention. Adam has been a part of our team since January 10, 2005 and Josh joined us on July 10, 2009.



Adam Anderson

Josh Hale

Adam and Josh are our Recovery Heroes this month. Be sure to congratulate them when you see them.

~ Robin Poe, MSN, RN-BC
Coordinator for Nursing
Staff Development

Values in Everyday Life

Values are important in our everyday life. Our values get us moving every morning. Our values help us select the work we do, the company we keep, the relationships we build, and, ultimately, the groups and organizations in which we serve. Our values influence our every decision.

Robert Rue, a leadership consultant, puts it this way, "Our values follow us more closely than our shadow. Our values are our very core. When we honor our values, we feel alive and vital. When we ignore them, we feel forced, unnatural, out of step, and unhappy. Over time, we may feel a gradual

sense of dull routine accompanied by regret for not following a different strategy." It is good to have an awareness of why we make the decisions we make.

VALUES
Are you living yours?

When we exercise our values, we set a clear example. Our values are an internal guiding beacon when we have to make tough choices. Our values may also serve as examples to others, to help them when tough decisions are needed, because val-

ues help us to understand the range of acceptable choices available to us. When we are values-driven, we tend to judge others less harshly, and we inspire higher performance in others. We tend to find great satisfaction in our work life. We tend to form relationships of trust more readily. We live healthier lives. We are comfortable with ourselves. We treat ourselves (and others) with more compassion. We, and those around us, suffer less stress. Simply put, our values make our lives more meaningful and valuable.

~ James Moon, Ph.D.
Psychology Supervisor

Employee Health Fair a Success



The Common Health Committee recently sponsored an Employee Health Fair on March 29, 2012. A total of 172 em-

ployees/family members participated in the event. Numerous vendors also participated, including the Mt. Rogers Health District Wellness Team, who gave out over 200 vaccines for Tdap, Zoster (Shingles), Hepatitis A and/or Hepatitis B, and HPV. The Wellness Team also offered bone density and PSA testing.

Other programs offered throughout the day included:

- ♦ *Lighten Up! Eating Well is Easy* by Suzanne Meadows, CommonHealth Coordinator
- ♦ *Stretching: focus on Flexibility* by Lifetime Wellness Center
- ♦ *Ohhhh.... My Aching Back* by Boothe Chiropractic Center
- ♦ *Holistic Therapy* by Rejuvenation Star-gate Longevity Center
- ♦ *When Your Feet Feel good, You'll Want to Get Up and Go* by Foot Rx
- ♦ *Give Cancer the Boot* by JMH Cancer Center
- ♦ *How Sweet is Too Sweet?* By JMH Diabetes Education Center
- ♦ *Commit to be Fit* by Curves of Chilhowie
- ♦ *Achoo.... Spring is in the Air* by Dr. Mary Curtis, ENT
- ♦ *Healing with Relaxation Using Reiki* by Rev. Timothy Graham
- ♦ *May I Help You?* By Southwest Virginia Medical Reserves
- ♦ *Medication Safety: Awareness is the Key* by Jessica Taylor, SWVMHI Pharmacist
- ♦ *Channel Health Energy* by Angie Routh, Parish Nurse
- ♦ *Hand Hygiene Champion* by Darlene Rouse
- ♦ *Abuse and Effects of Bath Salts and Seat Belt Safety* by Virginia State Police
- ♦ *Drug Abuse Awareness* by the Town of Marion Police

In addition to visiting various booths throughout the day, employees were eligible for various door prizes. Winners were:

- ♦ CommonHealth Drawing: Ellen Tilson, Max McClure, and Christy Hall.
- ♦ Hand Hygiene Champion Drawing: Jessica Taylor, Teresa McClure, Sue Eller, and Ava Mitchell
- ♦ Registration Drawing: Missy Osborne, Tommy Cullop, Iva Witten, Sue Saltz, Amy Dempsey, Debbie Haga, Linda Havens, Darlene Rouse, Vicki Copenhaver, and Cheryl Veselik.

Thanks to everyone who participated in or helped to make this health fair a success.

