



APRIL 1, 2014

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Hidden

There is an Easter egg on every page in this edition, just like the one pictured here. Can you find all 14 of them?



From the Director

This month, I turn the column over to Ashley Untiedt, RN, who is serving as the SWVMHI OneMind Integrated Testing Coordinator. Ashley is also a SuperUser. Thanks Ashley!



SWVMHI Update

A little background information
Under the American Recovery and Reinvestment Act of 2009, all public and private healthcare providers and other eligible providers must adopt and demonstrate “meaningful use” of electronic medical records in order to maintain their existing Medicaid and Medicare reimbursement levels. An incentive program has been designed to help healthcare providers achieve “meaningful use.” There are two stages of meaningful use. In each stage there are objectives and deadlines that must be met. Penalties will be imposed on healthcare providers that do not implement electronic medical records and achieve meaningful use objectives and deadlines. The Virginia Department of Behavioral Health and Developmental Services (DBHDS) chose Siemens products and services to help in converting from the current “paper process” to an electronic health record. The Department’s system has been named “OneMind” because it is composed of many different systems operating together to produce one complete electronic health record.

The evolution of OneMind

The transition to an electronic health record actually began several years ago and has involved numerous steps and processes. One of these steps has involved making an effort to standard-

ize forms and certain processes across the hospitals of DBHDS. While there may always be some unique processes within each facility, we are designing one system to be utilized across the DBHDS. These standardized forms and processes were then used to design and build the initial “production” version of OneMind.

In late June, 2013, OneMind went “live” on Ward K at SWVMHI and in the medical units of the other two pilot hospitals, Western State Hospital (WSH) and Eastern State Hospital (ESH), in order to meet meaningful use standards. Because the system is not fully built or fully functional at this time, a hybrid system is in place; this means the information that is required for meaningful use is charted electronically while the remaining information continues to be documented in a paper chart. This initial version of OneMind is by no means a finished product as it is continuously undergoing changes and improvements with additional elements being added. The system is ever-evolving and will continue to undergo changes for years to come.

Behind the scenes

OneMind will go-live on all units in stages at each hospital. WSH will be the first facility to roll out its hospital-wide system on all its units, with ESH to follow second, and SWVMHI to roll out third. Work is being done behind the scenes every day at all levels in order to achieve a successful implementation. It’s impossible to provide a brief summary of all the work being done, but there are some key pieces of information. As mentioned before, the “production” version of OneMind is what is cur-

rently in use on Ward K. However, there is a separate version or “test” environment that exists as well. This “test” environment is where most of the changes in design and build are currently taking place. Two sessions of Unit Testing have been conducted over the last month involving representatives from all three pilot hospitals.

During these sessions, representatives from most clinical disciplines were tasked to review all forms, documents, assessments, and orders that are included with the system. Over 700 “problem tickets” have been submitted to the builders regarding recommended changes, additional assessments, further orders that need to be built, or things that need to be removed. These requests have been prioritized and are being addressed starting with the most critical issues first.

Coming soon

Large components of the system still need to be put into place, including things like Wi-Fi, additional hardware and devices throughout the facilities, an arm banding system, a scanning system, and so on. There are also pieces of the system currently in “build and test” mode that have not been put into place yet. Examples of these are Pharmacy pieces of the system with the Medication Administration Record (MAK), Health Information Management (HIM) components, and financial/billing modules. Instillation

Continued on page 4



SWVMHI Values:

One of the SWVMHI core values is Communication. Widely quoted research suggests that over 60 percent of our communication is non-verbal. Some research suggests the percentage to be as high as 93 percent. Regardless of the specific statistic, it is clear that even when we speak no words at all, we are communicating. How can this be? In addition to our words, we communicate with our gestures, our voice tone, our eyes, our facial expressions, our posture, and our touch.

