



A View From The Hill

JULY 1, 2013

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Hidden

There is an American flag hidden on every page in this edition, just like the one pictured here. Can you find all 19 of them?

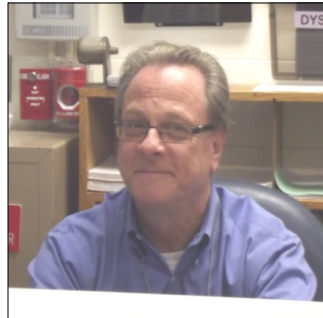


From The Director

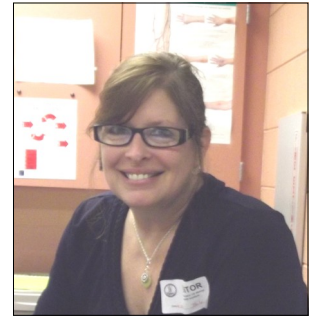
OneMind, the electronic health record system for DBHDS, went live at SWVMHI on June 24, 2013! The future is here! In early May, 2013, SWVMHI was asked to advance plans for our participation and join the Wave 1A facilities ESH & WSH in the pilot implementation of the electronic record. As of this writing, staff are using OneMind on our Medical Unit, Ward K, with two patients!



A Quick Recap. In January, it was announced that following 18 months of collaboration, DBHDS and VITA awarded contracts to Siemens Medical Solutions USA, Inc. for an electronic health record system to serve Commonwealth agencies. The Implementation Phase immediately commenced, with plans for two major releases at the pilot hospitals, one in June, 2013, to qualify for federal "meaningful use" incentive payments, and a broader release with full system functionality in November, 2013. Eleven of the remaining hospitals will begin using the system during 2014. Revenue Cycle (billing and reimburse-



Peter Gobeille, Project Manager



Lisa Wilburn, RN Trainer

ment) components will deploy to all hospitals in 2015. The



Tammy McClure and Ashley Untiedt receive training from Lisa Wilburn.

though we were invited a little bit late to the party, SWVMHI staff, the OneMind staff, and all the contract staff have provided excellent training and support. We especially thank Peter Gobeille, Project Manager, who has been on site in the trenches with us for the last ten days. We also thank our other on-site staff, Lisa Wilburn, Steven Moua, Beth Ann O'Toole, & Valerie Matthews, who not only brought their Information Technology and OneMind expertise to us on a 24/7 basis, but have been excellent teachers and exceptionally positive, friendly, and helpful throughout the initial days & weeks. We have learned a lot from their presence

implementation phase also involves a tremendous amount of preparation in the form of education, formation of clinical decision teams, development of governance processes, development of interfaces, and the recruitment of new clinical support & helpdesk staff. As noted above, it soon became clear that SWVMHI, as the third hospital with a medical unit, should also be part of the initial phase of "Go Live." Al-

Continued on Page 18

Honoring the Day-to-Day Tasks: Giving

The Secret to Success



Can you spot a successful person? They are the ones who do whatever it takes, the ones with the go-

-getter attitude, and the ones who know how to take what is theirs.

Right? But there is a different, better path to success, argues Adam Grant (the youngest tenured professor at Wharton who has a doctorate in psychology from the University of Michigan), whose research suggests that some of the most successful people — not just in business, but in many realms — are in fact classic “givers.”

Givers are those people who genuinely try to help those around them. He found that the most productive salespeople were the “givers”— those who reported the strongest concern for benefiting others from the very begin-

ning of their jobs. They earned the trust of their customers and the support of their coworkers. Similar patterns emerged in a number of other fields showing that the most successful people in a wide range of jobs are those who focus on contributing to others.

The givers often outperform the “matchers” — those who seek an equal balance of giving and getting — as well as the “takers” who aim to get more than they give. In fact, across a number of jobs, givers were overrepresented at the top, but also at the bottom of various success measures. The reason why some givers end up at the bottom is because they are taken advantage of by others. Some givers can spend too much time with others to be productive, and many just burned themselves out. Givers who burn out consistently put the interests of others ahead of their

own, sacrificing their energy and time and undermining their ability to give over the long run. Ultimately, the biggest difference between the givers who rise to the top and those who sink to the bottom is the boundaries that they set.

Those who maintain success are careful to balance their concern for others with their own interests and needs. Instead of helping all of the people all of the time, they help many of the people much of the time. Once an organization is composed mostly of givers and matchers, it can be highly effective in accomplishing its mission.

Giving is one of the everyday SWVMHI Values we call Honoring the Day-to-Day tasks.

~ James Moon, Ph.D.
Psychology Supervisor



Clinician's Corner: Substance Use Factoids



Opioid Epidemic

Today, Americans use 80 percent of the world's supply of opioid medications, but make up only 4.6 percent of the world's population. We use 99 percent of the hydrocodone that is produced.

Synthetic Drugs

Synthetic drugs can be snorted, smoked, ingested, injected intravenously or under the skin. There are basically three kinds of synthetics:

1. Synthetic amphetamines (bath salts);
2. Synthetic THC or marijuana; and
3. Synthetic hallucinogens

Older Americans

Of all adults over the age of 50, approximately 4.3 million have used an illicit drug in the past year. For those aged 65 and above, the number one choice of substance to abuse was a nonmedical use of a prescription drug.