~ Cindy Jones, RN, IC
Infection Control Coordinator

Norma Brickey, MSN
Assistant Nurse Executive

Nurses Week is May 6 - 12

Nursing Week Recognized May 7-11 for SWVMHI Nurses, Psychiatric Aides, and Clerical Staff

Monday, May 7 - Several posters will be on display in the Bagley Lobby celebrating a few significant accomplishments of teams or programs involving nursing staff. * Each nursing employee will receive a token of appreciation for being "stars" with patient care and assistance with recovery from mental illness. * Night shift has events scheduled throughout the week which will be announced on a separate flyer.

Tuesday, May 8 - Celebration of "Back Pack" community program for Smyth County school children.

Wednesday, May 9 - Individual pizzas delivered on all three shifts. Nursing staff not on duty will receive a \$2.50 café coupon.

Thursday May 10 - Facility employee benefits fair for all employees.

Friday, May 11 - Nursing Employee "swap meet" to "trade treasures." Flyers are posted with details. * Tim Reid from Sunovion will host a meal for nursing employees on each shift.

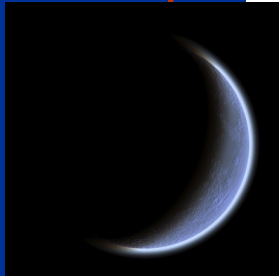
Employee Benefits Fair



Do you have questions about your benefits? Curious about the upcoming changes to health benefits beginning July 1, 2012? Then come to the Second Annual Employee Benefits Fair on Thursday, May 10, 2012, between 1000 - 1400 hours in the Rehabilitation Building.

As of press time, confirmed vendors for this year's event are: AFLAC, American General Life, Anthem, B B & T Chilhowie Branch, Bank of Marion, Colonial Life, Highlands Union Bank, ING (Commonwealth of Virginia Defined Contribution Plan), King College, Liberty Mutual, Medco Health, Minnesota Life, Old Dominion University, Optima Health (for the COVA Connect Health Plan), Prepaid Legal, Sam's Club, VGEA, Value Options, Virginia Highlands Community College, and Wytheville Community College.

May Lunar Phases



May 5

Full Moon, also called "Flower Moon" by Native Americans of New England and the Great Lakes because this time of year flowers are all over.

May 12

Last Quarter Moon

May 20

New Moon

May 28

First Quarter Moon



Mental Health Awareness Day

The 10th Annual Mental Health Awareness Event is scheduled for Saturday, May 12, 2012, from 10:00 – 2:00 at Emory & Henry College. SWVMHI's Peer Support Specialist, Sue Eller, will be providing the keynote address and, along with Sandy Herbert, will guide the attendees through telling their own recovery stories to one another. Mount Rogers CSB's very own Powerhouse Players, will provide pre-lunch entertainment. Lunch is being provided by the Family Services Support Project, the region's Clubhouses, and SWVMHI. During lunch, The Ledgerwoods will be playing music and singing a variety of music. Sandy Herbert, with the Regional Consumer Enrichment Recovery Council, will lead a journaling activity after lunch, and each person in attendance will receive a journal to take home. The day of education and fun will close with a candy-filled piñata. SWVMHI will have approximately 30 individuals in attendance along with a number of staff.

~ Robyn Anderson
Community Services Director

Chaplain's Corner

This month our institution will observe the anniversary of 125 years of service to the people of Southwestern Virginia. This is a milestone we can all be proud of as we continue the legacy of facilitating “Health, Healing, and Hope” among the people who come to us for mental health care.

I think that is appropriate that during this month our theme letter in “the alphabet of spirituality” is the letter **H**. This letter corresponds with the spiritual practice of **HOSPITALITY**, the attitude and practice of welcoming the stranger, greeting the friend, and opening our heart to those who need us. These concepts are at the core of the Latin words (*hospes, hospitium*) that evolved into our current word “hospital.” The words conveyed the idea of a place where a stranger or guest was welcomed, housed, and cared for. We have embodied that basic ideal of **hospitality** since our doors opened in 1887 and continue that noble tradition today.

Mary Ann Evans, writing under the pen name of George Elliot, once observed,

*“If you sit down at set of sun
And count the acts that you have done,
And, counting, find
One self-denying deed, one word
That eased the heart of him who heard,
One glance most kind
That fell like sunshine where it went-
Then you may count that day well spent.*

*But, if through all the livelong day,
You’ve cheered no hart, by yea or nay-
If, through it all
You’ve nothing done that you can trace
That brought the sunshine to one face-
No act most small
That helped some soul and nothing cost-
Then count that day as worst than lost.”*



core strength that will continue to undergird our vision for the future.

