



MAY 1, 2013

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Hidden

There is a flower hidden on every page in this edition, just like the one pictured here. Can you find all 18 of them?



From The Director

SWVMHI Recognizes Volunteers on April 23, 2013



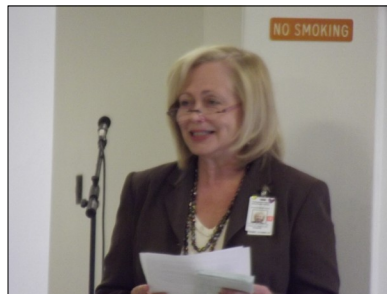
Volunteers "The Valley Grass Band" from Saltville provided the evening's entertainment

To commemorate National Volunteer Week, observed this year during the week of April 21-27, Southwestern Virginia Mental Health Institute hosted a Volunteer Recognition Banquet on April 23, 2013, with the theme, "Your Heart Shines: Volunteers are those who allow their hearts to shine from the inside out!"

National Volunteer Week began in 1974 when President Richard Nixon signed an executive order establishing the week as an annual celebration of volunteering. Every president since has signed a proclamation promoting National Volunteer Week. The week draws the support and endorsement of the president and Congress, governors, mayors and municipal leaders, as well as state and community groups across the country.

National Volunteer Week is a time to salute those who see a need and fill it with the only reward being the satisfaction of knowing that they helped. It is a time to celebrate people doing extraordinary things through service and focuses attention on the impact and power of volunteerism and service as an integral aspect of our facility.

Rev. Tim Graham, D.Min., SWVMHI Chaplain, welcomed the volunteers and guests followed by Dr. Cynthia McClaskey, Ph.D., Facility Director, who gave a heart-warming speech expressing appreciation to each of the volunteers, including a brief history on volunteerism at SWVMHI. Dr. McClaskey noted that "as we have seen in the last weeks and months, the world is often a dark place, even for those of us not burdened with the special challenges of serious mental illness or substance use.



Facility Director, Dr. Cynthia McClaskey

Individuals with serious mental illness, those who are troubled and weary in spirit, can be like wanderers in the midnight gloom.

"The work that volunteers do, with us, and for us, the work of your heart, is as a lamp shining in a dark place until the morning star arises. However, your work here, as important as it is, is not the most important aspect of your contributions. It is more than the personal connections that you make, the music that lifts the spirit, or the Word of God spoken so eloquently in chapel service or Sunday school. Your presence is a symbol of the goodness in the world.

"It is a symbol that not all have forsaken those within these walls. It is a symbol that there is a shining hope for the future and that life can be joyous again. Your work inspires and encourages the individuals that we serve in ways that you might not even imagine. Pearl S. Buck stated that, 'To serve is beautiful, but only if it is done with joy and a whole heart and a free mind.' And I know that you bring yourselves freely to your work here, with joy and shining



Clear Communication, Not So Much



Rumors are the bane of clear communication. Unfortunately, rumors do not come with warning labels. Even worse, effective rumors have a plausibility factor built in and ready for consumption (and replication).

As an SWVMHI Core Value, Communication itself is desired, but not all communication is desirable. Valued communication is clear, direct, accurate, consistent, concise, timely, inclusive, and relevant. Rumors seem to contain all of these characteristics, but the information in rumors is distorted, sometimes intentionally.

Rumors are passed by word of mouth, social media, and other venues. In this

process, the information can become distorted due to the shrinking of the message and the infusion of emotion-laced beliefs into the message. These emotion-laced beliefs can come from the sender, the receiver, or both. When rumors are received through various venues, the variety of the information vectors can seem to add credibility to the otherwise false information. Rumors thrive in times of uncertainty, and they have a curi-

ous immunity to the truth, especially if the truth is rather mundane and non-sensational by comparison.

If we put our SWVMHI Value of Communication into action, we 1) avoid passing rumors, 2) bring rumors to the attention of those who are in a position to take effective action to squelch the spread of rumors, and 3) seek the truth from reliable and responsible resources when we hear a rumor.

~ James Moon, Ph.D.
Psychology Supervisor

"Be Impeccable with your word. Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love." ~ Miguel Angel Ruiz

Sensory Garden

*"I go to nature to be soothed and healed, and to have my senses put in order."
- John Burroughs*



I'm sure you've noticed the changes in the gazebo courtyard — wooden stakes, pink tape, signs — and are wondering what's going on. This area is being transformed into a healing sensory garden for staff and individuals served at SWVMHI. Healing sensory gardens emphasize the whole person – mind, body, and spirit – and are meant to provide pleasant surrounds to produce restorative effects. This particular garden has been designed with the assistance of the Smyth County Master Gardeners to appeal to all five of the senses and provide a calming, therapeutic effect.

Research has shown the therapeutic benefits of gardens. Roger Ulrich, a professor and director of the Center for Health Systems and Design at Texas A & M University, found that spending time in a healing garden fosters recovery from stress by evoking positive feel-

ings, reducing negative emotions, effectively holding attention/interest, and blocking or reducing stressful thoughts.