~ www.hazeldon.edu/voice

Rehab Department News

June Recap & Planning for July



This month's Special Activity was held on June 20, 2013, in the gym. It is the second such activity developed and presented as part of the Cultural and Linguistic Competency Committee. Jan Barrom and individuals served by SWVMHI held "Mexico at a Glance." Individuals we serve presented a skit, staff assisted each to create an individual mask expressing their personal "masked feelings," and a game of Spanish Jeopardy was played with 16 individuals winning for their team. Each winner of the team will be awarded a voucher for the Canteen. A delicious array of goodies including virgin Margaritas; maple cinnamon churros; and chips, salsa, and nacho cheese were provided through Mr. O'Keefe and the Food Service Staff. Lots of laughter was heard as everyone enjoyed traditional Mexican Music.

On June 19, 2013, CERC (Consumer Empowerment Recovery Council) representatives from the facility attended the R-CERC (Regional Consumer Empowerment Recovery Council) meeting at Hungry Mother State Park. The process of electing new officers for the

facility's CERC is now in progress, as several of the positions are now open due to the successful recovery and discharge of several CERC members. R-CERC elected new officers for the next two years. Sue Eller, SWVMHI Peer Support Specialist was elected Chairperson; Marty Grizzle, Cornerstone Peer Support Specialist in Marion, was elected Vice Chairperson; Jennifer Hagan, consumer, Mt. Rogers Community Service Board, was elected Secretary; and Sylvester Page, consumer, Stepping Stones Clubhouse in Abingdon, was elected Treasurer.

Continuous improvements are taking place in the Canteen. If you haven't had the opportunity to stop in and look at the art work developed by each program area of the Rehab Department, we invite you to...come on in! A big thank you is extended to Don Chisler and his staff for all of the work they have completed thus far. We still have a few things to be added before completion, but everyone appears to enjoy the newly decorated and improved area.

Our vegetable garden was planted this month and everything is growing well. We look forward to having many successful produce sales this season.

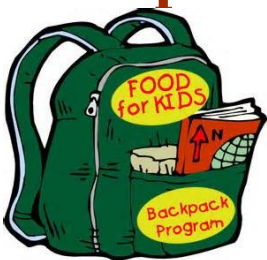
The Sensory Garden is also near completion. As you may have noticed, it is beautiful! Many hours of planning, designing, planting, and cultivating have occurred. Upon completion, the Sensory Garden will be available to everyone for use. It will be accessible with a TDI key.

Fundraising events are planned throughout the summer to benefit the Woodshop Fund. The next big event is the Hungry Mother Arts and Crafts Festival being held July 19-21, 2013, at the Hungry Mother State Park. Staff and individuals we serve have been diligently working on crafts, furniture pieces, artwork, ceramic pieces, and so much more to display and sell at the festival.

Please help the Rehab Department welcome Mattie Obregon, P-14 Music Therapist. Mattie, along with Kelsey Tibbs, Education Rehab Specialist, will be conducting a summer program, Music Recovery: Great Music from Great Minds. Mattie's background and future plans when she completes this summer program here at SWVMHI are highlighted on page 4 this newsletter.

~ Rehab Department

Backpack Program Collections



The SWVMHI Administrative Professionals Group is planning to host a Back to School Backpack Program and include school supplies as well. When the 2013-14 school year begins in August, there will be a total of 12 schools in the Smyth County area. We'd like to assist as many students as possible (including high school students) with their schooling needs.

We will be collecting items July 1 through August 5, 2013. The drop off and storage location until time to deliver to the schools will be at the Maintenance Building between the hours of 0730-1500. Christina Lishen has offered to be our contact person for the drop off of items

and can be contacted at Extension 221. We will also have collection boxes at the SNC Office (Transportation Office), Health Information Management Office, B Building, and possibly other locations in the future.

Items needed

Food: graham crackers, animal crackers, light popcorn, whole grain cereal, granola bars, individual cereal boxes, canned items (spaghetti and meatballs, ravioli, beefaroni, lasagna, fruit, fruit in light syrup), dried fruit, raisins, plums, cranberries, applesauce, fat-free/sugar-free pudding cups, 100 percent juice drinks.

School supplies: highlighters, two-inch binders, backpacks, pencil boxes, regular spiral notebooks, journal notebooks (composition), glue sticks, crayons, colored

pencils, construction paper, Kleenex, hand sanitizer (large and individual), safety scissors, pencils, and paper (regular and college ruled).

Monetary donations will also be accepted and someone from the group will purchase needed items. Debbie Kiser will be the contact person for monetary donations and can be reached at Extension 360.

If you should have any questions, please contact Christy Hall (Extension 210) or Cindy Blevins (Extension 208).

We appreciate all of your help in supporting Smyth County school-aged children.

~ SWVMHI Administrative Professionals Group

Cell Phone Courtesy Month



When Alexander Graham Bell developed the telephone in 1876, it consisted mainly of a cone and a needle vibrating in water. Today our telephones are veritable computers that we can carry around

in our pockets. Just as the form and capabilities of our phones have evolved, so too has phone etiquette.

In honor of Cell Phone Courtesy Month, be conscientious and follow these tips:

- **Avoid inconveniencing others.** Speak at a normal volume so that your conversation stays private. If you are approaching a cashier, receptionist, or other person from whom you require a service, do not keep him or her waiting while you talk. Hang up

or put down the phone during your interaction. Lastly, don't talk or text during movies and other events. Turn your phone to silent or power off; even the vibrate mode can distract other audience members.

