



JULY 1, 2012

## From The Director

Recovery Heroes	2
Chaplain's Corner	5
Personnel Changes	8
From the Library	9
History from the Hill	10
Limited Edition Prints for Sale	13
July 4th Events in the area	13

**Cultivating Our Future.** On June 7, 2012, SWVMHI, with sponsorship from SAMHSA, was privileged to host Dr. Joan Gillece, Dr. Brian Sims, and William Kellibrew IV in a presentation of **Trauma Informed Care: A Change in Perspective – Promoting Alternatives to Seclusion and Restraint through Trauma Informed Practices.** This seminar helped us fulfill the third part of our theme for our 125th Anniversary events, *Honoring Our Past, Celebrating Our Present, and Cultivating Our Future*, as Trauma Informed Care is the future of the recovery movement and mental health care.

**Definition of Trauma.** Trauma is the personal experience of violence, including sexual abuse, physical abuse, severe neglect, loss, and/or the witnessing of violence, terrorism and disasters. The person's response involves intense fear, horror and helplessness. There is extreme stress that overwhelms the person's capacity to cope.

Certain types of trauma often result in serious mental health and substance use problems and are interpersonal in nature: intentional, prolonged, and severe. Trauma often begins in childhood and adolescence and may last over many years or a lifetime. The consequences of these experiences include self-blame, impaired ability to form attachments to others, and the use of coping strategies that may relieve that pain of the trauma for short periods of time, but aren't very adaptive in the long run. Post

traumatic stress disorder can develop, where there are intrusive thoughts and flashbacks of the traumatic events. People experiencing these symptoms can lose touch with the here and now and react in ways they did when the trauma originally occurred.

**Trauma Informed Care.** Trauma informed care is not just having a therapy group for individuals who have experienced a trauma. It is more about a way of interacting with our clients, and with our philosophy about how we deliver services. Some examples include: telling people what you are going to do before you do it, recognizing a flashback and helping the individual to cope with it, and seeing trauma responses as the individual's adaptation to a horrible experience. Maybe it is not a very good adaptation, but we start with them where they are, and work with it. Trauma Informed Care is about using our good listening skills so that people feel welcome and cared for, and that the environment is hopeful. We have witnessed the astonishing power of listening at our own facility and we know how important it is for one individual to know that another cares enough to listen. We want to ask people and discover "what happened to you?" rather than merely focusing on "what's wrong with you" or the symptoms.

**Prevalence of Trauma in the Individuals We Serve.** The estimates vary, but it is likely that

70 to 90 percent of the people we see in treatment have a history of trauma. In fact, it is safe for us as providers to assume that everyone we work with has experienced trauma and to use a "universal precautions" ways of thinking about service. Universal precautions is usually thought of in medical health care and we are familiar with it in controlling infections. The providers glove up and wash hands after every patient. Given the very high rates of trauma, and that not everyone will always be able to communicate or disclose their trauma history, and, most importantly, we do not wish to do further harm – we presume that the individuals we serve have a history of trauma.

**Trauma Informed Care** is a core element of recovery and therefore plays an integral role in the future of mental health. SWVMHI was delighted to host this learning opportunity for our employees, for CSB staff, and for others in the community. We know that individuals don't recover in isolation, but in a community. We consider that there are four dimensions of recovery – home, health, purpose, and a community, and recovery begins with hope. We want to get the word out that

*Continued on Page 14*



**Americans consume 150 million hot dogs on July 4 each year!**

# Teens Say Texting While Driving is Widespread



The adage "Do as I say, not as I do," may not apply to teens and technology while driving.

A recent survey from telecommunications service provider AT&T found that 43 percent of teens admitted to texting while driving, and 75 percent of teens said their friends text while driving, but 97 percent of teens said they knew it was dangerous.

According to the survey, 77 percent of teens said adults tell them not to text while driving, but that adults do it themselves "all the time."

The survey reported that 89 percent of teens said they expect a reply to a text or an email within five minutes, so the peer pressure of urgency could cause teens to use their mobile devices while driving.

The survey also alluded to the "gateway dangers" of using a mobile device in the car because 70 percent of teens surveyed

said that texting while stopped at a red light is dangerous, but 60 percent of teens said they text while at red lights and 73 percent of the teens surveyed said they "glance" at their phones at red lights.

AT&T has launched a campaign called "It Can Wait," to educate teens about the dangers of texting and driving. AT&T also has created a AT&T Drive-Mode, a free app that sends customizable auto-reply messages that notify friends and family that the user is driving and will respond when it is safe.

According to information from AT&T, teens text about five times more than adults on a typical day, and a person who sends text messages while driving is 23 times more likely to be in a crash.

From: [www.statejournal.com](http://www.statejournal.com)

~ Safety Committee

**Fast Facts**

- 5 seconds — the minimal amount of time your attention is taken away from the road when you are texting and driving. If you are driving at 55 mph, this equals to driving the length of a football field without looking at the road.
- In 2011, at least 23 percent of auto collisions involved cell phones. That equals 1.3 million crashes.
- Text messaging makes a crash 23 times more likely.
- 13 percent of drivers ages 18-20 involved in auto accidents admitted to texting or talking on their mobile devices at the time of the crash.
- 82 percent of 16-17 year olds have mobile phones. 52 percent of those teens admit to talking on their cell phone and 34 percent admit to texting while driving.