The garden was planned and designed with consumer input and involvement. The individuals we serve will assist in planting and caring for the garden - to nurture the plants and in turn experience the nurturing effects. A recent article by Judy Rigby states, "stress and aggression, anger, impatience, nervousness, and depression have no place in the garden. They melt away in the actions of digging, pruning, weeding, and planting. We are gently soothed into happiness as we simply allow the natural environment to act upon our being."

We hope you, and the individuals we serve, will enjoy the therapeutic benefits of this new space.

If you have an interest in assisting with any aspect of developing and/or maintaining the garden, please call extension 228.

~ Stacy Brown, MS, OTR/L
Occupational Therapist



Clinician's Corner — Coming Soon: The DSM-5

The Diagnostic and Statistical Manual of Mental Disorders (DSM) is published by the American Psychiatric Association and contains criteria for diagnosing mental disorders. These criteria for diagnosis provide a common language among those individuals who treat patients with mental disorders, and those who pay for care. The manual is designed to help make sure a diagnosis is both accurate and consistent across clinicians. The manual also helps to make research on mental illness better. By having consistent (reliable) diagnoses, researchers can compare different treatments for similar patients, determine the risk factors and causes for specific disorders, and determine their incidence and prevalence rates. DSM diagnoses are linked to the diagnostic codes listed in the International Classification of Diseases used by clinicians to report diagnoses to insurers for reimbursement. It is important to remember that no information about treatment or rehabilitation is included in DSM. Accurate and reliable diagnoses are important, but individualized, recovery-based, trauma-informed, culturally-competent treatment and rehabilitative services is also essential.

DSM has been periodically reviewed and significantly revised since the publication of DSM-I in 1952. Particularly over the past two decades, there has been a wealth of new information in neurology, genetics and the behavioral sciences

that dramatically expands our understanding of mental illness. Researchers have generated a wealth of knowledge about the prevalence of mental disorders, how the brain functions, the physiology of the brain and the lifelong influences of genes and environment on a person's health and behavior. Moreover, the introduction of scientific technologies, ranging from brain imaging techniques to sophisticated new methods for mathematically analyzing research data, have given us new tools to better understand these illnesses.

The manual has been periodically reviewed and revised since its inception in 1952. Recently there has been an explosion of knowledge about neurology, genetics, and behavioral science that have helped us to better understand mental illness. Leaders from the APA and other organizations began talking about and planning a revision of the DSM in 1999. Research was planned and carried out and 13 worldwide conferences were held to focus on the scientific evidence for revisions of specific diagnostic areas.

From the DSM5. Org website: "In revising DSM, work groups (made up of global experts in various areas of diagnosis) have looked at what elements of the current edition (DSM-IV) are working well, what elements do not meet the needs of clinicians and how best to correct

those concerns. For example, the work groups are determining how to better assess the severity of symptoms and how to handle psychiatric disorders that often occur together in the same patient (called co-occurring disorders), such as anxiety and depression. They are focusing on reducing diagnoses currently called "Not Otherwise Specified" in DSM-IV and on improving diagnostic criteria that are not precise. The work groups are also aiming to better specify "treatment targets" for clinicians – helping them identify those symptoms that should be addressed in treatment and for which improvement may be possible.

"Additionally, the DSM-5 Task Force has focused on how to include assessment of common symptoms that are not addressed within the diagnostic criteria for a specific illness (for example, symptoms of insomnia that may be experienced by a patient with schizophrenia). One way of addressing these issues is through cross-cutting dimensional assessments."

Please see the website: www.dsm5.org frequently asked questions for more information on the new diagnostic categories and the dimensional assessments. The DSM-5 is scheduled to be released in May, 2013.

Volunteers

**Your Heart Shines:
Volunteers are those who
allow their hearts to shine
from the inside out!**

Open Your Heart and Let Your Light Shine Through

by Keith Thompson

The Story



This song came from an inspirational moment, after a storm, watching the light break through the clouds and change the dreary gray day to a bright morning, full of possibilities.

Lyrics

Open Your Heart and let your light shine through
Open your mind the way that dreamers do
Open your eyes and see the world brand new
When you open your heart and let your light shine through.

Rainbows appear to chase away the rain
Just like tears can wash away your pain.
Stormy gray clouds turn into skies of blue
When you open your heart and let your light shine through.

Dream you can soar, that you can fly
Then spread your wings and you'll take to the sky
Follow your star, and let it take you far.
There are miracles happening right where you are...you are..
You know that you know who you are!

Why not say yes when you have your voice?
Why not choose hope when you have your choice?
Why not believe in all the magic you'll do
When you open your heart and let your light shine,
Open your heart and let your love shine,
Open your heart and let your light Shine through!



Volunteer, John Graham and his daughter Katie

Thank you!
SWVMHI Volunteer Banquet
April 23, 2013

Significant changes coming during Open Enrollment



This year's Open Enrollment for health benefits and flexible spending accounts will be May 1 – 24, 2013.

✧ **Prescription drugs** will no longer be approved through Express Script.

Learn more about these changes by attending an informational meeting (details below).

During Open Enrollment, SWVMHI's employees who are eligible for benefits are given the opportunity to enroll in a health plan and/or a flexible reimbursement account, change health plans, add/or remove dependents, or waive state health coverage with an effective date of July 1, 2013.