- **Drive without distractions.** Driving while using a cell phone—whether to talk or text—is extremely dangerous. Even if you use a hands-free headset, you're paying attention to a conversation that should be paid to your speed, the cars around you, and any other environmental factors on the road. Pull over if you absolutely must take a phone call or send a text. And remember, many states have laws against driving while texting or using handheld cell phones.
- **Adhere to posted rules.** Many places of business have rules about cell phone usage, including hospitals, doctors' offices, and airlines. If you see a "No cell phones" sign

or hear someone asking that phones be silenced, turn yours off. Otherwise, you might find yourself in a predicament like Alec Baldwin—forced to deboard a flight because he wouldn't stop playing Words With Friends.

- **Don't forget about face-to-face interaction.** If you arrange to meet with a co-worker or a friend for a chat, meal, or any kind of one-on-one time, don't spend much time on the phone. A text to tell someone that you're busy and will get back to them is fine, but you've committed your time to the person you're with, so give him or her your full attention.

~ <http://nitpickersnook.com/2012/07/09/tips-for-cell-phone-courtesy-month/>



Coming Soon to SWVMHI: Music Recovery

Great Music from Great Minds

Central Rehab Services is pleased to welcome Mattie Obregon to SWVMHI. Mattie, a Marion native, received her Bachelor's of Music from the University of Southern Mississippi, and will be pursuing a Master's Degree in Vocal Performance at the Manhattan School of Music this fall. Mattie has performed on both national and international stages and enjoys portraying opera's greatest heroines. She possesses a rare talent for expression through music, and breathes life and passion into the characters and art that she creates.

Mattie will be bringing a summer music therapy program to SWVMHI called *Great Music from Great Minds*. This program will offer a glimpse



into the many genres of music, covering topics from Country to African a cappella music. Highlighting specific artists who, in the face of real and difficult challenges, channeled their struggles and their energy into creating timeless masterpieces, this program encourages and fosters self expression through the art of music as a means

of therapy. Famous singer/songwriter Billy Joel is quoted, saying, "I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by..."

We look forward to bringing this program to SWVMHI in July, and welcoming Mattie Obregon to the Department.

~ **Brandy Thomas**
Central Rehab Services
Supervisor



Staff Development

Take advantage of all the training opportunities in July!!

Human Resources Series: Progressive Discipline

When: July 9, 1300 - 1500

Where: A/B Classroom

Blood Drive

When: July 17, 1000 - 1600

Where: B Building Downstairs Classroom

Roundtable: DSM-V with Dr. Hazelwood

When: July 23, 1330 - 1500

Where: A/B Classroom



~ Ginny Moorer,
Training Coordinator

July CAI

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

- ✧ Emergency Management

Sign into the Knowledge Center and find it today!



Sue Eller Elected to Virginia NAMI Board



At the annual convention of the National Alliance on Mental Illness, Virginia (NAMI) held in June 2013, delegates elected Sue Eller, Peer Support Specialist in the SWVMHI Rehab Department, to its Board of Directors. She will also serve on the Education and Legislative Committees.

Sue began her career with SWVMHI as a PI4 Peer Support Specialist on December 10, 2010, and as a full-time Peer Support Specialist on September 10, 2011. You will often see Sue with her pet therapy dog, Lily. She also writes the Rehab News article for the newsletter each month.

Please join us in congratulating Sue.

Meals in Minutes — Greek Pasta Salad

Tangy feta and crunchy veggies get extra body from rotini in this classic Greek-inspired pasta salad. Easy to make and best served chilled or at room temperature, it's a perfect picnic dish.

Serves 4-6

INGREDIENTS

- 10 oz. rotini, cooked and chilled
- 2 medium tomatoes, cored, seeded and cut into 1/2 inch dice
- 1 small cucumber, cut into 1/2 inch dice
- 1 small onion, finely chopped

- 1 cup feta cheese, crumbled
- 3 tbsp. chopped fresh oregano
- 3 tbsp chopped fresh parsley
- 3 tbsp red wine vinegar
- 1/4 cup olive oil
- Salt and freshly cracked black pepper, to taste

INSTRUCTIONS

Toss all ingredients in a large bowl, season with salt and pepper, and serve chilled.

~ <http://www.saveur.com/article/Recipes/Greek-Pasta-Salad>





Live a story. Give a story. Donate blood.

This summer, when you give blood you could give someone time to make their own stories - watching fireworks, having a picnic, rooting for the home team.

What if you could give someone a summer of stories? With the Red Cross, you can.

redcrossblood.org/summer

SAVE THE DATE!!

Wednesday, July 17
Southwestern Virginia Mental Health
Institute
10am – 4pm

Located in the Commonwealth Room of The Learning
Center.
(Downstairs Classroom of the “B” Building)

Our goal is to have at least 75 donors sign up and come to the blood drive. Please support our commitment to serve the community. SIGN UP TODAY!

FOR APPOINTMENTS:

www.redcrossblood.org

or

email: glenn.moore@hhs.virginia.gov

WALK-INS ARE WELCOME!

American Red Cross

Visit redcrossblood.org or call **1-800-RED CROSS** today to schedule an appointment.

Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (110 pounds or more, depending on their height), and are in generally good health may be eligible to donate blood. Please bring your Red Cross blood donor card or other form of positive ID when you come to donate. © The American National Red Cross 2013 IAPLORS 2141



Chaplain's Corner

Happy fourth of July!