## Recovery Heroes

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

One Sunday evening, a code alert was called on Ward H. One of the individuals that we serve had become very upset. He was paranoid, believing someone was trying to hurt him. He thought the person trying to hurt him looked like one of the female employees on his ward.

When the response team arrived, Paul Shepherd, SNC, moved the female employee to another unit to remove the individual's focus off of her. Buddy Heath, PA, began to talk to the upset individual. Buddy remembered to use his TOVA skills -- he remained calm, maintained his ready stance, and was respectful of the

individual's personal space. The individual said he wanted to talk to his treatment team. Teresa Poe, PA, knew the treatment was not available that evening and offered to sit with the individual and help him write a letter to the team. The individual accepted Teresa's offer to



Buddy Heath



Teresa Poe

help him write a letter and agreed to take some medicine to help decrease his agitation. The individual became calm

and later went to bed without further incident.

Paul Shepherd, SNC, stated that Buddy's and Teresa's efforts were a "picture perfect" example of TOVA and teamwork. Teresa Poe has been employed at SWVMHI since October 10, 2007. Buddy Heath has been employed here since January 10, 2002. On Sunday, June 17, 2012, both of these employees became recovery heroes. Please congratulate them when you see them.

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

## Artful feedback: Honesty with Compassion

One of the SWVMHI Values is Honesty with Compassion. I recently had the opportunity to notice how well this SWVMHI Value has been expressed at SWVMHI when I received some feedback from outside of SWVMHI that did not use this Value.

The feedback I received about a report I had written was honest and accurate. There were two errors in my report. I needed to have those errors called to my attention, and I was grateful that they were pointed out so that I had the opportunity to correct them. What stood out for me was the absence of artfulness in the feed-



back; the tone was honest but lacked compassion. However, what stood out even more was the fact that I noticed that the feedback expressed accurately and honestly but without compassion was something quite different from my typical experience with feedback from my co-workers at SWVMHI. That is

when I had an “Aha!” moment, realizing that we have become very good at learning, living, and leading this particular SWVMHI Value. It was noticeable when this Value was absent!

We have become very adept at expressing the Value of Honesty with Compassion at SWVMHI. When it is absent, you will notice it like I have noticed it. Most importantly, when it is absent, the individuals we serve will notice it, too.

~ James Moon, Ph.D.  
Psychology Supervisor

## July is National Cell Phone Courtesy Month

If you agree that cell phone rudeness is on the rise and would like to help eradicate this growing epidemic, please spread the word about National Cell Phone Courtesy Month. Here are some helpful tips to share.

- ♦ Be all there. When you're in a meeting, performance, courtroom or other busy area, let calls go to voicemail to avoid a disruption. In many instances, it's best to put your phone on silent mode.
- ♦ Keep it private. Be aware of your surroundings and avoid discussing private or confidential information in public. You never know who may be in hearing range.
- ♦ Keep your cool. Don't display anger during a public call. Conversations that are likely to be emotional should be held where they will not embarrass or intrude on others.
- ♦ Learn to vibrate. Use your wireless phone's silent or vibration settings in public places such as business meetings, religious services, schools, restaurants, theaters or sporting events so that you don't disrupt your surroundings.
- ♦ Avoid “cell yell.” Remember to use your regular conversational tone when speaking on your wireless phone. People tend to speak more loudly than normal and often don't recognize how distracting they can be to others.
- ♦ Follow the rules. Some places, such as some restaurants or courtrooms, restrict or prohibit the use of mobile phones, so adhere to posted signs and instructions. Some jurisdictions may also restrict mobile phone use in public places.
- ♦ Excuse yourself. If you're expecting a call that can't be postponed, alert your companions ahead of time and excuse yourself when the call comes in; the people you're with should take precedence over calls you want to make or receive.
- ♦ Send a text message when you want to send a quick message. But remember not to text while having a conversation with another person. It's important to give others, especially clients and customers, your full, undivided attention.
- ♦ Watch and listen discreetly. Multimedia applications such as streaming video and music are great ways to stay informed and access the latest entertainment. Use earphones to avoid distracting others in public areas.
- ♦ Don't text and drive. Don't put your life or those of others at risk. Pull over if you absolutely must send a message or wait until you reach your destination.

~ <http://jacquelinewhitmore.com/july-is-national-cell-phone-courtesy-month-2/>

### Did you know...

- At least 91 percent of Americans own cell phones
- There are more than 285 million cell phones in use in the U.S.
- 3 out of 10 people prefer cell phones over landlines

## Break Rooms and Kitchens are “Hot Spots” for Workplace Germs

It’s not the office rest-rooms that you have worry about, but rather that microwave oven door handle that hasn’t been cleaned since who-knows-when.



According to the study, office surfaces found to have high levels of contamination include:

- ♦ 75 percent of break room sink faucet handles
- ♦ 48 percent of microwave door handles
- ♦ 27 percent of keyboards
- ♦ 26 percent of refrigerator door handles
- ♦ 23 percent of water fountain buttons
- ♦ 21 percent of vending machine buttons

A study by Kimberly-Clark Professional and Dr. Charles Gerba, professor of microbiology at the University of Arizona, found: “The place where U.S. workers eat and prepare their lunch topped the list of office germ ‘hot-spots.’ Sinks and microwave door handles ‘were the dirtiest surfaces touched by office workers on a daily basis.’”