As such, this year's Open Enrollment for health benefits and flexible spending accounts, which will take from May 1 – 24, will impact ALL SWVMHI's employees who are eligible for benefits, as well as non-Medicare retirees with health insurance.

Start Getting Prepared Now

1. Learn about the 2013-14 Changes

The Virginia Department of Human Resource Management (DHRM) has announced significant changes to state health insurance beginning July 1, 2013. Some of the changes include an increase in the monthly premium employees pay, a change in basic dental coverage, introduction of a consumer driven health insurance plan with an HSA (health savings account), and the elimination of COVA Connect.

Key changes to 2013 – 14 state benefits

Below is a listing of the significant changes that the SWVMHI Human Resources Department is aware. This information will be updated as SWVMHI receives more information from the Virginia Department of Human Resource Management (DHRM):

- ✧ **COVA Connect** will no longer be offered. All COVA Connect covered employees will be moved to COVA Care in the same type plan.
- ✧ **Basic dental** coverage will change for all covered employees.
- ✧ A **new consumer driven health insurance plan** with a **Health Spending Account** (HSA) will be introduced. This plan will be thru Aetna.
- ✧ **Anthem will replace WageWorks** as the Flexible Spending Account (FSA) vendor.

2. Update your Contact Information

Why? To make sure you receive communication from the state via e-mail and your home address. DHRM will begin communicating weekly with employees about these changes. SWVMHI's employees are strongly encouraged to make sure their e-mail and home addresses are current.

3. Plan to Attend an Informational Meeting

To assist employees in making informed decisions, SWVMHI's Human Resources Department will host a series of informational meetings across campus during the Open Enrollment period as follows:

- Friday, May 3, 0700, 0930, and 1530, Rehab Building
- Monday, May 6, 0700, 0930, and 1530, Rehab Building
- Tuesday, May 7, 0930 and 1530, Academy West Building located at MCTC.

DHRM will also host state-wide meetings. The meeting for our region will take place on May 1, 2013, at 1000 in Abingdon at the Virginia Highlands Community College.

All impacted employees are encouraged to attend. Employees do not need to use leave to attend any meeting held during the workday. However, employees should request approval to attend a meeting in accordance with policy in order to ensure that agency operations and services will have sufficient coverage.

Additionally, a new course has been added to the Knowledge Center specifically on the upcoming changes entitled, "The Health Benefits Open Enrollment—2013." A special edition of *Spotlight* will be sent to your home from DHRM as well, so keep an eye out for this important news.

For more information, please contact the Human Resources Department at Extension 204 or 289.

~ Tom Rose
Regional Human Resources Manager

MyActiveHealth
www.MyActiveHealth.com

The Commonwealth of Virginia has a new Wellness Program called MyActiveHealth. This resource will help you to know your numbers, understand your health risks, and give you tools to reach your health goals.

Here is how it works:

Step 1: Complete the MyActiveHealth Health Assessment (Available May 1, 2013).

It only takes about 20 minutes to answer questions about your health. When you're done, you'll get back a health report that shows a snapshot of your risks. Your health summary lists your current numbers alongside what they should be. Over time, it will also show your progress. You'll also see a list of risk factors you can change, like your weight, whether you smoke, and your physical activity. And a list of risk factors you can't change, like your age and gender.

Step 2 — Number Your Numbers. Beginning August 1, 2013, you can schedule an appointment with your doctor to get your biometric numbers. Your doctor will check your height, weight, and blood pressure, and may send you to a lab to get your blood sugar and cholesterol levels. The doctor visit and tests are covered under your health plan when they are coded as "preventive care." These screenings will also be available in the workplace ... stay tuned for more information.

Step 3 — Take action to reach your healthy goals. Beginning July 1, 2013, your health report will also include your action plan that offers suggestions to lower the identified health risk, including any appropriate MyActiveHealth wellness programs that may help. Simply visit www.MyActiveHealth.com.

For more information, please visit www.dhrm.virginia.gov.



Weaving Your Way to Wellness



Mental Health Awareness Day
May 10, 2013

Friday, May 10
Emory & Henry College
10:15 - 2:00

Schedule is as follows:

- 10:15 – Registration
- 11:00 – Storytelling with Bonnie Jessee and Della McGuire
- 11:30 – Lunch with Entertainment and Music by Jack Hinshelwood
- 1:00 – Awards and Door Prizes
- 1:30 – Wellness area
- 2:00 – Adjourn

Chaplain's Corner

I am delighted that we are constructing a "healing garden" within the courtyard structure of our hospital. The utilization of restorative or healing gardens for the sick have been a part of the environment of healing since medieval times. European monastic gardens were probably the first examples of this approach to healing. The monks who tended these gardens kept the knowledge of the medicinal value of plants alive and maintained the gardens for the growing of medicinal plants and herbs. The tranquil environment of these gardens evolved into places where patients could reside in peace and silence.