This month is a time of celebrations, fireworks, parades, and patriotic reminders of our national traditions and history.



Events that bring us together create an atmosphere of connection which enhances the spiritual practice of **UNITY**. It has been said that hospitality helps us to respect differences, and **UNITY** helps us affirm what we have in common.

In 1938, Irving Berlin told a journalist, "I'd like to write a great peace song, but it is hard to do because you have trouble dramatizing peace." According to the website, performing-song-writer.com, Berlin "took up the challenge of penning an anthem that would inspire his fellow citizens to live in harmony." Berlin came up with the original idea of the song "God Bless America" in 1918 while serving in the U.S. Army at Camp Upton in Yaphank, N.Y. There were so many patriotic songs being written at the time, Berlin stored the song away in his footlocker. Twenty years later Berlin saw a new

use for the tune, rewrote a few lyrics, and it was performed on November 11, 1938, on Armistice Day by legendary singer Kate Smith. The song touched a national nerve and was an immediate hit. It offered a prayer of hope in response to the next impending war in Europe. In 1940 the Republican and Democratic parties employed the song as their theme for the upcoming election. In response to the overwhelming success of the song, Berlin established the "God Bless America Fund" that supported the ongoing work of the Boy and Girl Scouts of America.

The book of Psalms, Chapter 133, has an opening statement which reads, "How very good and pleasant it is when kindred live together in **unity**."

Celebrating the things that bind us together and give us a sense of connection is an important spiritual practice. This month we celebrate as a nation, other times through religious connections, and still others through family ties by the observances of birthdays and anniversaries. The resulting sense of **UNITY** is healing for broken rela-

tionships, and bonding to the people who really matter in our lives.

God Bless America

"While the storm clouds gather far across the sea,
Let us swear allegiance to a land that's free,
Let us all be grateful for a land so fair,
As we raise our voices in a solemn prayer.

God Bless America,
Land that I love.
Stand beside her, and guide her
Thru the night with a light from above.
From the mountains, to the prairies,
To the oceans, white with foam
God bless America,
My home sweet home."

*Words and music by Irving Berlin
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~ Timothy Graham, D. Min
Chaplain



America the Beautiful

O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea!

Songwriters: Ward, Samuel/Bates, Katherine/Courage,
Alexander (ARR.)

How to Calculate Meal Reimbursements

Here is how to figure meal reimbursement on travel days and if meals are provided:

On a travel departure or return day, 75 percent of the meal per diem is reimbursed pursuant to the Meals & Incidental Expenses Rate Table (M & IE), which can be found on the forms directory under the travel folder. For example, if the M&IE rate allows a \$46 total reimbursement, \$36.00 would be allowable on a travel departure or return day. Calculation for this would be $(\$46 - \$5 = \$41 \times .75) = \$30.75 + \$5 = \35.75 which is rounded up to \$36). *Note: The \$5 is for incidentals and stays at \$5 regardless of travel day. It must be subtracted out and then added back in as described.*

For trips involving multiple travel destinations, base the reduction on the per diem in effect for where the night was spent as follows:

- *Departure Day:* Where you spend the night on your travel day.
- *Return Day:* Where you spent the night before returning to home base.

When meals are provided at no cost in conjunction with travel events, the applicable M&IE per diem reimbursement rate shall be reduced by the amount shown for the applicable meal in the M&IE Rate Table, excluding the incidental allowances. For example, if the M&IE rate allows a \$46 total reimbursement, and lunch was provided at no cost, the total allowable reimbursement for that day

would be \$35 ($\$46 - \11 lunch). However, when meals are provided at no cost in conjunction with travel events on a travel departure or return day, the full meal per diem reimbursement rate is reduced by the full amount of the appropriate meals followed by a 75 percent prorating of the balance. For example, if the M&IE rate allows a \$46 total reimbursement, and lunch was provided at no cost on a travel departure or return day, the total allowable reimbursement for that day would be \$28 (rounded) and calculated as $(\$46 - \$11 \text{ lunch} = \$35 - \$5 = \$30) \times .75 = \$22.50 + \$5 = \27.50 .

Questions regarding meal per diem reimbursement rates should be directed to the Fiscal Office by contacting someone at Extension 205.

~ Missy Wiles
Accounts Payable Specialist



AAAT Program Spotlight



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



Perry has been a therapy dog at SWVMHI since 2009. He was adopted in the Fall of 2008 after being seen at PetSmart during an adoption event. He had been fostered by the Scott County Humane Society after being found wandering the roads.

For me, it was love at first sight. He was lying on the sidewalk with his back legs stuck

straight out behind him, oblivious to all the commotion around him – surveying the world as if he owned it. We didn't need another dog, but, unfortunately, our old and faithful dog, Lucy (who was my "soul mate") was suffering from dementia and severe arthritis and we knew we wouldn't have her for much longer. Paco was also a part of the household. I told the volunteer that I would love to adopt Perry, and I filled out the paperwork, but told them to let him go should they find a good home for him, that I would contact them when the time was right, and take him if he was still available.

A few months later, the time came to let Lucy go. As I was waiting on the vet, I made a call to the Scott County Humane Society to see if Perry was still in foster care. I was told that he had been tried in several homes, but none had worked out. It was then I knew he was my "gift from God." It was meant to be that Perry would be part of our family! We arranged to meet at

PetSmart and take Paco with us so the two could meet on neutral turf, since he had shown some intolerance of other dogs in the past. The two barely acknowledged each other when they met and rode home together without incident. When we got to the house, Perry ran into the house, and jumped up on the back of the couch, as if to say "I'm home, now!"