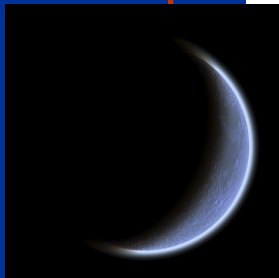
While personal space items such as computer mice and desk phones had lower levels of contamination, the study found that 50 percent of these items were in need of cleaning.

The study tested office buildings accommodating 3,000 workers in a variety of businesses, including manufacturing facilities, law firms, insurance companies, call centers, and... you guessed it...healthcare companies.

Moral of this story is:

If you have got time to lean, you have got time to clean.

### July Lunar Phases



**July 3**

Full Moon, also called “Buck Moon” by Native Americans of New England and the Great Lakes because at this time of year, the new antlers of the buck deer begin to appear.

**July 10**

Last Quarter Moon

**July 19**

New Moon

**July 26**

First Quarter Moon



When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us.

~Alexander Graham Bell (1847 - 1922)

## Travel Advance (if needed)

1. Complete form 705-07-18 (Request for overnight travel) at least 10 days prior to departure.
2. Half way down the page complete the Temporary Advance Request (at least 10 days prior to departure), only if needed.
3. Receive travel advance check.
4. After returning from trip, complete a Travel Reimbursement Request Form (DA-02-041). This must include all expenses incurred during the trip, including the advanced money.
5. Attach all receipts documenting the expenses and obtain your supervisor’s signature.
6. When the employee receives the reimbursement for the trip, it is his or her responsibility to write a check to SWVMHI in the amount of the Temporary Travel Advancement.
7. The entire process must be completed **within 45 days** of returning from the trip.
8. If the amount is not returned to the cashiers office within 45 days, the amount may be withheld from the employee’s payroll check.

\*All travel forms and information are on the intranet:

- Departmental pages
- Travel Forms



## Chaplain's Corner

As I write this current newsletter article, we have completed our anniversary observations of the founding of our institution 125 years ago. The final event, a day of fun, food, and games was an appropriate conclusion to the series of celebratory events. It was a joy to see the SWVMHI community gathered in the picnic area playing games, tie dying shirts, riding in the horse drawn cart, and eating cotton candy and snow cones while listening to good music throughout the day. There were also many other activities and food selections I haven't mentioned, but as they say, "you had to be there."



It appeared to me that **Joy** was the theme of the day and that is the spiritual practice which is featured by the letter "J" in our monthly review of the "Alphabet of Spiritual Literacy." Rebbe Nachman of Breslov once wrote, "**Joy** is not incidental to our spiritual quest, it is vital." Since **joy** is an essential element of developing our sense of well being and connection, examining how we can incorporate it into our lives is an important part of spiritual growth. What are the small things of life that contribute to your awareness of hope and tranquility? It is important to pay attention to these activities, and practices because they are the means by which we truly feed our souls. Spiritual development is not only doing the things we "should" do, but it is also enjoying

the things that make us happy and whole. The great thing about this is that you get to choose what works for you and enjoy the benefits for a lifetime.

Years ago when I was in college, I had a poster on my wall which was entitled "Desiderata" (things to be desired). It was written by American writer Max Ehrmann in 1927. It is interesting to note that in 1942, Mr. Ehrmann corresponded with Dr. Merrill Moore, a U.S. Army psychiatrist who had already distributed over 1000 copies of the poem to his patients in Boston prior to WWII. Ehrmann gave his permission to Dr. Moore to distribute copies of the poem to soldiers under his care as part of their treatment. As late as 1944, Dr. Moore confirmed that he had used this poem as a resource for soldiers he worked with in the South Pacific as they were treated for a condition we now have come to recognize as Post Traumatic Stress Disorder.

*"Go placidly amidst the noise and haste, and remember what peace there may be in silence.*

*As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story.*

*Avoid loud and aggressive persons, they are vexatious to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself.*

*Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.*

*Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you*

*to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism.*

*Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass.*

*Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.*

*Beyond a wholesome discipline, be gentle with yourself.*

*You are a child of the universe, no less than the trees and the stars; you have a right to be here.*

*And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labours and aspirations, in the noisy confusion of life keep peace with your soul. With all its shams, drudgery, and broken dreams, it is still a beautiful world. Be Cheerful.*

*Strive to be happy."*

Summer can be a great time to nourish our souls by increasing our **JOY**. May this season of vacations and fun give you the boost you need to relax, empower your life, and enrich your spirit with a smile.

~ **Rev. Dr. Timothy Graham,**  
**Chaplain**



This land is your land, this land is my land  
From California, to the New York Island  
From the redwood forest, to the gulf stream waters  
This land was made for you and me.

~ Woody Guthrie



## Central Rehab News -- June Review

Well, our celebration is over and everything went well. Many staff in the Rehab Department went to the Trauma Informed Care training at the Baptist Church in Marion and learned a lot. Thank you to SAMHSA for the fine people that came to talk to us.

We also had our carnival for staff and patients. We had horse and buggy rides provided by Ashley, Lori, and of course, Spaghetti who graciously took everyone around. We had hayride, games and plenty of nice prizes.