In the coming weeks, we will “honor our past, celebrate our present,” and envision “cultivating our future.” These days will be a fitting recognition that our past 125 years have been filled with time well spent. During this time, we will welcome visitors and friends from all over the area to honor and celebrate our institution’s ongoing dedication to mental health services. Every handshake, every smile, every picture will be a testimony to the value of **hospitality** which we embody every day. The services we provide here have a life changing, important value to all we serve. As each of us help others to feel welcome, the spiritual connection between hope and healing stays alive.

“HOW SHALL WE LIVE?
BE WELCOMING TO ALL.”

(Mechtild of Magdeburg, 13th century mystic)

~ Rev. Dr. Timothy Graham,
Chaplain



My heartfelt thanks to each of you for all the kindness, sympathy and friendship given to myself and my family during the loss of my father. Your thoughts, prayers, food and cards were greatly appreciated. I feel very blessed to have such friends and co-workers. May God Bless each of you.

*Thanks
Cindy Jones*

Central Rehab News -- April Review



Spring is in the air and we have started our new groups in Central Rehab. We are looking forward to taking advantage of the warm weather and our beautiful grounds by having several activities outside. The pet therapy program with the horses is starting back up with Lori McClellan and Ashley King bringing their horses for our residents to pet and enjoy. This will be in addition to our regulars Paco, Perry, Xena, Duke, and lets not forget Oscar who comes to geriatrics every week with his owner "The Piano Man." We are also planning on an art/naturalist journaling class outside when weather permits and a couple of walking groups. Several other new groups are in the process of starting and the individuals we serve seem to be looking forward to their start.

On the 12th of May we will take part in the tenth annual Mental Health Aware-

ness Day at Emory and Henry College. One of our geriatric patients won second prize in the contest sponsored by the Regional Consumer Empowerment and Recovery Council (RCERC) for the t-shirt design this year and the RCERC was so impressed that they decided to use the picture as the cover for the notebook that will be given out in a journaling workshop that will be held that day. Also our very own peer support specialist will be the keynote speaker for the event. Last year as you might remember one of our former patients, Renee Turman, was the keynote speaker for the event so we have a lot to be proud of. There will also be some nice door prizes, good food, lots of entertainment, and enlightening workshops. All of the CSB's, clubhouses, and the individuals we serve who are able to attend are looking forward to taking part in this event.

We are also looking forward to the celebration of the hospital's 125th anniversary. The individuals we serve will be celebrating with a carnival and activities that were popular years ago, e.g. pitching

pennies, sack races, silhouette drawings and identifying them, and horseshoes, just to name a few. The staff and individuals we serve will be working hard to complete the "old timey" atmosphere by trying to dress up in clothes that were also the fashion back then. Anyone who has anything that they might think would be appropriate for the era are encouraged to help us outfit everyone we can. Clothes, etc. will be returned after the event is over. All contributions will be greatly appreciated. We will also be having a hot dog lunch for ALL present, with all the fixins' and prizes for the games.

We want to welcome Tara Brewster, Rehab Resource Coordinator Supervisor, and Brandy Thomas, CRS Supervisor, to our department and thank them for all the hard work they and the teams did to get our new groups started. It was not an easy task but with team work we all made it through in one piece.

~ Sue Eller

Travel Tips

FILL IN THE BLANK

1. There are several areas in Virginia that the travel policy has listed different reimbursements amounts for lodging and meals. If the place you want to travel is not specifically on the list, ___ is standard cost for Lodging and _____ is the standard cost for meals.
2. There are several things that need to be included on the travel request form: lodging, transportation, _____, conference registration, and any other travel costs or course fee.
3. The current IRS state rate for mileage reimbursement is _____.
4. The form you must fill out if you chose to take your personal vehicle is _____ analysis form.
5. A _____ is required to get reimbursed for parking and toll expenses greater than \$20.00.

CHOOSE FROM THE FOLLOING WORDS:

Receipt \$77.00 Meals \$555 \$41.00 Cost Benefit



Word Search

How many of the underlined words can you find related to Historical events that happened in 1887?