Perry is a happy dog who loves to please and make people smile. He truly enjoys his work here and has, on many occasions, shown such amazing intuition – he just seems to know what people need. He knows that when his harness and scarf come out, it's "time to go to work" and he jumps and wags all over. I am blessed and thankful that I have the privilege to share him with the individuals we serve and staff each day.



~ Lesu Cole, ADC
Recreation Therapist

Annual Sharps Survey Conducted During March



The goal of the sharps survey conducted in March was to have zero (0) blood or body fluid exposures by using sharps that meet safety guidelines and also the staff's needs and preferences. A federal law

enacted to protect health care workers has reduced the number of needle sticks, decreasing the possibility for exposure to bloodborne diseases, according to UVA School of Medicine. From 2006-2012, SWVMHI has had only four needle stick exposures.

Nurses, physicians, and lab personnel participated in the survey. During the survey, it was discovered a special medication kit brought by a family member of an individual we serve had an unsafe, unap-

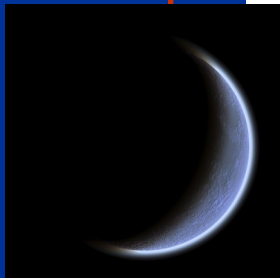
proved needle for use. Needles with an approved safety mechanism were chosen by the staff to use with the syringes in the kit. Also during the survey, it was requested that we pilot a different type of safety needle system that is one-hand activated and easier to use for the staff. BD SafetyGlide was provided to all units for trial. Staff response was positive for use of this system and will replace BD Safety-Loc currently in use.

Another request was to evaluate a Huber needle attachment that

does not use a blunt needle. Ward K staff are currently piloting his attachment.

This survey process uses our values of teamwork and communication by ensuring their input. Our goal is to protect our employees and to promote and maintain a culture of safety at SWVMHI. Thank you to those who participated in the survey.

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



July Lunar Phases

July 8

New Moon

July 15

First Quarter Moon

July 22

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. It's also called the "Thunder Moon" due to all the summer storms.

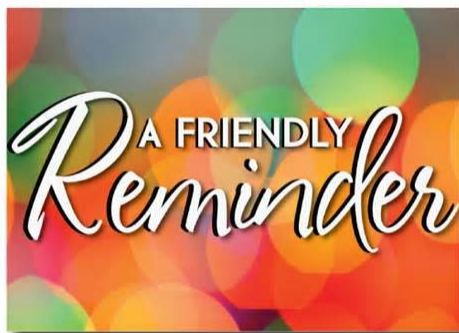
July 29

Last Quarter Moon



"Hanging onto resentment is letting someone you despise live rent-free in your head."

~ Ann Landers



Deadlines for all newsletter articles are published on the last page of each edition, and are almost always on the 20th of the month. A listing of deadline dates are also published on the intranet. Articles submitted after the due date may not be published or may be held until the next issue. If you submit articles on a regular basis, or if your articles are time-sensitive, please mark your calendars so that you don't miss the due date.

If you have any questions, please contact Cheryl Veselik in the Director's Office by calling Extension 201.



Word Search



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

Holding onto anger is like drinking poison and expecting the other person to die. ~ Buddha

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

As Americans, we all know that July Fourth is our Independence Day. But how many of us know the following events also happened on July Fourth in history: The first Independence Day Celebration was held in 1796, twenty years after the Declaration of Independence was signed; construction on the Erie Canal began in 1817; both President John Adams and President Thomas Jefferson died within hours of each other in 1826; slavery was abolished in New York in 1827; Alice in Wonderland was first published in 1865; The Statue of Liberty was presented to the United States by Paris, France, in 1884; Ty Cobb goes 0 for 4 and ends a 40 game hit streak in 1911; The Yankees retired the first uniform, which belonged to Lou Gehrig, #4, in 1939; America's 50-star flag honoring Hawaiian statehood unfurled in 1960; Casey Kasem's "American Top 40" debuts on LA radio in 1870; Nolan Ryan becomes the fourth to strikeout 3,000 in 1980; HotMail made its debut in 1996; and a biblical picture of Samson and a Hebrew inscription is discovered in an ancient synagogue in the Galilee region of northern Israel in 2012.





PERSONNEL CHANGES

New Employees

Karen Greer, P14 Psychiatric Aide	May 10
Alan McGhee, P14 Painter	May 10
Courtney Quinley, P14 Psychiatric Aide	May 10
Zachary Hammons, Team Psychiatrist	May 20
Heather Lanter, Pharmacy Technician (Hillsville site)	May 25
Jennifer Dean, P14 Food Service Worker	May 28

Separations

Martha Shifflett, Psychiatric Aide	May 1
Kristin Hash, P14 Housekeeping Worker	May 3
Amy Robinette, Registered Nurse Clinician A	May 9
Savannah O'Keefe, P14 Food Service Worker	May 20
Donna Johnson, P14 Rehabilitation Specialist	May 25
Benjamin Snyder, P14 Food Service Worker	May 31
Danny Hall, P14 Painter	May 31

Promotions/Role Changes

None	
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MONTHLY PATIENT CENSUS

May
2013

Admissions 61
Discharges 55
Passes 17

Average Daily
Census
148



I'm proud to be an American
where at least I know I'm free,
And I won't forget the men who died
who gave that right to me,
And I gladly stand up next to you
and defend her still today,
'Cause there ain't no doubt I love this
land
God Bless the U.S.A.