Later in the seventeenth and eighteenth centuries, the concept of healing and gardens reemerged with the dual influence of scientific medicine and Romanticism in large campus style hospital settings. As the design of hospitals changed into multi story urban structures in the late nineteenth and early twentieth centuries, the connections between nature and healing were all but lost. According to some researchers, the resurgence of public awareness in caring for one's own health and the connection

between appreciation of nature and stress reduction has renewed interest in the concept of healing gardens in modern health care facilities (Marcus and Barnes, 1999.) I suspect that each generation can gain some perspective and benefit from concepts that have served us well in the past. It is my hope that our healing garden will provide a sanctuary of peaceful reflection for all who utilize its restorative properties.



I find it interesting that the spiritual practice for this month is from the letter "S," signifying **SILENCE**.

Finding ways to quiet our minds, relieve inner stress, and experience a sense of peace is something almost everyone longs for but seldom achieves. John Mains has observed that, "The **silence** is there within us. What we have to do is to enter into it, to become **silent**, to become **silence**. The purpose of meditation and the challenge of meditation is to allow ourselves to become **silent** enough to allow this interior **silence** to emerge. **Silence** is the language of the spirit."

Finding our own ways to be still, to embrace our spirit, listen to the wisdom deep within us is a skill worth practicing. A walk in the park, sitting by a stream, some quiet moments in a healing garden, can do wonders for our inner sense of tranquility and hope. St. Seraphim of Sarov often advised his students, "No spiritual exercise is as good as **silence**." Let yourself practice the art of **silence**. Be still and know... be still... be.



~ Timothy Graham, D. Min
Chaplain



New Phone Extensions for L Hallway Conference Room/aka Courtroom

Court hearings moved from the Henderson Building Conference Room 106 to the L Hallway Conference Room on April 12, 2013. When the hearings were moved, new phone lines were installed in the L Hallway Conference Room Suite, and they are as follows:

Waiting Room LI48: 381

Waiting Room LI50: 454

Attorney/Client Room LI51: 355

Conference/Court Room: 857 (Polycom) and 244 (desk)

Injured at Work?

Employees of SWVMHI are covered by the Virginia Workers' Compensation Act. If you are injured at work, here are the steps you need to take:

1. Seek medical attention or go to the emergency room if necessary. Employees should select one of the panel physicians as shown on the Employee Incident Report for all non-emergency treatment.
2. Report the accident or injury immediately to your supervisor on the same shift as the accident occurs.
3. Complete the Employee Incident Report and submit the completed form to your supervisor or SNC by the end of your shift. If you are unable to complete the form, your supervisor must do so on your behalf.
4. Keep your supervisor informed about the status of your injury, including medical attention sought or

Note: If the incident occurs during normal business hours and is not an emergency, contact Human Resources to schedule medical appointments. If the non-emergency incident occurs outside normal business hours, contact the Staffing Nurse Coordinator's (SNC) office.

Workers' Compensation

time off needed.

You may receive notification and information from our program administrator, Managed Care Innovations, or from the Virginia Workers' Compensation Commission. Be sure to read all information you receive about your claim carefully. If you have questions about your claim or any information you receive, please contact someone in Human Resources who can assist you.

Additional information can be found online at <http://www.vwc.state.va.us/portal/vwc-website>. Additionally, a booklet explaining the Workers' Compensation Act is available without cost from The Virginia Workers' Compensation Commission, 1000 DMV Drive, Richmond, Virginia, 23220.

~ Safety Committee

Meals in Minutes — Mexican Pizza

Recipe courtesy of Paula Deen

Prep Time: 7 minutes
Cook Time: 20 minutes
Level: Easy
Serves: 6 servings

Ingredients

- 1 tablespoon vegetable oil
- 3/4 cup sliced fresh mushrooms
- 3/4 cup chopped green bell pepper
- 2 (12-inch) pizza crusts or frozen cheese pizzas
- 2 (16-ounce) jars chunky salsa
- 2 (8-ounce) packages shredded Mexican cheese (Monterey Jack, Cheddar, and other mild cheeses combined)
- 1 (2 1/4-ounce) can sliced black olives

- 1 cup chopped cooked ham
- Shredded lettuce
- Sour cream



Directions

Position the oven rack at the lowest level. If you have a pizza stone, place it in the oven on the rack. Preheat the oven to 425 degrees F.

Heat the oil in a small saucepan and cook the mushrooms and green pepper over medium heat until crisp-tender, about 2 minutes. Cut the crusts into biscuit sized pieces using a biscuit cutter. Distribute the vegetables evenly over the crusts. Reserve 1 cup of the salsa and spoon the remaining salsa evenly over the pizzas. If you don't have a pizza stone, place the pizzas on a baking sheet. They won't be as crisp as they would be if you placed them directly on the rack, but this is a lot less messy.

~ www.foodnetwork.com

Tip: For a Greek style pizza, use olives, tapenade, spinach, and feta cheese. For an Italian style pizza, use tomato sauce and provolone cheese.





SWVMHI Nursing Week Celebration



May 6-12, 2013

“Delivering Quality and Innovation in Patient Care”

Nursing staff members are being celebrated during the national Nursing Week celebration. This is held every year from May 6 (Florence Nightingale’s birthday!) through May 12. At SWVMHI, the Nursing Department celebrates its almost 300 employees, including Registered Nurses (40 percent), Licensed Practical Nurses (11 percent), Psychiatric Aides (45 percent) and Clerical Staff (4 percent). This includes all staff members in the nursing department as defined by the table of organization, who are either fulltime, quasi-fulltime, or P-14 as of May 10, 2013.