We can also communicate by what we do not say. Some of us, perhaps most of us, are aware of the dangers found in the following scenario. One of the more difficult tasks in marital communications occurs when one party, while trying on a newly purchased garment, says to the other, "Do you think this makes me look too fat?" At this point, there are only seconds to spare to utter just the right combinations of words at just the right



tone of voice using just the right amount of body language. Otherwise, there could be a very long night ahead. I do not know about you, but I have yet to master this aspect of human verbal exchange with any degree of comforting consistency.

At SWVMHI, clear communication is a highly desired goal. Indeed, clear communication is so important that it is first in our list of SWVMHI Values. With so many different ways to communicate, it is no wonder that we cannot NOT communicate, especially when we run across the silent treatment. For example, when our colleagues ask us questions and we respond with silence,

what are we communicating to them? Are we simply not communicating? Hardly. Our silence may mean simply, "I do not know the answer to your question." However, it might also mean, "I am not going to answer because I am afraid to risk being wrong." Or perhaps, "I feel superior to you so I am not going to answer you."

If we are to stay true to our Value of clear Communication, we need to avoid the silent treatment. We need to take command of our non-verbal communication at least as much as we take command of our verbal communication. We need to be clear and precise in our interactions with others. We are always communicating.

~ James Moon, Ph.D.
Psychology Supervisor

HYBRID PLAN OPT-IN PERIOD ENDS APRIL 30, 2014, FOR CURRENT MEMBERS



All current Plan 1 and Plan 2 employees must complete the one-time, irrevocable election to opt into the Hybrid Plan by April 30, 2014. Eligible members should use the Hybrid Plan Calculator in [myVRS](#) to compare benefits. If you do nothing, your plan will remain as you are currently enrolled.

Click [here](#) for more information about the Hybrid Plan and whether or not it is right for you. Questions about your retirement benefits can also be directed to any member of the Human Resources Team by called Extension 204 or 363.

Chaplain's Corner

The month of April commemorates a wide variety of religious and secular observances. From the frivolous "April Fool's Day" on April 1, to the somber "Holocaust Remembrance Day" or "Yom Hashoah" on April 27, this month has days set aside that are significant with meaning that embraces the full range of human experience.

April 14 begins the eight day observance of Passover (Pesach), the Jewish remembrance of liberation from slavery in Egypt. For Christians, April 17 is known as "Maundy Thursday," an evening commemorating Jesus' commandment or mandate to observe the sacrament of communion. This is followed by "Good Friday" on April 18, a commemoration of the crucifixion of Jesus for the "good" of humanity. Easter is observed this year on April 20, recalling the resurrection stories as told by the four gospel writers.

Earth Day is observed on April 22, a day to reflect on environmental concerns and celebrate the gifts of nature that sustain all our lives.

April 23 is "Administrative Professionals Day," a time to acknowledge the important contribution administrative professionals make to the maintenance of world business and the promotion of economic growth.

April 27 is commonly referred to as "Holocaust Remembrance Day," a day to recall the victims of the Holocaust or Shoah (calamity). During this tragic period of history, countless millions of European lives were destroyed during the Nazi reign of terror in the 1930's through 1945.

The broad themes of laughter, spiritual reflection, celebration, gratitude, and empathy are vital elements to our

spiritual balance and positive contributions to our mental health. There is a passage in the Bible that states, "So teach us to number our days that we may get a heart of wisdom" (Psalm 90:12). Taking a day to focus on a building block of our well-being can provide us with a nurturing perspective so we can live life to the fullest.

Joseph Campbell once observed, "We cannot cure the world of sorrows, but we can choose to live in joy." May our days be filled with opportunities to enjoy a hearty laugh, feel something deeply, offer words of thanks, and share empathy with one another.

~ Timothy Graham, D. Min
Chaplain

From the Director (continued)

of these components will begin to take place over the upcoming months.