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

As most of you have heard by now, SWVMHI was established in 1887. In 1887, Grover Cleveland was President of the United States; Smyth County was 55 years old, and had a population of about 14,000; the Town of Marion was 38 years old and had a population of about 1,300. During that same year, a number of historical events also occurred that may be of interest. For example, The U.S. Constitution turned 100 years old; Queen Victoria celebrated her golden jubilee (or 50th year) on the throne of England; the United States Senate allowed the Navy to lease Pearl Harbor as a naval base; Thomas Edison not only made the first sound recording, but he also patented the Kinetoscope, which produced moving pictures; Hannibal Goodwin patented celluloid photographic film; Sir Author Conan Doyle introduced the world to Sherlock Holmes; in Punxsutawney, Pennsylvania, the first Groundhog Day was observed; Anne Sullivan taught “water” to six year old Helen Keller; “Shoeless” Joe Jackson of the Black Sox, was born; Mighty (Dan) Casey struck-out in a game with the New York Giants; Congress created the Electoral Count Act, which established the electoral voting system we use today; and Harry F. Byrd, Sr., who reorganized and modernized Virginia's government and served as a Virginia Governor as well as U.S. Senator, was born in June of 1887 in Berryville, Virginia.

SWVMHI will be celebrating its Quasiquintennial (or 125th anniversary) in May 2012. The term quasiquintennial can be broken down into quasi (meaning “and a quarter”) and centennial (meaning 100 Years), and was coined by Funk and Wagnall’s editor, Robert Chapman, in 1961.



**MONTHLY
PATIENT
CENSUS**

**March
2012**

**Admissions 63
Discharges 59
Passes 5**

**Average Daily
Census
151**

PERSONNEL CHANGES

New Employees

Amy Ball, Psychiatric Aide	Mar 10
Sandra Copeland, Psychiatric Aide	Mar 10
Eugene Hayden, Psychiatric Aide	Mar 10
Amy Pauley, Psychiatric Aide	Mar 10
Jody Powers, Vocational Rehabilitation Coordinator	Mar 10
Belinda Stroup, Registered Nurse	Mar 10
Tommie Wiles, Psychiatric Aide	Mar 10
Angela Hayden, PI4 Licensed Practical Nurse	Mar 12
Carole Henderson, PI4 Console Operator	Mar 12
Peggy Musser, PI4 Housekeeping Worker	Mar 12
Christopher Sexton, PI4 Housekeeping Worker	Mar 12
Jessica Taylor, PI4 Pharmacist	Mar 12
Zandra Teaster, PI4 Console Operator	Mar 12
Brandy Thomas, Central Rehabilitation Services Supervisor	Mar 25
Sheila Thomas, Rehabilitation Specialist	Mar 25
Kelsey Tibbs, Rehabilitation Specialist	Mar 25
Daniel Hall, PI4 Painter	Mar 28

Separations

Susan Andres, Psychiatric Aide	Mar 5
Atalaya Iqbal-Singh, Psychiatric Aide	Mar 8
Kimberly Ratliff, Health Information Manager	Mar 15
Maggie Simons, Psychiatric Aide	Mar 15
Christy Widener, Psychiatric Aide	Mar 22
Christie Shockley, Psychiatric Aide	Mar 24

Promotions/Role Changes

Kathy Church, Psychiatric Aide to Lead Aide	Mar 10
Linda Havens, Housekeeping Lead Worker to Housekeeping Supervisor	Mar 10
Eva Wagner, Housekeeping Lead Worker to Housekeeping Supervisor	Mar 10
Tara Brewster, PI4 Rehab Specialist to Rehabilitation Resource Coordinator Supervisor	Mar 25
Kathy Lewis, Registered Nurse to RN Clinician A	Mar 25
Lovinia "Sue" Saltz, Wellness Coordinator to Rehabilitation Supervisor	Mar 25

Meals in Minutes - Grilled Vegetables

It will soon be time to fire up those grills. Following is an easy recipe for grilled vegetables Grills aren't just for burgers and steaks!

INGREDIENTS:

- ♦ 5 cups assorted cut up vegetables, such as zucchini, yellow squash, bell peppers, eggplant, mushrooms or onion
- ♦ 2 tablespoons olive or vegetable oil
- ♦ 2 teaspoons McCormick Chicken Seasoning OR McCormick 25 percent Less Sodium chicken seasoning



DIRECTIONS:

1. Cut vegetables into 1 1/2-inch pieces. Toss vegetables with oil and Seasoning in large bowl.

2. Place vegetables in grill basket, grill rack or thread onto skewers. Grill over medium heat for 12 to 15 minutes or until vegetables are tender, turning occasionally.
3. Notes: Your veggies are sure to be show-stoppers when they're dressed up with Chicken Seasoning. Quick, healthy, and delicious -- what could be better?