The purpose of this weeklong celebration is to:

- Acknowledge the unique contribution of nursing staff members to the facility mission.
- Enhance pride in providing recovery services to people with mental illness in southwest Virginia.

- Reinforce team identity through special events on each unit and shift.
- Provide education and learning opportunities.

“Delivering Quality and Innovation in Patient Care” is the national theme this year. Nursing care delivery is provided 24 hours a day, 7 days a week at SWVMHI, and can be generally categorized into three major areas that broadly consist of medication therapy (administration, assessment, education), therapeutic unit milieu (recovery oriented, safe patient culture), and effective interpersonal relationships (role modeling and motivational interviewing concepts).

Since last year’s celebration, nursing has been involved in several significant improvements, such as:

- Re-designing the medication administration processes and environment.
- Revitalizing the patient falls assessment and prevention program.
- Promoting patient education opportunities through on-ward groups and written materials.
- Expanding trauma informed care concepts as part of recovery.

Events during the week will include a pizza luncheon with medication educa-

tion, onsite visits from colleges to discuss education progression opportunities, submarine sandwiches for all three shifts, CommonHealth activity for employee health promotion, Nurse Forums to promote shared governance, and cookie trays. Additional activities are being planned by individual units and shifts. A small appreciation gift will be distributed.

A calendar of events each day will be posted by May 1.

It is a pleasure to honor the dedication, commitment, and tireless effort of each RN, LPN, Psychiatric Aide, Ward Clerk, Driver, Transportation Clinician, Timekeeper, Scheduler, Office Service Assistant, and Administrative Assistant in the SWVMHI Nursing Department. I salute you!

**~ Alicia Alvarado
Chief Nurse Executive**



“Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation as any painter’s or sculptor’s work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God’s spirit? It is one of the Fine Arts: I had almost said, the finest of Fine Arts.”

~ Florence Nightingale

Mission, Visions and Values



SWVMHI Mission
 We promote mental health in Southwestern Virginia by assisting people in their recovery.

SWVMHI Vision
 SWVMHI, in collaboration with Community Services Boards, will always be the region's center of excellence in the treatment of serious mental illness.

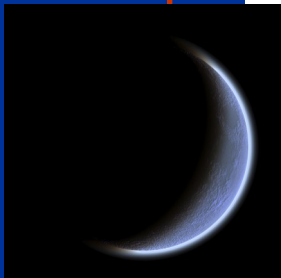
SWVMHI Values
 We best promote mental health in the people we serve by valuing:

- * Communication,
- * Honesty,
- * Trust,
- * Teamwork,
- * Self-initiative,
- * Leadership, and
- * Honoring day-to-day tasks.



SWVMHI Leadership Philosophy
 The Southwestern Virginia Mental Health Institute leadership philosophy promotes creativity, teamwork, and shared leadership by expecting all employees to learn, live and lead by the organizational Values. We believe leadership can and should be demonstrated by all staff in their individual and collective roles. This leadership philosophy enables SWVMHI to fulfill its Mission of assisting people in their recovery.

May Lunar Phases



- May 2**
Last Quarter Moon
- May 9**
New Moon
- May 18**
First Quarter Moon
- May 25**
Full Moon

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



Meals

"Great minds discuss ideas. Average minds discuss events. Small minds discuss people."
 ~ Eleanor Roosevelt

When meals are included with registration or lodging expense as part of a package, the number and type of meals (breakfast, lunch, dinner) must be recorded on the travel voucher. If a continental breakfast or reception is offered as part of the travel event and the food/timing is sufficient to serve as a meal, the traveler must reduce the per diem by the appropriate allowance amount.



~ Missy Wiles
 Accounts Payable Specialist



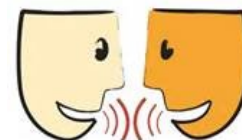
Word Search

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

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

- accurate
- authentic
- clear
- concise
- consistent
- direct
- effective
- honest
- inclusive
- information
- important
- message
- non-verbal
- open
- relevant
- timely
- truth
- valued
- verbal

"It's important to make sure that we're talking with each other in a way that heals, not in a way that wounds."
 ~ Barack Obama





PERSONNEL CHANGES

New Employees

Samantha Leedy, Psychiatric Aide	Mar 10
Cheryl Price, Psychiatric Aide	Mar 10
Connie Rowland, Psychiatric Aide	Mar 10
Ashley Wilson, Recreation Assistant	Mar 10
Klarissa Croson, PI4 Food Service Technician	Mar 25
Shannon Hill, Rehabilitation Specialist	Mar 25
Jay Howell, PI4 Food Service Technician	Mar 25

MONTHLY PATIENT CENSUS

March
2013

Admissions 54

Discharges 55

Passes 9

Average Daily
Census

147

Separations

Tina Henderson, Registered Nurse Clinician A	Mar 1
John Roland, PI4 Security Officer Senior	Mar 1
Sharon Arnold, Psychiatric Aide	Mar 4
Belinda Stroup, Registered Nurse Clinician A	Mar 8
Harold Taylor, Housekeeping Worker	Mar 8

Promotions/Role Changes

Teresa Gillespie, Registered Nurse to Registered Nurse Clinician A	Mar 10
Sarah Smith, Registered Nurse to Registered Nurse Clinician A	Mar 10
Deborah Sadler, Registered Nurse Clinician A to Head Nurse	Mar 25

Unless we are making **progress** in our
nursing every *year*, every *month*,
every *week*, take my word for it, we are going
backwards.