A wonderful lunch was served consisting of hot dogs, different kinds of sausages and rolls, baked beans, slaw, and ice cream sundaes for desert. Not to mention the snow cones and cotton candy that were extra special treats. We tie dyed t-shirts, dunked staff in the dunk tank, and just had some good old fashioned fun.

We had a wonderful presentation in the gym one day about the history of the hospital and how mental health treatment and attitudes have changed over the years. We also had a very moving presentation by two individuals: one of our former patients, Rene Turman, and Sue Eller, our Peer Support Specialist. The feedback about how it gave hope to others was really encouraging.

We had Bingo on the June 13, and as usual we had a large turnout. Bingo is one of our most popular activities at night thanks to Joyce, Brittany, Doug, and Larry.

Spaghetti and Galena have been taking turns coming for the equine therapy and the individuals we serve really enjoy interacting with them.

Movie night was really special with the showing of "Amelia" in two parts. We not only learned about Amelia Earhart and what she accomplished as a woman aviator, but how she was also a very important part of history.

The June birthdays were celebrated on the June 27 with three people sharing in the celebration. Everyone had cake, sherbet, cheese puffs, and lemonade. This is always a highlight for those we serve.

Next month we will be having a "horse race" event, which is also another favorite among the individuals we serve. More about horse race event will be explained next month.

~ Sue Eller,  
Peer Support Specialist



To SWVMHI,

*Thank you so much for the generous gift of food that was donated to Micah's Backpack. Because of people like you, we are able to feed over sixty children every weekend for an entire year. Our program is based on the bible verse Micah 6:8 "He has shown you what is good and what does the Lord require of you? To act justly and to love Mercy and to walk humbly with your God." Thank you again for your gift.*

~ God's Peace,  
Ebenezer Luther Church,  
Marion Virginia.

## Medication Safety

Medicines are used to treat infectious diseases, manage symptoms of chronic diseases, and help relieve pain and suffering. Medicines are generally safe when used as prescribed or as their labeling describes. There are, however, risks in taking any medicine.

Each year in the United States, adverse drug events — injury resulting from the use of medication — result in over 700,000 visits to hospital emergency departments and 120,000 hospitalizations costing about 3.5 billion dollars per year.

Many adverse drug events are preventable. Patients and caregivers can help reduce the risk of harm from medicines by learning about medication safety. The number one way to prevent prob-



lems with your medications is to become knowledgeable about the medications you take! Ask your doctor and/or pharmacist if you have any questions

### Things you should know about your medications

- ◆ Name of the medication and what it is used for.

- ◆ How often it should be taken and if it can be taken with food.
- ◆ Where it should be stored.
- ◆ How long it should be taken.
- ◆ What to do about a missed dose.
- ◆ Possible side effects or drug interactions that could occur.

**By becoming knowledgeable, you become a valuable member of your own healthcare team.**

~ Jonathan Johnson, R.Ph.  
Pharmacist



# Word Search

Just for fun, how many of the following words can you find related to July Fourth?

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

Did you know that the Statue of Liberty is 151 feet tall and was a gift from France.

Americans know that July 4 is America's birthday — the day we celebrate our independence. But, what else happened on July 4 in American history? On the fiftieth anniversary of the signing the Declaration of Independence, July 4, 1826, both John Adams and Thomas Jefferson died within hours of each other. Five years later on July 4, 1831, the fifth President, James Monroe, died. The entertainment world saw some momentous events on the fourth of July including the wedding between actress Lauren Bacall and actor Jason Robards in 1961; and in 1969, 140,000 people attended the Atlanta Pop Festival featuring Led Zeppelin and Janis Joplin. In the sports arena, the Philadelphia A's eventually beat the Boston Red Sox in a 20-inning baseball game played on July 4, 1905; in 1939, Red Sox player Jim Tabor hit two grand slam home runs in a single game; and on July 4, 1960, Mickey Mantle of the New York Yankees hit his 300th career homer. There were some famous people born on the fourth of July as well, including song-writer George M. Cohan, mobster Meyer Lansky, propagandist Tokyo Rose, advice columnists and twin sisters Abigail Van Buren and Ann Landers, playwright Neil Simon, newscaster Geraldo Rivera, and singer John Waite.





## PERSONNEL CHANGES

### New Employees

Teresa Easter, Psychiatric Aide	May 10
April Varney, PI4 Admissions Clerk	May 10
Mallory Jessee, Clinical Social Worker	May 25
Jill McKinnon, PI4 Rehabilitation Resource Coordinator	May 29

### Separations

Miranda Hughes, Psychiatric Aide	May 2
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### Promotions/Role Changes

Lindsey Hayden, PI4 Psychiatric Aide to full-time Psychiatric Aide	May 10
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## MONTHLY PATIENT CENSUS

April  
2012

Admissions 80

Discharges 82

Passes 10

Average Daily  
Census  
150



Betsy Ross sewed the first official American flag. The stars on the first American flag were in a circle to indicate that the colonies were all equal.



## Direct Service Professional Level II Graduates

Congratulations to Glenda Hart and Philda Holman for their successful completion of Level II in the Direct Services Professional (DSP) Pathway. Glenda and Philda, along with nine other DSPs from Southwestern Virginia Training Center, participated in graduation ceremonies at the Wytheville Meeting Center on June 20, 2012. Glenda and Philda, who work third shift on ERS, received a Human Services Career Studies Certificate from Wytheville Community College (WCC).