Recipe Courtesy of McCormicks.

When the Mind Causes Pain

National Anxiety and Depression Awareness Week May 6-12, 2012

Chronic pain is a serious public health concern that affects more than 40 million Americans. Anxiety and depressive disorders affect more than 59 million Americans. The pain is real, but there is a mind-body link. The following statistics were provided by Freedom from Fear:

- Among patients with depression, 80 percent first present to their doctors exclusively with physical symptoms. The most common symptoms are joint and back pain, fatigue, insomnia, dizziness, and headaches.
- Nearly 40 percent of patients visiting primary care physicians have symptoms of depression. Of these, 80 percent also experience pain.
- 50 percent of patients diagnosed with medical conditions such as arthritis, migraines, diabetes, and other medical conditions that have painful symptoms, reported that on days when they felt anxious or depressed their pain was more severe.
- 60 percent of patients with undiagnosed medical conditions said that on days they feel anxious or depressed there is a moderate to severe change in their physical symptoms.
- More than 40 percent said their physical symptoms disrupt their work and social lives from mod-



erately to extremely, and 47 percent said their physical symptoms disrupt their family life and home responsibilities.

Freedom from Fear is a national, not-for-profit, mental illness advocacy organization, founded in 1984 by Mary Guardino. Freedom from Fear is a national leader in the field of mental health advocacy that is focused on areas that ensure effective care and services to the mentally ill, enhance public awareness, reduce the stigma associated with mental illnesses, and facilitate the acquisition of treatments for those in need. During National Anxiety and Depression Awareness Week, the organization sets up screening sites all around the country.

For more information visit their website www.freedomfromfear.org.

~ Rhonda Ford, LCSW
Clinical Social Work Supervisor

Special Gym/Game Room Activities

Patient Activity Council (PAC)

May 1, 2012
1600 - 1630

Consumer Empowerment Recovery Council (CERC)

May 8, 2012
1600 - 1630



Bingo Night

May 9, 2012
1830 - 2000
Canteen open 1800 - 1830

Mental Health Awareness Day

May 12, 2012
1000 - 1400
Emory & Henry College

May Day Happenings

May 22, 2012
1330 - 1500

Birthday Party

May 23, 2012
1830 - 1945
No Canteen

Movie Nights

May 29 and 30, 2012
1830 - 2000
No Canteen



Church Services

Church Services are held
each Thursday from 1830 -
1930
in the Auditorium
No Canteen



Please note that game room activities, in addition to those listed here, are held every weeknight, except Thursday, from 1830 - 2000. Canteen hours are from 1800 - 1830 unless otherwise noted.

History from the Hill: Celebrating 125 Years

As part of the 125th Anniversary Celebration of SWVMHI receiving its first patient, several events are being planned. Look for details of each of the following events:

- **May 18, 2012**, Dr. Jeffrey Geller, M.D., M.P.H., Professor of Psychiatry at the University of Massachusetts, will be the keynote speaker and will present "Southwestern Virginia Mental Health Institute in the Context of the Development of Public Psychiatry in Virginia and the Nation, 1768—2012," at The Lincoln Theatre in downtown Marion.
- **May 24, 2012**, Dr. Anthony Caven-der, Professor of Anthropology at ETSU will present "Dr. Preston's Dream: Southwestern Lunatic Asylum, 1887—1937," at SWVMHI Gym.
- **June 7, 2012**, co-sponsored by SAMHSA, SWVMHI will present a

Trauma Informed Care conference at Marion Baptist Church, Marion, Virginia with three national speakers. **Staff are encouraged to attend, but you must register** for this event by calling Christy Bise at Extension 202.

- **June 14, 2012**, Sarah Hoover, Student of Anthropology at ETSU, will present "Oral History of Southwestern Virginia Mental Health Institute," followed by "In Our Own Voice" presentations by Sue Eller and Renee Turman, former SWVMHI consumer, at SWVMHI Gym.
- **June 19, 2012**, Closing Ceremonies, including an old-fashioned carnival for patients and staff and a tree planting, at the SWVMHI picnic shelter (weather permitting).