In the coming weeks, a process referred to as "Integrated Testing" will take place. Representatives from the three pilot facilities will come together and conduct thorough testing of the entire system as a whole. Many mock patient profiles have been created and entered into OneMind to enact potential scenarios that might take place during a patient's hospitalization. For example, one of the test patients may be newly admitted to the hospital, another may be a transfer from an admissions unit who becomes ill and is transferred to Ward K. While on K they may decline and require special hospitalization. The patient might then return and eventually transfer to ERS or Geriatrics. We need to see how the system responds to all of these processes, along with all the other day-to-day tasks that may be done while at our facility that might include things like: medication orders, lab orders, diet changes, monthly RSP, seclusion

and restraint, a fall, etc. All scenarios have to be tested in order to see if the system can accommodate the daily workflow. Problems encountered in these scenarios provide further opportunity to make changes in "design and build" stage.

Once Integrated Testing is successfully completed and the system is deemed ready for go-live on all units, the "test" environment will be pushed into "go-live production," beginning with WSH. Open houses and staff-wide training will be conducted at each facility before each "go-live." In the meantime, at SWVMHI the "production" version of OneMind will continue to be used on Ward K to meet meaningful use standards. Some workflow assistive devices have been developed to help with use and build skills working with the system.

Resources

➤ In the coming months, staff will be provided with training on OneMind. Courses

are currently available in the Knowledge Center and will be assigned for completion prior to SWVMHI go-live, which is projected near the end of summer. Some courses have already been identified and staff should be working on them. If you have questions, please discuss them with your Unit Nurse Coordinator or the SWVMHI Training Department.

- The OneMind Service Desk is available 24/7 by phone and email for problems using OneMind as it is currently implemented on Ward K. OneMind Information is posted at the Ward K nursing desk. Please report any problems related to Service Desk to Ashley Untiedt, RNCA on Ward K at ashley.untiedt@dbhds.virginia.gov
- Lisa Milburn, DBHDS RN Clinical Systems Analyst, is assigned to SWVMHI. She is available via phone and email. Her contact information is posted at the Ward K nursing desk.



The New Day Café to Sell Coffee



Over the past several months, a popular question throughout SWVMHI has been, “When will the New Day Café begin selling coffee?” While equipment

Several blends will be made available to staff at SWVMHI. Blanchard’s Latin American Breakfast Blend, a Dark as Dark blend of coffees from around the world, and Blanchard’s Fair Trade Organic Swiss Water Processed Peruvian Decaf - “chemical free from fruit to filter and roasted boldly.” The New Day Café will also serve freshly brewed Blanchard’s House Espresso Blend - espresso that is a textured blend of African and Latin American coffee.

may have appeared to sit idle as anticipation grew about exactly what kind of java would be available, the Rehab staff have been working behind the scenes to ensure that the best possible product is made available and that the experience of enjoying that perfect cup of Joe is just as satisfying.

Another exciting development for will be the availability of New Day Café coffee mugs. These items will be produced within the facility and, with each visit, customers will get a



discounted refill on their choice of coffee. Mugs can also be personalized and will be available in eight ounce and twelve ounce capacities. This is a perfect way to save money on visits, help the environment, and show support for The New Day Café.

The answer to the question at hand is here at last. Beginning April 28, 2014, The New Day Café will begin proudly serving Blanchard’s Coffee. Blanchard’s Coffee Co. is an independent, family-owned, craft coffee roaster located in Richmond, Virginia. Blanchard’s roasts in small batches with a hands-on approach ensuring each batch’s quality, consistency, and attention to the character of the coffee. The selection of this product was in compliance with all purchasing policies and the winner of a taste test. In bringing this quality product to SWVMHI, The New Day Café will present more than just a simple pick me up in the morning, but share a passion for coffee.

Come answer the question many have asked on Monday, April 28th. Opening at 0800, The New Day Café will remain open to staff until 0915, serve our individuals from 0930 to 0955 and reopen to staff at 1015. Regular hours of operation will be posted.