Angela Lawson, Ed.S., Vice President, WCC Workforce Development, gave



*Left to Right: Kim Sayers, HR Consultant; Norma Brickey, ANE; Philda Holman; Glenda Hart; Angela Routh, UNC; and Cynthia McClaskey, Director  
Front row: Tom Rose, Regional HR Director*

an inspiring message to the graduates. Certificates were presented to the graduates by Duane Hinkle,

Compensation Consultant, and Karen Poe, Community Resource Consultant, both with the Department of Behavioral Health and Developmental Services. A reception followed the ceremonies.

A special thanks to Cynthia McClaskey, Tom Rose, Kim Sayers, and Angela Routh for attending the ceremony and cheering for Glenda and Philda as they received their certificates.

**~ Norma Brickey, MSN  
Assistant Nurse Executive**

## From Your Library

July is Anti-Boredom Month and although it is often easiest to stay entertained in the summer, this year's high gas prices and unstable economy might lead to a lack of things to do.

There are still a few things that are reasonably priced this summer. We are so lucky to have our Hungry Mother Park nearby as well as other state parks. These are great for outdoor activities like camping, fishing, picnicking, and hiking; Hungry Mother Park even has some newly built trails. It's great to know that there is still something that is half-way reasonably priced to keep us all entertained right in our back yard. If you want to drive a little further, all of the national parks will have a free entrance day on September 29, 2012, to celebrate National Public Lands Day.

The Town of Marion features the Art Walk on the second Friday of each month with free music and museum entry. If you have children and can get there on Tuesday or Wednesday mornings, Marquee Cinema in Wytheville is showing a whole series of movies this summer with free admission. Our local Smyth-Bland Regional Library has summer reading programs for all ages and also, summer is a great time for adults and children to try out new hobbies like gardening and stargazing.

You might also like to check out some summer festivals. The Hungry Mother Arts and Crafts Festival and the Virginia Highlands Festi-

val in Abingdon are usually free to walk around and look. Whatever you do this summer, I hope it is filled with lots of fun and great memories.



The following is a list of some newer religious/spiritual fiction 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:

Just Between You and Me by Jenny B. Jones

Waiting for Daybreak by Kathryn Cushman

Emma's Gift by Leisha Kelly

Keeping the Faith by Pam Hanson

Nesting Instincts by Susan Plunkett

The Price of Fame byCarolyn Aarsen

The Blue Moon by Lorena McCourtney

Something Old, Something New by Jane Orcutt

Nature's Bounty by Ellen Harris

Going, Going, Gone by Jolyn Sharp

A Common Life: the Wedding Story by Jan Karon  
Mary, Called Magdalene by Margaret George

The Sound of Sleigh Bells by Cindy Woodsmall

The Secret by Beverly Lewis

So You Don't Want to Go to Church Anymore by Wayne Jacobsen

The Ultimate Gift by Rene Gutteridge

The library would like to thank the following people for donating items, as well those who have donated cards, magazines, and books anonymously, including those that I may have left off the list inadvertently:

Gaynelle Davis  
Mary Dotson  
Cynthia McClaskey  
Judy Britt  
Sridhar Yaratha M.D.  
Roxanne Bowles  
Rev. Dr. Tim Graham  
Richard Sturgill

**~ Christina Quillen  
Librarian**

## Special Gym/Game Room Activities

Patient Activity Council (PAC)

July 10, 2012  
1600 - 1630

Consumer Empowerment  
Recovery Council (CERC)

July 17, 2012  
1600 - 1630



Bingo Night

July 11, 2012  
1830 - 2000  
Canteen open 1800 - 1830

Slopes Tournament

July 18, 2012  
1830 - 2000

Picnic Shelter (weather permitting)

Birthday Party

July 25, 2012  
1830 - 1945  
No Canteen

Hungry Mother  
Arts & Crafts Festival

July 20—22, 2012



Birthday Party

July 25, 2012  
1830 - 1945  
No Canteen

Movie Nights

July 30 & 31, 2012  
1830 - 2000  
No Canteen

Horseracing Event

July 31, 2012  
1330-1500



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 week-night, except Thursday, from 1830 - 2000. Canteen hours are from 1800 - 1830 unless otherwise noted..

## History from the Hill: Celebrating 125 Years

Thanks to all SWVMHI staff who helped to make the events celebrating the facility's 125th anniversary a huge success. We have received many positive comments from the community, our speakers, employees, and retirees, and we have also received some good publicity in the *Smyth County News*.

All of our programs were videotaped, so if you missed one, we will soon make them available for later viewing.

If there was a publication that you missed, please contact the Director's Office and we will get you copies. Publications that have been given out at all the events include two history publications, one by Joan Armstrong

and the other by Phyllis Miller; Superintendents and Directors; a walking tour guide; book-marks with the watercolor picture painted by Iris Moon, wife of Dr. Jim Moon; and seed packets put together by individuals we serve on the ERS Unit.

We also have a limited number of prints still available for purchase. Please see page 13 of this edition for more details.