Campus and cemetery tours, as well as historical exhibits, quilts, etc. will be

open to employees, retirees, the public, as well as individuals we serve who have appropriate privileges.

If you would like to volunteer to assist in the planning of any of these events, please call the Director's Office at Extension 201 to find out what opportunities are available.

SWVMHI Established in 1887



Honoring Our Past
Celebrating Our Present
Cultivating Our Future

Memorial Day

We all celebrate Memorial Day on the last Monday of May every year, and it typically marks the start of the summer vacation season. Some celebrate with a day at the beach or the pool, others celebrate with backyard barbeques and get together with family and friends. But does anyone know why government offices, banks, and many schools close on the last Monday of May?



Formerly known as Decoration Day, Memorial Day originated after the American Civil War to commemorate the fallen Union soldiers of the Civil War. (Southern ladies organizations and southern school-children had decorated Confederate graves in Richmond and other cities during the

Civil War, but each region had its own date. Most dates were in May.) By the 20th century, Memorial Day had been extended to honor all Americans who have died in all wars. Memorial Day is a day of remembering the men and women who died while serving in the United States Armed Forces.

The preferred name for the holiday gradually changed from "Decoration Day" to "Memorial Day," which was first used in 1882. It did not become more common until after World War II, and was not declared the official name by Federal law until 1967. On June 28, 1968, Congress passed the Uniform Holidays Bill, which moved four holidays, including Memorial Day, from their traditional dates to a specified Monday in order to create a convenient three-day weekend. The change moved Memorial Day from its traditional May 30 date to the last Monday in May.

Many people observe Memorial Day by visiting cemeteries and memorials. Another tradition is to fly the flag of the United States at half-staff from dawn until

noon local time. Volunteers often place American flags on each grave site at National Cemeteries. For many Americans, the central event is attending one of the thousands of parades held on Memorial Day in large and small cities all over the country.

One of the longest-standing traditions is the running of the Indianapolis 500, an auto race which has been held in conjunction with Memorial Day since 1911. It runs on the Sunday preceding the Memorial Day holiday. The Coca-Cola 600 stock car race has been held later the same day since 1961.

The National Memorial Day Concert takes place on the west lawn of the United States Capitol. The concert is broadcast on PBS and NPR. Music is performed, and respect is paid to the men and women who gave their lives for their country.

~ http://en.wikipedia.org/wiki/Memorial_Day



All staff must complete the Human Rights CAI between May 1 and May 31, 2012.



May Days to Celebrate

"Off the cuff" May holidays to celebrate:

- May 2**
Great American Grump Out
- May 4**
Intergalactic Star Wars Day
- May 6**
World Laughter Day
- May 11**
Eat What You Want Day
- May 12**
Limerick Day



- May 13**
Frog Jumping Day
- May 14**
National Chicken Dance Day
- May 16**
National Sea Monkey Day
- May 20**
Eliza Doolittle Day
- May 23**
World Turtle Day
- May 27**
Cellophane Tape Day



It's Safe, but Proceed with Caution

Acetaminophen continues to be the most commonly used drug among U.S. adults, with 19 percent of adults taking it during any week. Although safe, there are significant concerns with safety, in particular if dosing is too high or possibly for too long. Overdosing with acetaminophen (Tylenol or similar) can lead to liver toxicity and/or failure. In 2008 in California alone, 8,000+ actual cases of acetaminophen poisoning were reported.

The FDA recently established, but has not yet implemented, an overall general limit in the Maximum Daily Dose of acetaminophen to 3 Gm/day (3000mg/day). Taking a "regular dose" of two regular strength 325 mg tablets, i.e. (650mg) per dose, four times a day gives a daily dose of 2600 mg. Taking this dose more than four times a day puts you over the recommended limit. Unless advised by a physician, dosing should seldom exceed two (2) regular 325mg strength or one (1) extra



strength 500 mg tablet four times a day. The extra strength tablets can be taken as one (1) tablet only up to five times a day, but the dose should not be increased to two tablets unless advised by your physician.