~ Florence Nightingale



SWVMHI Recognizes Volunteers *(continued)*

hearts. We celebrate you tonight, with our hearts full of gratitude.”

Guests were entertained by the popular “Valley Grass Band” from Saltville, Virginia, as they set the atmosphere with foot-tapping, blue-grass gospel music throughout the evening’s festivities. Appreciation



Volunteer Susie Davidson, receives award from Volunteer Coordinator, Donna Johnson



Donna Johnson, Volunteer Coordinator and Robert Farmer, Volunteer and Retired Employee

Awards were distributed by Donna Johnson, Volunteer Coordinator, acknowledging volunteers who share skills and talents, including musical talents, patient care skills, spiritual support and encouragement, and creative skills and talents. Volunteers receiving awards with a “goody bag” included Robert Farmer, Dixie Sheets, Rev. John Graham, Nancy Hawthorne, Becky Sparger, Rev. Arthur Chapman, Rev. Steven Dew, Rev. David Blevins, Rev. Andy Parkey, Roslyn Graham, Susie Davidson, and Sandy Hopkins. The “Valley Grass Band” members, who are also regular volunteers at SWVMHI, are: Raymond Campbell, Melinda Davis, Austin Tate, Gus Kincer, and N.R. Taylor. The “Joyful Noise Choir” members present were: Francis Detweiler, Mike Anders, and Bob White.

The Banquet featured a delicious buffet-style, full-course meal offered by John O’Keefe, Director of SWVMHI Food Services and staff. Everyone enjoyed a night of fellowship and fun!

Thanks to Donna Johnson, Rev. Dr. Tim Graham, Brandy Thomas, and Phillip Ward for a wonderful event.



Brandy Thomas, Rehab Supervisor, serves dessert to Volunteer Rev. Andy Parkey



Volunteer Sandy Hopkins, with Volunteer Coordinator, Donna Johnson

“The work goes on, the cause endures, the hope still lives and the dreams shall never die.”
~ Sen. Edward (Ted) Kennedy

Recovery Heroes



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



Teresa Easter has been selected as the Recovery Hero this month. Betty Hash, RNCB, CD, second shift, made the following statement about Teresa: “Teresa makes a difference daily in the lives of the individuals we serve. She is upbeat and has a positive personality. Teresa is always respectful and polite,

not only to the individuals we serve, but to her co-workers. She consistently completes her assignments and takes pride in doing a great job. Teresa is also intuitive in helping individuals take on challenges that assist in their recovery. She recognizes that each person is different as to what helps them when they are stressed.”

Recently, Teresa was seen working with a female individual and learned the individual enjoys working on math problems. Teresa printed out several math problems from the Internet and gave them to the individual. After the individual completed the math problems,

Teresa then graded her work. The individual was smiling and proud of her accomplishment.

Teresa is our recovery hero this month. Her willingness to spend time with this individual and find out what she likes to do demonstrates Teresa’s commitment to assist people with their recovery.

Teresa began working at SWVMHI on May 10, 2012. Please congratulate Teresa when you see her. We are glad she is a part of our team.

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

Special Gym/Game Room Activities

Patient Activity Council (PAC)

May 9, 2013
1600 - 1630



Birthday Party

May 22, 2013
1800 - 2000
No Canteen

Church Services

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

Consumer Empowerment Recovery Council (CERC)

May 23, 2013
1530-1600

Kentucky Derby Event

May 23, 2013
1330 - 1530



Bingo Night

May 8, 2013
1830 - 2000

Canteen open

Movie Nights

May 13, 14, 28, and 29, 2013
1830 - 2000



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.



"When April steps aside for May,
Like diamonds all the rain-drops glisten;
Fresh violets open every day:
To some new bird each hour we listen."

~ Lucy Larcom

May Days to Celebrate

"Off the cuff" May holidays to celebrate:

May 3

Hug Your Cat Day



May 4

International Respect for Chickens Day

May 5

World Laughter Day

May 11

National Miniature Golf Day

May 15

Straw Hat Day

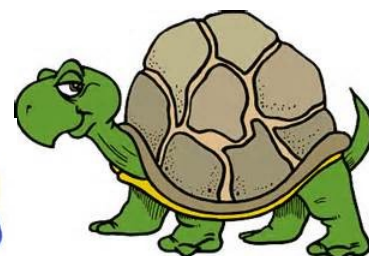


May 18

O'Henry Pun-off Day

May 23

World Turtle Day



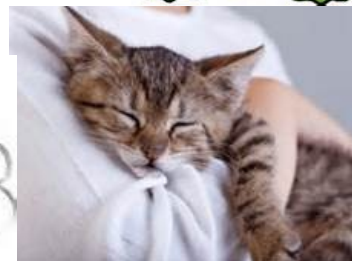
May 24

International Tiara Day



May 27

Cellophane Tape Day





 **HEALTH BENEFITS UPDATE • April 12, 2013**



Find Out How It Pays To Be Healthy\$\$\$

COVA HealthAware is a new plan option available to Commonwealth employees beginning July 1 that rewards you for doing the right things to maintain your health.