The closing event on June 19, 2012, was well attended by both staff and the individuals we serve. A tree was planted in front of the Henderson Building, and over 300 meals were served at the picnic shelter. Several door prizes were given out as well. Winners, who each

took home a beautiful fern, were: Angie Anderson, Rita Coe, Tommy Cullop, Derek Davis, Cathy Huff, Peggy Musser, Steve O'Brien, Brandon Rotenberry, Leah Sauls, and Sheila Thomas.



Tree planted in front of the Henderson Building in honor of SWVMHI's 125th Anniversary

# July Fourth and Underage Drinking

**Underage drinking-related hospital emergency department visits double for underage males during July Fourth weekend**



Hospital emergency department visits involving underage drinking double for males during the Fourth of July holiday weekend according

to a new study by the Substance Abuse and Mental Health Services Administration (SAMHSA). The study revealed that during the holiday weekend of July 3-5, 2009, there was a daily average of 942 emergency department visits related to alcohol use by people under the age of 21. Two-thirds of these visits (622) were by males and 304 visits were by females. Although the number of emergency department visits for young females remained steady throughout the month including the July 4th weekend, the number of visits for young males doubled during that holiday weekend.

"This study sheds light on the grim truth that holidays are too often marked by a surge in underage drinking, turning what should be a

time of celebration into a time of tragedy," said SAMHSA Administrator Pamela S. Hyde. "Clear parental disapproval of alcohol use by their children can assist in preventing underage drinking. To help parents be clear, SAMHSA has developed an online tool at [www.underagedrinking.samhsa.gov/](http://www.underagedrinking.samhsa.gov/) for creating an action plan to make their expectations known." The study was developed as part of the agency's strategic initiative on data, outcomes, and quality -- an effort to inform policy makers and service providers on the nature and scope of behavioral health issues. It is based on SAMHSA's 2009 Drug Abuse Warning Network (DAWN) report. DAWN is a public health surveillance system that monitors drug-related hospital emergency department visits reported throughout the nation. A copy of the study is available at: <http://www.oas.samhsa.gov/spotlight/Spotlight025AlcEDUnderAgeMales.pdf>.

Information and materials on how to help prevent underage drinking are available at: <http://www.underagedrinking.samhsa.gov/> or <http://www.stopalcoholabuse.gov/>.

~ <http://www.samhsa.gov>

The first Liberty Bell cracked when it was being tested. It and the second bell were re-melted and forged again. The third Liberty Bell cracked in 1835. That bell hangs in Philadelphia.



## DID YOU KNOW?

The U.S. population in 1776 was 2.5 million.  
The U.S. population in 2012 is 312.8 million.



# July Days to Celebrate

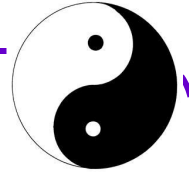
"Off the cuff" July holidays to celebrate:

- July 1**  
International Chicken Wing Day
- July 7**  
Chocolate Day
- July 10**  
Teddy Bears' Picnic Day
- July 13**  
National French Fries Day
- July 15**  
Gummi Worm Day



- July 20**  
National Lollipop Day
- July 21**  
National Hot Dog Day
- July 24**  
Tell An Old Joke Day
- July 27**  
Take Your Houseplant for a Walk Day
- July 29**  
Lasagna Day
- July 30**  
Cheesecake Day





## Excerpts from “How to be Perfect”

By Ron Padgett

- Get some sleep.
- Eat an orange every morning.
- Be friendly. It will help make you happy.
- Hope for everything. Expect nothing.
- Take care of things close to home first. Straighten up your room before you save the world. Then save the world.
- Be nice to people before they have a chance to behave badly.
- Wear comfortable shoes.
- Plan your day so you never have to rush.
- After dinner, wash the dishes.
- Don't stay angry about anything for more than a week, but don't forget what made you angry. Hold your anger out at arm's length and look at it, as if it were a glass ball. Then add it to your glass ball collection.
- Do not spend too much time with large groups of people.
- Show your appreciation to people who do things for you, even if you have paid them, even if they do favors you don't want.
- Calm down.
- If you feel tired, rest.
- Don't be too self-critical or too self-congratulatory.
- Imagine what you would like to see happen, and then don't do anything to make it impossible.
- Don't be depressed about growing older. It will make you feel even older. Which is depressing.
- Do one thing at a time.
- Do not inhale smoke.
- Take a deep breath.
- Do not smart off to a policeman.
- Be honest with yourself, diplomatic with others.
- Love life.

## Recipe perfect for a July 4th picnic

Summer is berry-picking season, and this recipe mixes up the best of the red and the blue -- fresh strawberries and blueberries spooned over tasty shortcake biscuits and topped with a dollop of whipped cream.



### Instructions

Preheat the oven to 425°. Sift the flour, baking powder, salt, nutmeg, and sugar together in a large bowl.

Slice the margarine sticks into pats and add to the dry mixture. Using a handheld pastry cutter or your fingertips, mix the margarine and dry ingredients until they resemble a coarse meal. Avoid overmixing.

Make a small well in the center and pour the milk into it. Stir just until the mixture holds together. If the dough appears too sticky, sprinkle in a little more flour.

Turn the shortcake dough onto a lightly floured countertop or pastry cloth and pat into a 1-inch-thick circle, handling it as little as possible. Do not knead the dough; doing so will make the shortcake biscuits heavy.