God Bless the USA (Proud to be an American)
by Lee Greenwood

Direct Support Professionals Graduate



From left to right: Nellie Plummer, PA, A/B second shift; Tina Hafer, PLA, AB day shift; Terri Buchanan, PLA, ERS day shift; Lorene Blevins, PA, E/F day shift; Patsy Reedy, PA, ERS day shift; Karen Branson, PA, ERS day shift; and Teresa Easter, PA, C/D second shift

Human Resource Management and Development were the keynote speakers.

India Sue Ridout, DBHDS, Assistant Director, Human Resources and Workforce Development, Karen Poe, DBHDS Community Resource Consultant/Instructor, and Neila Gunter presented the Human Services Career Studies Certificates to the following SWVMHI staff members:

Helen Denise Blevins, ERS
 Lorene Blevins, EF
 Karen Branson, ERS
 Terri Buchanan, ERS
 Christina Hafer, AB
 Nellie Plummer, AB
 Patsy Reedy, ERS

Congratulations and job well done!

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

SWVMHI is proud to announce the graduation of seven psychiatric aides from the DSP Career Pathway, Level II. Graduation ceremonies were held on June 19, 2013, at Wytheville Community College in the Snyder Auditorium with a reception following.

Angela Lawson, Ed.S., WCC Vice President, Workforce Development, and Neila Gunter, Director, DBHDS

MARK YOUR CALENDARS

The Human Resources Office will host a confidential, diagnostic health screening on July 9, 2013, in the Rehab Building. Times for this event will be from 0600—1000 and from 1400—1700.

Check your email for details such as fasting rules, what to bring with you, and what tests will be performed.

Questions should be directed to the Human Resource Office by calling Extension 204, 289, 145, or 148.

Warning: “Package Delivery” Computer Virus



A common technique for luring email users into opening virus – laden attachments is to send messages that appear to be from FedEx, UPS, DHL, or the U.S. Postal Service.

The bogus message informs users about a package that was supposedly being sent that could not be delivered. The message invites the user to open an attachment, which actually harbors a malicious file that can invade your computer.



A mass mailing of this type is bound to hit some people who have actually sent or are expecting a package and thus could be enticed to click

on the attachment.

If you receive such an email and are in doubt, call or log on to the official website of the carrier in question. All three have placed warnings on their sites stating that recipients should NOT open the attachment and immediately delete the email. The carriers state that they do not notify their customers about deliveries in this manner.

~ www.snopes.com

Special Gym/Game Room Activities

Consumer Empowerment
Recovery Council (CERC)

July 25, 2013
1530-1600



Birthday Party

July 24, 2013
1800 - 2000
No Canteen

Church Services

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

Patient Activity Council (PAC)

July 25, 2013
1600 - 1630

Bingo

July 10, 2013
1830 - 2000



Movie Nights

July 1 and 2, 2013
July 15 and 16, 2013
and July 29 and 30, 2013
1830 - 2000



Splish Splash Event

July 25, 2013
1330 - 1500
Woodshop Courtyard
(weather permitting)



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.

Relay for Life

The 2013 American Cancer Society's Relay for Life – Smyth County, was held May 17, 2013, at the MSHS Track field. Thirty-three teams, 296 members participated, and \$70,881 was raised to fund further research for a cure for cancer. The Cure Whisperers, a team compiled mostly of members employed at SWVMHI, raised \$2,652.00 to date. The members include Dr. Judy Britt, Dr. Zetta Nicely, Jamie Hanshew, Kelsey Tibbs, Tara Brewster, Sue Eller, Laura Sperlazza, Kimberly and Mark Moss, Brandon Rotenberry, Donna Musick, Cindy Bushnell, and team captain, Roxane Evans. The Team held fundraisers/bake sales and sold opportunity tickets for chances on several donated items to raise funds this year. The winner of the "Ladies Spring Pamper Basket" was Rhonda Cress, ERS; Cancer Lap Quilt was Cheryl Price, A/B; and the winner of the Stained Glass Tulip Picture was Merle Obregon, Training Director.

The Cure Whisperers would like to thank Dr. Cynthia McClaskey for allowing us to hold our fundraisers in the lobby of the Bagley Building, and everyone who purchased merchandise, baked goods, opportunity tickets, and gave monetary donations to help us raise money for the American Cancer Society.

~ Roxane Evans

July Days to Celebrate



"Off the cuff" July holidays to celebrate:

July 2

Made In the USA Day

July 10

Teddy Bears' Picnic Day

July 11

Slurpee Day

July 13

National French Fries Day



July 20

National Lollipop Day

July 21

National Ice Cream Day

July 27

Take Your Houseplant for a Walk Day

July 29

Lasagna Day

July 30

Cheesecake Day



From the Library



Cell Phone Courtesy Month

Technology can be great, but I know I often have concerns about how to incorporate it into the real

world while still being completely appropriate and respectful to others. I'm sure a lot of other people like me who remember when some of this technology didn't even exist have similar questions about the etiquette involved, especially for cell phones. So now they have come up with a solution called Cell Phone Courtesy Month to promote this information.