~ Jody Powers
Vocational Rehabilitation Supervisor

April Lunar Phases

April 7

First Quarter Moon

April 15

Full Moon, also called “Pink Moon” by Native Americans of New England and the Great Lakes because this time of the year Wildflowers (especially pink ground phlox) herald the newly arrived spring.

April 22

Last Quarter Moon

April 29

New Moon



Employee Assistance Program (EAP)

The EAP's role is to help people reduce the stress in their lives and achieve a healthy work-life balance. All health plans offered to state employees and their dependents include employee assistance programs. Included are sessions at no charge for such services as mental health, alcohol or drug abuse assessment, child or elder care, grief counseling, and legal or financial services. Up to four free counseling sessions with a licensed mental health provider are provided per incident each plan year. In addition, members may contact the EAP for 24/7 assistance with:

- Work/life balance and other issues of daily living
- Depression, grief, and mental health
- Work and family stress
- Substance abuse including drugs and alcohol
- Legal, financial and other consultation services, including credit monitoring, debt and budgeting assis-

- tance, mediation services
- Referrals and resources regarding child and elder care, comparison shopping, travel assistance, education resources, and more.
- Health
- Housing
- Spousal/child/parent abuse
- Workplace issues including career planning and retirement

You must be enrolled in the state benefit plan to obtain EAP benefits. Visit your plan's website (see end of this article for details) for features like articles, webinars, and other helpful tips.

In general, care must be authorized in advance. When you call the toll-free number, you will speak to an EAP specialist who will assess your problem and coordinate assistance. Should your problem require mental health or substance abuse care, you will be referred to a provider, under your mental health and substance abuse benefit. Your EAP specialist or

care manager will arrange a referral according to your specific needs.

Contact your plan's Member Services department for more information.

EAP Contact Information:

- COVA Care and COVA HDHP - Anthem BCBS
855-223-9277 or www.anthemEAP.com (Login: Commonwealth of Virginia)
- COVA HealthAware – Aetna
888-238-6232 or www.mylifevalues.com (Username: COVA / Password: COVA)

Questions about your health benefits can be directed to any member of the Human Resources Team by calling Extension 204 or 363.

~ Christie Allen,
Human Resources Analyst

Recovery Heroes

This month I thought it would be nice to describe some of the attributes you might see in our Recovery Heroes. I have created my own "top 10 list," but if you have others, please let me know and I will be glad to add them to the list.

1. Someone who is able to create a safe, supportive environment for the individuals that we serve.
2. An effective communicator who is respected by his or her coworkers and the individuals we serve.
3. Strong advocates for the individuals receiving services who are fluent in "people first" language.
4. Confident, credible, and solid role models for the individuals we serve.
5. Those committed to using early intervention skills and positive, nonphysical practices.
6. Someone experienced in providing services and supports.
7. Those who are knowledgeable about issues involving the individuals we serve.
8. Someone who knows that active listening is to be attentive to what the individual is saying both verbally and nonverbally.
9. One who knows that a therapeutic relationship must have rapport, trust, respect, genuineness, and empathy in order to truly be therapeutic for the individuals we serve.
10. An enthusiastic champion of promoting mental health by assisting people in their recovery.

If you see a Recovery Hero at work, let me know, that person might be next month's Recovery Hero.

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

Be yourself. Everyone else is already taken. ~ Oscar Wilde





Staff Development

Take advantage of the training Opportunities in April



When: April 1, 1200 -1245
Where: Dogwood Room
Program: "Examining the Problems and Advantages of Forgiveness,"
Presenter: Tim Graham

When: April 2, 1200 -1245
Where: Dogwood Room
Program: "Stanley and Iris" (Part 1),
Presenter: Sharon Neitch

When: April 3, 1200 -1245
Where: Dogwood Room
Program: "Stanley and Iris" (Part 2),
Presenter: Sharon Neitch

When: April 22, 1500 - 1600 and 1900—2000
Where: Dogwood Room
Program: "Domestic Violence: Don't Suffer in Silence"

Call Patricia Evans at Extension 854 to register in advance.