Comprehensive

- **Integrated benefits:** Medical, pharmacy, behavioral health and employee assistance program (EAP) services
- **No cost to members:** In-network preventive care, annual vision and hearing exams, diagnostic and preventive dental care
- **Fully-funded health reimbursement arrangement (HRA):** Helps members pay the deductible and other out-of-pocket expenses
- **Choice of doctor:** Extensive provider network and out-of-network benefits
- **Optional purchase:** Expanded dental and vision benefits

Customer-focused

- **Less hassle:** Concierge style with one telephone number for all customer service
- **Online resources:** To help you manage your health and your health plan

Cost-effective

- **Earn more HRA funds:** May participate in “do right” healthy behaviors
- **Lower premium:** Reduced monthly cost per paycheck!

Find More Information

- **Employee meetings starting April 23:**
<http://www.dhrm.virginia.gov/hbenefits/EmployeeMeetings2013.pdf>
- **Website beginning May 1:** www.covahealthaware.com

May Training Opportunities

Take advantage of all the training opportunities in May!!

HR Series: Employee Performance Documentation

When: May 7, 2013, 1300 - 1500
Where: A/B Classroom

Grand Rounds with Rev. Dr. Tim Graham: Addressing the Changing Spiritual Needs of our Patient Population.

When: May 9, 2013, 1500 - 1600
Where: A/B Classroom

Mental Health Awareness Day

When: May 10, 2013, 1100 - 1400
Where: Emory & Henry College
 (please see page 5 for additional information on this event)

HR Series: Introduction to Supervision

When: May 20, 2013, 0900 - 1100
Where: A/B Classroom

HR Series: Employment Law

When: May 21, 2013, 1300 - 1500
Where: A/B Classroom

Ethics Presentation with Dr. Gillette
When: May 23, 2013, 1330 - 1500
Where: A/B Classroom

WEBINAR: The Temporary Detention Order (TDO) Process — What Staff Need to Know

When: May 29, 2013, 1330 - 1430
Where: Fiscal Conference Room



~ Ginny Moorer,
 Training Coordinator

May CAI's

The following CAI is required of ALL STAFF and must be completed between May 1 and May 31, 2013:

- ✧ Human Rights

Sign into the Knowledge Center and find them today!



"Honest, open communication is the only street that leads us into the real world...We then begin to grow as never before. And once we are on this road, happiness cannot be far away."

~ John Powell,
Will the Real Me Please Stand Up?: 25 Guidelines for Good Communication

Rehab Department News



In the beginning of April, things were a little slow due to illness and ward restrictions. Things are now back to normal and groups are going on as usual.

We had our Friday Fundraiser in April. Thanks to Brandy Thomas and Lori McClellan, there were several nice items for Easter including crafts, cards, Easter baskets, etc. The sale was a success and we made a profit. Monies from these events go to Patients Welfare Fund. We had our Spring Fling on April 25. We combined stress relief and Earth

Day as our focal points for this event. As part of the stress component we offered an annual animal therapy show with the therapy dogs (and one service dog in training) at the request of the individuals we serve. Also, we had many activities that helped reduce stress.

As part of the Earth Day component, we ate Dirt Cake cupcakes. There were also other activities pertaining to Earth Day available as well.

Break week is once again upon us. We will be looking over the groups we already offer and introduce some new

group ideas. We miss having groups with the individuals we serve at this time, but it gives us a chance to re-group, see what's working and what isn't, and have new groups requested by the individuals we serve.

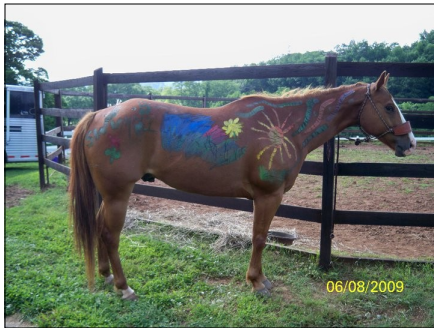
We also have two new employees in the Rehab Department: Ashley Wilson and Shannon Hill. We all look forward to working with them.

Until next month.

~ Sue Eller, CPSS
 Peer Support Specialist

AAAT Program Spotlight

The Animal Assisted Activities Therapy Program will be spotlighting each of its pet therapist over the next several newsletters.



I was looking for a new colt to start in the Spring of 2001. I had a friend who had a colt for sale, which he obtained from a horse sale. The history on the colt was that he was born in Tennessee to a Halter horse barn and was rejected due to his size and his future inability to produce earnings in the show world. His blood lines are unknown, as he was never registered with the American Quarter Horse Association.