According to wikihow.com, there are many rules for politely using a cell phone. They suggest trying to keep phone conversations private and to not disturb other people nearby. Ways to do this include not talking in an enclosed space, standing away from other people while on the phone, and not talking loudly or putting the phone on speaker as ways to prevent other people from hearing a phone conversation.

They also suggest that there are certain places where a cell phone should not be used. These include bathrooms, elevators, hospitals, taxis, and libraries. There are also situations that warrant cell phone abstinence including while one is in a movie theatre, watching a live performance, visiting relatives, during church services, weddings, and funerals, in a class or meeting, and while driving. In fact, it may be best to turn off the phone during these times. One rule of thumb might be while you are in face-to-face contact with someone such as hanging out with friends, on a date, in a meeting, in a class, or just simply within earshot, it's better to not be talking with someone else on the phone. These rules of etiquette can get us started using cell phones in a very positive way while not disturbing others.

New Books



We often receive religious books donated to the library and here are some of the new spiritual books that

are available for both staff and individuals we serve. A huge thank you to all of the staff who have been so generous with such great donations:

Have a Little Faith by Mitch Albom

Lord, I Want to Know You by Kay Arthur

Keeping the Faith by Tavis Smiley

Great Prophecies of the Bible by Ralph Woodrow

Spiritual Rx by Frederic Brussat

Get Thee Behind Me Satan by Joyce Meyer

Handbook of Religion and Health by Harold Koenig

Surfing the Himalayas: A Spiritual Adventure by Fredrick Lenz

The Journey to Wholeness in Christ by Signa Bodishbaugh

How to Know You're Saved by Donald Cole

Becoming a Woman of Faith by Cynthia Heald

Life is Tough but God is Faithful by Sheila Walsh

The Useful Proverbs by Kathy Collard Miller

How to Study the Bible for Yourself by Tim LaHaye



Living in Jesus by Thomas Nelson Publishers

Christ at the Coffee Shop: Collection of Short Stories by Nathan Ingram

Lord, I Want to Be Whole by Stormie Omartian

The Journey: How to Live by Faith ... by Billy Graham

The Unauthorized Guide to Choosing a Church by Carmen Renee Berry

Donations

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

Lesu Cole
Laurie Goral
Sheila Thomas
Gaynelle Davis
Mary Dotson
Regina Osborne
Robert Farmer
Dr. Cynthia McClaskey
Eugene Owsley
Betty Musser
Jan Barrom
Sue Eller

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

~ Christina Quillen
Librarian

NOTE: Several SWVMHI departments prohibit the use of cell phones while on duty at SWVMHI. Please know the rules for your work area.

Thank You!

First Aid Tip: Fainting



Fainting is a short period of time when a person stops responding and usually falls to the ground. Fainting occurs when not enough blood goes to the brain. A person who is going to faint may complain of weakness, or dizziness, may look pale, and stop responding.

Fainting occurs when someone has been sitting for a long period of time, has been looking down for a period of time, has a heart condition, is experiencing severe pain, or receives bad news.

After recognizing the first symptoms of fainting, make sure

the scene is safe. If the person is responding, have the person lie down. If needed, raise the person's feet to facilitate blood return to the brain. Call for help such as a Code Blue at SWVMHI or 911 and call for a first aid kit, if the person does not soon recover or stops responding. From the first aid kit, obtain the ammonia ampoule and pop it under the person's nose.



If the person has fainted and is beginning to respond, make sure they continue to lie down and stay with the person. Assess the person for injuries

from any fall to the floor. Have the ammonia ampoule handy, just in case. Call a code blue or 911, if it was not already called. Continue to monitor and assess the person until help arrives.

Lastly, administer CPR if the person remains unresponsive, stops breathing, or has no pulse if you are trained in CPR or use Hands-Only CPR (chest compressions), if you are not CPR trained.

~ Rebecca Sparger, RN, BSN
Training and Development
Coordinator



National Minority Mental Health Awareness Month JULY

Mental illness affects one in four American families, and people in diverse communities are no exception.

The U.S. Surgeon General reports that minorities are less likely to receive diagnosis and treatment for their mental illness, have less access to and availability of mental health services and often receive a poorer quality of mental health care. Furthermore, mental illness is a leading causing of disability, yet nearly two-thirds of people with a diagnosable mental illness do not seek treatment,

and racial and ethnic groups in the U.S. are even less likely to get help, according to the National Alliance on Mental Health (NAMI).

National Minority Mental Health Awareness Month offers organizations of all types and sizes a wonderful opportunity to create mental health awareness in diverse communities. The U.S. House of Representatives proclaimed July as this special month in 2008, aiming to improve access to mental health treatment and services through increased public

awareness, in honor of Bebe Moore Campbell who was an accomplished author, advocate, co-founder of NAMI Urban Los Angeles, and national spokesperson, who passed away in November 2006. Since then, many organizations have hosted a variety of events and activities in communities across the country each year.

For more information, please visit www.dbhds.virginia.gov/OHRDM-CLC.htm.

Swimming Safety

Remember when you were young and told not to swim for at least an hour after eating or you'd get stomach cramps and drown? And maybe you've told that to your children? The common belief that the blood going to your digestive tract after eating steals the blood needed to keep your arms and legs pumping during swimming is unfounded. While the body does supply extra blood to aid in digestion, it isn't enough to keep your arm and leg muscles from properly functioning. Perhaps our parents told us that so they could get some rest!