**DBHDS HIPAA
 DBHDS IT Security
 DBHDS DI703
 CAIs are normally due
 during the month of April.**

Please wait for notification from the Training Department before taking any of these CAIs.

Questions should be directed to any member of the Training Department.

How Do You Deal With Stress?

Today's world is full of everyday stress, from work, home, children's sporting events at school, health concerns, etc. But you don't have to let stress get you down. Try a few of these stress-busting strategies:

- Take five slow, deep breaths whenever you feel tense.
- Get some exercise each day to boost your energy level and improve your mood.
- Make time for relaxation - listen to music, work in the garden, play with a pet, or do something else you enjoy.
- Keep things in perspective - look for the humor in situations.
- Stretch and massage tight muscles to work out tension.
- Talk with a trusted friend instead of keeping frustrations bottled up.
- Plan and prioritize each day's activities and be realistic about what you can achieve.
- Surround yourself with positive, supportive people.
- Look on mistakes and difficult situations as opportunities for growth.
- Learn to accept change and be flexible.

April is Child Abuse Prevention Month



2014 marks the 40th anniversary of the Child Abuse Prevention and Treatment Act (CAPTA, P.L. 93-247), which centralized and expanded Federal efforts to prevent and respond to child abuse and neglect. The problems that children develop due to child abuse and neglect have negative impacts that ripple across the lifespan,

affecting children's chances to succeed in school, work, and relationships. The Children's Bureau supports the promotion of meaningful and measurable changes in children's social and emotional well-being.

National Child Abuse Prevention Month is a time to acknowledge the importance of families and communities working together to prevent child abuse and neglect, and to promote the social and emotional well-being of children and families.

During the month of April and throughout the year, communities are encouraged to share child abuse and neglect prevention awareness strategies and activities and promote prevention across the country.

The theme for this year's National Child Abuse Prevention Month and the 19th National Conference on Child Abuse and Neglect is "Making Meaningful Connections." When we make meaningful connections with the children, youth, and families in our communities, we can help parents build the knowledge and skills and access the resources necessary to raise happy and healthy children. Everyone can play a role in preventing child abuse and neglect and promoting child and family well-being.

For more information on what you can do help prevent child abuse, visit <https://www.childwelfare.gov/preventing/preventionmonth/get-involved/>.



PERSONNEL CHANGES

New Employees

Ashley "Brooke" May, PI4 Food Service Technician	Feb 10
Elizabeth Sharitz, Psychiatric Aide	Feb 10
Malissa Yingling, PI4 Patient Registrar	Feb 10
Ashley Armbrister, Patient Registrar	Feb 25
Cassandra Untiedt, PI4 Food Service Worker	Feb 25

Separations

Robin Coleman, Psychiatric Aide	Feb 9
Richard "Sam" Doane, Psychiatric Aide	Feb 14
Megan Hollandsworth, Registered Nurse Clinician A	Feb 14
Teresa Poe, Psychiatric Aide	Feb 21
Cindy Wright, Registered Nurse	Feb 21
Lonzo Lester, Fiscal Director	Feb 24
John O'Keefe, Food Operations Director (Retired)	Feb 24



MONTHLY PATIENT CENSUS

February
2014

Admissions 60
Discharges 54
Passes 11

Average Daily
Census
150

Promotions/Role Changes

Kayla Brooks, PI4 Food Service Technician to full time Psychiatric Aide	Feb 10
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A Prayer in Spring

by Robert Frost



Oh, give us pleasure in the flowers today;
And give us not to think so far away
As the uncertain harvest; keep us here
All simply in the springing of the year.

Oh, give us pleasure in the orchard white,
Like nothing else by day, like ghosts by night;
And make us happy in the happy bees,
The swarm dilating round the perfect trees.

And make us happy in the darting bird
That suddenly above the bees is heard,
The meteor that thrusts in with needle bill,
And off a blossom in mid air stands still.