When I arrived to look at him, he was a small, thin, under-fed six month old colt whose muzzle was covered with warts. I fell in love from the beginning, and I knew that there was something special about him. I loaded him up and took him home. My father did not approve of him; however, I convinced him that the new colt would turn out to be an outstanding companion.

Spaghetti had a remarkable demeanor and kind temperament. When he turned two years old I began training him. He was cooperative and took to the exercises. I decided that I wanted him to pull a small cart or buggy, and again he was receptive and easy to train, accepting the harness and buggy willingly.

Over the course of a couple of years, Spaghetti became the horse that all beginners wanted to ride. I gave a few lessons on him, and he again proved that he was a special horse. In 2008, I had an idea to bring the horse to the hospital for the individuals we serve to visit and enjoy after hearing the benefits of Equine Assisted Therapies. He completed a temperament test that was given by Christie Boyd, DVM, and AAAT, Lesu Cole, passing all components. He has been in AAAT for five years now and the individuals we serve continue to enjoy him. Spaghetti will be 12 years old this spring.

~ Thanks
Ashley Privett and Spaghetti



To Moms
everywhere



The most important
practical lesson that
can be given to nurses
is to teach them what
to observe.

~ Florence Nightingale

The way we communicate
with others and with
ourselves ultimately
determines the quality
of our lives.

~ Tony Robbins

College Day

May 7, 2013
1000 – 1500
1001 Rehab Building

The Nurse Managers and Human Resource Department will be hosting a college day during Nursing Week to assist staff in learning about programs offered by area colleges. College representatives participating in the event will be: Virginia Highlands Community College, Wytheville Community College, Radford University, East Tennessee State University, Bluefield State College, Liberty University, King University, and Old Dominion University.



We hope that everyone will take this opportunity to come visit the college representatives and learn about their college and available programs.

~ Norma Brickey, MSN
Assistant Nurse Executive

Motorcycle Safety Awareness Month

Motorcyclists are much more vulnerable to crashes than other drivers. Many crashes occur because motorcycles are hidden in a vehicle's blind spot. It is important that motorists always make a visual check for motorcyclists by checking mirrors and blind spots before entering or leaving a lane of traffic.

May is Motorcycle Safety Awareness Month. Throughout May, The National Safety Council will encourage motorists to share the road with motorcyclists and be extra alert when they are nearby.

Fatalities involving motorists and motorcyclists increased 131 percent between 1988 and 2008. The mileage death rate for motorcyclists in 2007 was 37 times greater than for passenger car occupants.



important for both motorists and motorcyclists to be aware of one another," said David Teater, NSC senior director of Transportation Initiatives. "To better defend themselves, motorcyclists should follow the rules of the roadway and wear protective gear, including a Department of Transportation compliant helmet."

NSC offers these tips for motorists and motorcyclists:

Motorists

- Allow greater following distance behind a motorcycle.

"Throughout spring and summer the number of motorcyclists on the road will increase. It is

- Be extra cautious in intersections. Most crashes occur when a motorist fails to see a motorcyclist and turns left in front of a motorcycle.
- Give a motorcycle the full lane width—never try to share a lane.

Motorcyclists

- Avoid riding in poor weather conditions.
- Position motorcycle in lane where you will be out of a motorist's blind spot.
- Use turn signals for every turn or lane change.

~ www.nsc.org/Pages/MotorcycleSafetyAwarenessMonth.aspx

First Aid Tip: Diabetes and Low Blood Sugar

Objective



Understand how to recognize and provide first aid for a person with low blood sugar who has diabetes. Diabetes is a disease that affects levels of sugar in the blood. Too much or too little sugar can cause problems. Low blood sugar can cause someone's behavior to change.

Definitions and Key Facts

Some individuals with diabetes take insulin, which helps regulate the sugar in the blood. Too much insulin can cause low blood sugar. Low blood sugar can occur in a person with diabetes if they have not eaten, have been vomiting, not eaten enough food for the level of activity, or injected too much insulin.

Signs

Signs of low blood sugar can occur quickly and may include a change in behavior such as irritability or confusion, sleepiness or not responding, hunger, thirst or weakness, sweating, pale skin color, or seizure.

Actions

If someone exhibits these signs and is diabetic, follow these steps:

1. If the person can sit up and swallow, have him or her drink a sugary drink.
2. Have him or her sit quietly or lie down.
3. Phone or have someone phone 911 or call a Code Blue.

Sugary drinks include fruit juice, milk, honey, sugar water, or regular soft drink. Do not give a diet drink or a chocolate drink as there is not enough sugar in them.

It is important to note that, if the person cannot sit up or swallow, do not give him anything to drink or eat.

These basic first aid tips are from the AHA Heartsaver First Aid workbook.

~ Rebecca Sparger, RN, BSN



SWVMHI
Established in 1887



Honoring Our Past
Celebrating Our Present
Cultivating Our Future

**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

					I	N	F	O	R	M	A	T	I	O	N		
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	H		E		S	S											
	E		V		I	S											
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Please submit articles for the next newsletter to Cheryl Veselik by May 20, 2013.

The next newsletter will be published June 1, 2013.