Use a biscuit cutter or inverted cup to cut out the shortcakes, and arrange about 1 1/2 inches apart on an ungreased cookie sheet. Bake for 10 to 12 minutes. Let cool before serving. Makes 10 to 12 shortcakes.

To make the strawberries in syrup, wash and hull the strawberries and slice them into a glass bowl. Sprinkle with the sugar. Stir a few times, cover, and refrigerate until ready to serve. The strawberries will release some juice and make a light syrup. Stir once again before spooning the berries on top of the shortcakes.

Before whipping the cream, place a stainless steel bowl in the freezer for a little while to chill. Pour the whipping cream into the chilled mixing bowl. Add the maple syrup (you can substitute a teaspoon of vanilla extract or a couple of tablespoons of sugar) and whip with an electric mixer or a whisk until stiff. Keep refrigerated until you're ready to serve the dessert.

To serve the shortcake, split the biscuits into halves. Spoon some of the strawberries and syrup onto the bottom halves. Cover with the remaining shortcake halves and spoon more of the strawberries on top. Top with the whipped cream and garnish with fresh blueberries.

~ <http://familyfun.go.com>

### Ingredients

#### SHORTCAKES

- 5 cups flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon nutmeg
- 1/4 cup sugar
- 1/2 cup margarine or shortening
- 2 cups milk

#### STRAWBERRIES IN SYRUP

- 2 quart fresh strawberries, sliced
- 1/2 cup sugar

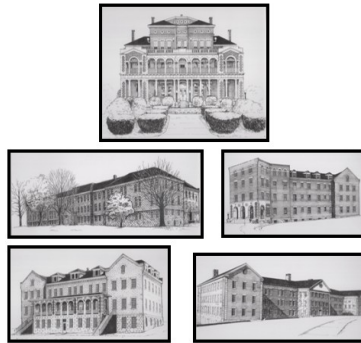
#### WHIPPED CREAM

- 1 pint whipping cream
- 2 tablespoons maple syrup



**Happy Fourth of July**

## Limited Edition Prints for Sale



As part of the 125th anniversary celebration of the facility, we will have six commemorative, black matted, 8 x 10 prints for sale for \$10 each while supplies last. The prints are limited edition prints and are each signed and numbered by the artist. Five of the drawings were completed by Jennifer Snow and depict either the Harmon, Henderson, Wright, Morrison, or C Building. The sixth print is a watercolor of the Henderson Building that was painted by Iris Moon, wife of Dr. Jim Moon.

If you have not had the chance to purchase a print at one of our events, you may contact Denise Downey at Extension 826 or Wendy O'Brien at Extension 532.



All proceeds will go the Patient Welfare Fund.

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

## July Fourth Events in Southwest Virginia

Since July Fourth is in the middle of the week this year, many folks will be looking for events close to home to enjoy with family and friends. Here are a few area happenings in Southwest Virginia:

**Abingdon, VA:** July 4 — Spend your 4th of July at the Coomes Recreation Center. Enjoy swimming, music, food and family fun. Fireworks at 9:45 pm.

**Bristol, VA:** June 28 to 30 — Celebrate Bristol will host a "Star Spangled Weekend" June 28-30 at various sites in Bristol, Virginia and Tennessee.

Festivities get under way beginning at 6:39 pm Thursday with Music and Movies at Cumberland Square Park. On Friday, head downtown to the annual Appalachian Region AACA Antique Car Show in the Tri-Summit Parking lot, set for 5 to 9 pm. Saturday's festivities kick off at 10 am with the Independence Parade followed by a city-wide picnic, children's inflatables, and music. Celebrate Bristol will close out the festivities with America's game as the Bristol White Sox host the Princeton Rays at 7 pm, Saturday, June 30. Immediately following the game,

fans will enjoy Pepsi's Star Spangled Fireworks.

**Damascus, VA:** July 3 — Local food vendors, free concert by Phantom starting at 7 pm, followed by a spectacular fireworks show by Chris Manuel.

**Hillsville, VA:** July 4 — Parade, games, food, music and the Hillsville/Carroll County fireworks extravaganza. Parade in downtown Historic Hillsville at 4 pm with hotdogs, music, and games to follow at the VFW Post 1115. Watermelon at 8:00 and Fireworks at dusk.

**Marion, VA:** July 4 — Come bring the family for an evening of great fireworks to celebrate America's birthday. This annual event, at Marion Senior High School stadium, kicks off at dark. Admission is FREE!

**Roanoke, VA:** July 4 — Music for Americans is Roanoke's largest July 4th celebration at Rivers Edge Sports Complex in Roanoke, complete with family activities, live patriotic music, and a spectacular fireworks display. Event begins at 5 pm. Fireworks begin at 9:30 pm.

**Rural Retreat, VA:** July 4 — Festivities begin at 2 pm including inflatables for the kids, pool (regular admission applies), food vendors throughout the day, music, and fireworks at dark.

**Wytheville, VA** — July 4 — Collector's Cruise In set for the Fourth of July on Main Street from 6 to 9 p.m. Hundreds of antique vehicles are expected to participate. Food vendors and entertainment will be available downtown with Main Street and 4th and 5th streets blocked off for the event. The fireworks will be shot from the playground at Spiller Elementary School.