Some of the problem arises from the fact that most people see acetaminophen as a safe, over the counter product, used by almost everyone without any harm, and caution is not used adequately. Also con-

tributing to the problem is the fact that many combination products contain acetaminophen as an added ingredient. Many cough/cold products, sleep aids, pain relievers and others include acetaminophen, and these products are taken in combination with regular acetaminophen products, leading to excessive doses. This problem is also of great concern when dosing medications for children. There are multiple strengths, and many combination products on the market.

The bottom line, always know exactly what you are taking, follow the directions provided very closely, and if unsure check with your physician or pharmacist.

~ Jim Suhrbier, RPh
Director of Pharmacy

National Children's Mental Health Awareness Week

May 6 – 12, 2012



The National Federation of Families for Children's Mental Health declares the first full week in May as National Children's Mental Health Awareness Week. This week is dedicated to increasing public awareness about the triumphs and

challenges in children's mental health and emphasizing the importance of family and youth involvement in the children's mental health movement.

The theme for the 2012 National Children's Mental Health Awareness Week's Poster Contest this year was *Youth Overcoming Trauma*.

Children's Mental Health What You Need to Know

✓ One in five young people have one or more mental, emotional, or behavioral challenges. One in ten youth have challenges that are severe enough to impair how they function at home, school, or in the community.

✓ One-half of all lifetime cases of psychological challenges begin by age 14, and three-quarters begin by age 24. In addition, 80 percent of people who experience multiple issues with mental health and substance abuse report onset before the age of 20.

✓ Despite high rates of mental illness in children, four out of five children ages 6 to 17 who have experienced symptoms do not receive any help. The majority of those who do not receive needed mental health services are minority children.

✓ Suicide is the third leading cause of death in adolescents and young adults. Children experiencing symptoms of psychological challenges, particularly depression, are at a higher risk for suicide. An estimated 90 percent of children who commit suicide have a diagnosable mental illness.

✓ Unmet mental health needs may complicate daily activities and education for youth. Almost 25 percent of adolescents who required mental health as-

sistance reported having problems at school. Over 50 percent of students who experience psychological challenges, ages 14 and older, drop out of high school—the highest dropout rate of any disability group.

✓ Early detection and intervention strategies for mental health issues improve children's resilience and ability to succeed in life.

What can you do?

- Create awareness surrounding positive mental health practices and supports. Work to reduce stigma!
- Contact your local, state and federal legislators to request funding for early intervention and prevention programs.
- Encourage culturally and linguistically competent supports and services.

For additional information on children's mental health, please visit <http://ffcmh.org/national-childrens-mental-health-awareness-week/awareness-day-resources>.

Safe Grilling

Here are some rules of safe grilling from *Grilling Safety* by Derrick Riches:

1. Location is everything. Grills need to be kept away from houses, fences, trees, and anything else with a propensity for burning. This includes all around the grill as well as above. A good idea is to stand in front of your grill and imagine the flare-up from hell. Will the house survive? Will everything else? If the answer is yes then, you have a good location.
2. Be prepared to fight a fire. Having close access to water or a fire extinguisher is a very good idea. Remember that water can cause grease fires to literally explode, so if you need to put out a grease fire you need to be a safe distance from it. If you go with a fire extinguisher, make sure you know how to use it. When you do need to use it you might not have time to read the instructions.
3. Keep flammable materials far away from your grill. Do not store lighter fluids in close proximity to your grill. If a can of lighter fluid gets too hot it can explode. Also, never add lighter fluid or any flammable liquid to a burning fire.
4. When lighting a gas grill, use the 10 to 5 rule. If the grill does not start within 10 seconds, turn off the gas, leave the lid open and give it 5 minutes before you try again. Propane gas can develop into a large cloud quickly.
5. Frequently check gas lines for leaks. Brushing soapy water over the hoses and connectors will show you any potential leaks. Make sure you go over every part of the gas line from the tank to the burner. If you find a leak you need to replace that part before you grill again.
6. Make sure that the fire is out when you are done. With a gas grill turn of the

control valves and the tank valve. Make sure that any burning grease is put out and let the grill cool completely before you cover it. On a charcoal grill replace the lid and close all vents. Let charcoal burn out and wait about 48 hours before disposing of ashes.



7. Make sure that the person in charge of grilling has a clear head and is not distracted from his/her duties.

As always, remember that the greatest safety feature we humans have is common sense. Pay attention to what you are doing and if you have a bad feeling, run with it.