Summer is a special time for having fun in the water, yet drowning is a leading cause of unintentional death. Each year, more than 1,000 children under the age of 14 drown. Another 16,000 are rushed to hospitals for near-drowning.

Children ages four and under are at the greatest risk. A child can drown in as little as one inch of water. Most drowning occurs at home or in residential pools. Toys should be removed from a pool rather than allowed to float when "pool time" is over; leaving

toys floating or around the pool can tempt children to get back in the water later.

When you are planning to swim and/or be near the water with family, the Red Cross offers these safety tips:

- Swim in designated areas supervised by lifeguards.
- **Always swim with a buddy; do not allow anyone to swim alone.**
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- **Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.**
- Maintain constant supervision.
- **Make sure everyone in your family learns to swim well. Enroll in age-appropriate Red Cross water orientation and learn-to-swim courses.**
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.

- **Avoid distractions when supervising children around water.**
- If a child is missing, check the water first. Seconds count in preventing death or disability.
- **Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets, and a first aid kit.**
- Know how and when to call 9-1-1 or the local emergency number.
- **Enroll in Red Cross home pool safety, water safety, first aid, and CPR/AED courses to learn how to prevent and respond to emergencies.**
- Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- **Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.**



~ Safety Committee

Recovery Hero

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

Our recovery hero this month is Ellen Tilson, Unit Nurse Coordinator on the Geriatric Unit. Ellen was hired on September 7, 1992, and has worked in a variety of positions including RNCA, RNCB, and Staffing Nurse Coordinator.



Ellen has many outstanding qualities. One example is never having called in sick or

having missed a day of work, not even when she fell and broke her wrist last year. Ellen's work ethic is the strongest of any person that I have ever met. She comes in early, stays late, and rarely sits down in between. She helps take care of the individuals that we serve, she helps her coworkers, and she responds to codes. She always seems to be prepared for anything that happens.

Currently, Ellen is working to fill several nursing vacancies on the Geriatric unit. This is not an easy task, as she has been interviewing for weeks on end while still making her presence known on the unit.

TOVA teaches us that Relationship Building and working alliances are formed when

the individual respects, likes, and trusts us and believes we are committed to his welfare. The individuals that Ellen serves know she is committed to taking the best possible care of each of them. Her employees know she feels the same about them. As one employee simply stated, "Ellen is awesome."

Ellen is our Recovery Hero this month. Please congratulate her when you see her. We appreciate her hard work and dedication to the individual's we serve and to her coworkers.

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

CELEBRATE JULY!

**EMPLOYEE
RECOGNITION EVENT**

**ICE CREAM
FOR ALL!**



When: July 2

Time: 1400 — 1730

**Where: A freezer full of goodies at the front
entrance to the Bagley Building**

**Sponsored by: The Employee Recognition
Committee**

**THIRD SHIFT EMPLOYEES WILL HAVE ICE CREAM
TREATS DELIVERED TO THEIR WORK LOCATION**





From the Director, continued

and we are very, very grateful for their patience!



Why is an electronic health record important to us?

Implementing OneMind is one part of a broader strategy for coming together as a health care system that functions in a coordinated manner for the benefit of the individuals we serve, while recognizing the unique aspects of each facility. This approach is in line with current best practices of health care delivery, which call for making care for patient-centered. Rather than using paper records and more than 671 computer applications—491 of which are unique—OneMind will make it easier to share clinical information within and among our facilities.

Meaningful Use. The definition of "meaningful use" in terms of regulatory compliance is established by the Centers for Medicare & Medicaid Services

(CMS). Eligible hospitals must "implement one clinical decision support rule related to a high priority hospital condition along with the ability to track compliance with that rule." In addition, OneMind implementation is focused on a narrow set nursing and physician documentation solely on Ward K, for now.

The SWVMHI OneMind Implementation Team has been formed and has met several times in the last two months. As we relax from the flurry of the initial "Go Live" on Ward K, we will meet again to facilitate internal decisions, communicate with state-wide teams such as the Clinical Decision Team, and help develop and support training in preparation for the broader release and full functionality in November. Exciting times and a lot of hard work and collaboration still lie ahead. **Thanks to all who are working to ensure the success of this project!** ~Cynthia McClaskey

July, 2013 Promotion

Southwest Virginia Mental Health Care Employees

Enjoy one week free membership during the month of July. If you join in August, you will receive your initiation fee free.

For more information, contact:

Lifetime Wellness Center
1 Health Way
Marion, VA 24354
276-782-1199

Three New Traffic Laws effective July 1, 2013

Virginia moped owners will have to register their bikes with the state, though they will have until July 1, 2014, to meet this requirement. A moped is defined as anything with an engine smaller than 50cc and that goes 35 mph or less, and a motorcycle is anything that goes faster or has a bigger engine.

The second change involves a change for drivers under age 18. The new law states that drivers younger than 18 who have had provisional licenses for at least a year will be able to have up to three passengers younger than 21,



but only going to or from a school-sponsored activity or a licensed driver who is at least 21 is in the front passenger seat or in an emer-

gency. Currently, they can have up to three passengers younger than 18, without destination restrictions.

The biggest change in law makes texting while driving a primary offense, which means police can pull motorists over if they see them texting. Currently, drivers can be ticketed for texting only if police pull them over for another offense. The new law removes that requirement and stiffens the fines.

Drive safely!



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

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

Please submit articles for the next newsletter to Cheryl Veselik by July 22, 2013.

The next newsletter will be published August 1, 2013.