Wytheville's fireworks will follow the town's second summer concert set for 6:45 p.m. in Withers Park. The Embers, a popular beach music group, will be featured. Advanced tickets to the show will be \$5 each for those over the age of five. They are available at First Bank of Virginia, Dillon's IGA, Count's and the Wytheville Community Center. Tickets on the evening of the show will be \$6 each. Gates will open at 5:30.



## The Most Contaminated Surfaces in Hotel Rooms

For those of you planning a summer vacation, you may be interested in a recent experiment of surfaces in hotel rooms that finds television remotes to be among the most heavily contaminated with bacteria and items on housekeeping carts carry the potential to cross-contaminate rooms. Researchers from the University of Houston report the findings at the 2012 General Meeting of the American Society for Microbiology.

“Hoteliers have an obligation to provide their guests with a safe and secure environment. Currently, housekeeping practices vary across brands and properties with little or no standardization industry wide. The current validation method for hotel room cleanliness is a visual assessment, which has been shown to be ineffective in measuring levels of sanitation,” says Katie Kirsch an undergraduate student at the University of Houston who presented the study.

As the public becomes increasingly concerned with public health, hotel room cleanliness and sanitation are becoming consideration factors for consumers when selecting a hotel room. Contact with contaminated surfaces is a possible mode of transmission of illness during outbreaks in hotels. This, combined with the lack of standardization of hotel room cleanliness, poses a risk for hotel guests, specifically immune-compromised individuals who are more susceptible to infection.

“Currently, housekeepers clean 14-16 rooms per 8-hour shift, spending approximately 30 minutes on each room. Identifying high-risk items within a hotel room would allow housekeeping managers to strategically design cleaning practices and allocate time to efficiently reduce the potential health risks posed by microbial contamination in hotel rooms,” says Kirsch.



The study was designed as the first step in applying the Hazard Analysis and Critical Control Points (HACCP) system to hotel room cleanliness. Originally developed by the National Aeronautics and Space Administration, HACCP is a systematic, preventive approach that identifies potential physical, chemical, and biological hazards, and designs measurements to reduce these risks to safe levels.

Kirsch and her colleagues at the University of Houston, along with researchers from Purdue University and the University of South Carolina, sampled a variety of surfaces from hotel rooms in Texas, Indiana, and South Carolina. They tested the levels

of total aerobic bacteria and coliform (fecal) bacterial contamination on each of the surfaces.

While some of the most contaminated samples, including the toilet and the bathroom sink, were to be expected, they also found high levels of bacterial contamination on the TV remote and the bedside lamp switch. Most concerning, some of highest levels of contamination were found in items from the housekeepers' carts, including sponges and mops which pose a risk for cross-contamination of rooms. Surfaces with the lowest contamination included the headboard on the bed, curtain rods and the bathroom door handle. The researchers cannot say whether or not the bacteria detected can cause disease; however, the contamination levels are a reliable indicator of overall cleanliness.

Kirsch warns that this study is preliminary and is limited by the sample size, which included only 3 rooms in each state and 19 surfaces within each hotel room, but hopes that it is just the beginning of a body of research that could offer a scientific basis to hotel housekeeping.

“The information derived from this study could aid hotels in adopting a proactive approach for reducing potential hazards from contact with surfaces within hotel rooms and provide a basis for the development of more effective and efficient housekeeping practices,” says Kirsch.

### Knowledge Center Facelift



The Knowledge Center has recently received a facelift and will soon be available to all employees again. Be on the lookout for more information from the Training Department as the Knowledge Center becomes available.

Once the Knowledge Center is available, all applicable employees will be expected to take the **Back Prevention CAI**.

Additionally, the following CAIs will both be due for completion: **Infection Control**

## From the Director, continued

while 900 or so some individuals are treated in our facility every year, there are thousands more who are being treated in the community by local CSBs and local physicians. The recovery journey continues outside our four walls. Recovery and Trauma Informed Care are not a flash in the pan, it is the new way that we do business. Treatment works, prevention is effective, and recovery is possible.

~ Cynthia McClaskey,  
Director

SWVMHI  
Established in 1887



Honoring Our Past  
Celebrating Our Present  
Cultivating Our Future

As a professional, have you wondered how to best address all aspects of treatment for the patients we serve?

*Please join us*

“What Savvy Staff Need to Know: Providing Quality Care to LGBTQ Patients”

(Lesbian, Gay, Bisexual, Transgender, Questioning)

Presented by  
**Anne Dornberg, LCSW**

**WHERE:** Dept. of Corrections,  
Academy for Staff Development, West,  
Conference Room  
140 Wright Street, Marion, VA

**WHEN:** Tuesday, August 7, 2012

**TIME:** 1300—1530

**TO REGISTER:** Call Patricia Evans at (276)783-0854

Ms. Dornberg obtained her Master’s Degree in Social Work and her Bachelor’s Degree in Speech Communication from the University of Illinois at Champaign-Urbana. She is a licensed clinical social worker who has worked in a broad range of practice settings including inpatient addictions treatment, a domestic violence shelter, private practice, and a university counseling center. She has also coordinated admissions and recruitment and taught social work courses at Radford University School of Social Work.



## 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

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Please submit articles for the next newsletter to Cheryl Veselik by July 20, 2012.

The next newsletter will be published August 1, 2012.