~ Safety Committee

Employee of the Year



In the March edition of *A View From the Hill*, we announced that **Lynn Henderson**, Psychiatric Aide, Ward I, had been named Employee of the Year for 2011. At that time, we were unable to obtain her photograph. We have since caught up with Lynn!

It was, as usual, a difficult choice for the Recognition Committee. However, Lynn is recognized for exceptional performance on ERS each and every day. She comes to work with a positive attitude, willing to help others in any way she can. She is known for her ability to develop a therapeutic relationship with most patients. Not surprisingly, she is also able to assist successfully when individuals become upset or are in crisis. Her sincere compassion shines in many ways. She ensures that there are greeting cards for the individuals we serve to send to their loved ones, and she anonymously sews items for those in need. She is quick to bring great ideas to the Unit Program Management meeting, such as ways to redecorate the Visitors' Room to be more welcoming. Lynn experienced destruction and loss during the April, 2011, Glade Spring tornado, but no one heard her complain and it did not affect her work at all. In summary, Lynn deserves Employee of the Year because she demonstrates the core values of SWVHI including communication, teamwork, honesty with compassion, all while honoring day-to-day tasks. In addition, Lynn was recently one of 18 SWVMI staff who completed Level II in the Direct Support Professional Career Pathway and earned her certificate. Thank you so very much Lynn, you are appreciated and valued at SWVMI!

Virginia Public Service Week



Virginia Public Service Week will be held May 6 – 12, 2012, in the Commonwealth. During this special week, employees will be publicly recognized for their hard work and dedication.

This week is a time to celebrate the diverse jobs in state government and the state employees who perform them. Take time to recognize your fellow employees by posting recognition bricks on the state "[Web Wall of Fame](#)" by filling out the form at the bottom of the link.



Be sure to take a look at the [Web Wall of Fame](#) to see if there's a recognition brick for someone you know.

News from Human Resources



The **Virginia Retirement System** is making changes to the **Defined Contribution Plans** investment lineup effective July 23, 2012. The upcoming changes will give participants maximum flexibility in choosing funds in that the current tiered structure will be replaced by a path structure. The three paths are:

Do-It-For-Me Path: Includes a series of target date portfolios to offer retirement investing solutions for participants who prefer a pre-mixed portfolio that is already diversified. Participants select portfolios based on a projected retirement date and their own personal circumstances.

Help-Me-Do-It Path: Includes a carefully selected menu of investments for participants who prefer to take a more active role in investing and want to construct a portfolio that addresses their individual needs.

Do-It-Myself Path: A self-directed brokerage account is provided for those who are skilled and knowledgeable about investments. Investments include mutual funds, exchange traded funds, and individual securities. This account is currently offered through the Plan.

As the path approach is implemented and investment offerings are streamlined, employees may see changes to investment selections. Some investment options will remain the same, while others will change. VRS and ING are in the process of developing / mailing materials to participants to understand these upcoming changes. Employees can also obtain updates and details at www.varetire.org.



Open Enrollment for Health Insurance and Flexible Benefits is May 1-May 25, 2012! Watch for the Spotlight newsletter and e-mail for updates! Also visit www.dhrm.virginia.gov for details. Questions can also be directed to the Human Resources Office at Extension 204.

~ Annasue Cook, PHR
Human Resources Consultant

Employee Assistance Program

All health plans offered to state employees and their dependents have employee assistance programs (EAPs). Included are up to four sessions at no charge for such services as mental health, alcohol or drug abuse assessment, child or elder care, grief counseling and legal or financial services.

In general, care must be authorized in advance. You or your eligible dependent will speak to an EAP specialist who will assess your problem and coordinate assistance. Should your problem require mental health or substance abuse care, you will be referred to a provider, under your mental health and substance abuse benefit. Your EAP specialist or care manager will arrange a referral according to your specific needs. Contact your plan's Member Services department for more information:

ValueOptions, Inc. Behavioral Health and Employee Assistance Program
Member Services: 1-866-725-0602
www.achievesolutions.net/covacare

The ValueOptions Web site contains a wealth of employee assistance information, from calculators to use, to health topics to financial and legal resources, to topics from "A to Z."

One in five adults in the U.S. experienced a mental illness in 2010, and five percent experienced a serious mental illness.



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

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

Please submit articles for the next newsletter to Cheryl Veselik by May 21, 2012.

The next newsletter will be published June 1, 2012.