For this is love and nothing else is love,
The which it is reserved for God above
To sanctify to what far ends He will,
But which it only needs that we fulfill.



Word Search

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



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

April

Arbor Day

baseball

Earth Day

Easter

flowers

galoshes

garden

golf

Pony Express

raincoat

robins

showers

spring

sunshine

taxes

trees

umbrella



Special Gym/Game Room Activities

Consumer Empowerment
Recovery Council (CERC)
April 24, 2014
1515 - 1545



Movie Nights
April 14 and 15, 2014
1830—2000

Jeopardy
April 29, 2014
1830—2000

Patient Activity Council (PAC)
April 24, 2014
1545 - 1615

Birthday Party
April 23, 2014
1800 - 2000
No Cafe



Bingo
April 9, 2014
1830 - 2000



Victory Garden
Event
April 24, 2014
1330 - 1500

Church Services
Church Services are held each
Thursday from 1830 - 1930
No Cafe

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



Health Benefits Open Enrollment - May 2014

Open Enrollment for health benefits and flexible spending accounts (FSAs) will be May 1 – May 23, 2014. During this time, health care eligible employees may change plans, add or remove family members from coverage, waive state health coverage, and/or elect a Flexible Spending Account. Look for additional information in April on any changes to health coverage and premiums. For general information about your health plans, visit the Employee Benefits site at <http://www.dhrm.virginia.gov/employeebenefits.html>.

April Days to Celebrate

“Off the cuff” April holidays to celebrate:

April 3
Find a Rainbow Day



April 6
Hostess Twinkie Day

April 7
Taters Day

April 10
Safety Pin Day



April 12
Grilled cheese Sandwich Day



April 17
High Five Day

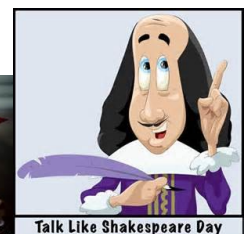
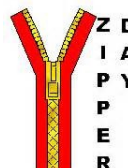


April 22
National Jelly Bean Day



April 23
Talk like Shakespeare Day

April 29
Zipper Day



Administrative Professionals Week

Administrative Professionals Week, always held annually during the last full week of April, is April 20—26, 2014. Administrative Professionals Day is held the Wednesday of that week.

The International Association of Administrative Professionals (IAAP) created National Secretaries Week (now Administrative Professionals Week) with two objectives in mind: to recognize "the secretary, upon whose skills, loyalty, and efficiency the functions of business and government offices depend," and to call attention "through favorable publicity, to the tremendous potential of the secretarial career."

Since 1952, the IAAP has honored office workers by sponsoring Administrative Professionals Week. It is now one of the largest workplace observances outside of employee birthdays and major holidays.

Today, there are more than 4.1 million secretaries and administrative assistants working in the United States, according to U.S. Department of Labor statistics, and 8.9 million people working in various administrative support roles. Millions more administrative professionals work in offices all over the world.

IAAP defines administrative professionals as "individuals who are responsible for adminis-

trative tasks and coordination of information in support of an office-related environment and who are dedicated to furthering their personal and professional growth in their chosen profession."

Research shows that many workers around the world still hold the "secretary" job title; however, many alternative titles have become more popular, such as administrative assistant, office coordinator, administrative specialist, executive assistant, and office manager.

SWVMHI recognizes and appreciates all of its administrative professionals working across the facility in every department.

First Aid Tips: Seizures



Seizures usually happen when there is altered brain function. Seizures are marked by sudden, usually brief, attacks of altered consciousness, unusual motor activity, or altered sensations. In the old days they might have been called convulsions or fits. Convulsive seizures are the most common form, but not all seizures involve convulsions.

Seizures can involve a brief loss of responsiveness without convulsions and are nearly undetectable; still others could involve one side of the body with jerking or uncontrolled motion of a body part or parts; still other types of seizures involve long periods of vigorous shaking, loss of consciousness, contraction of muscles, possible loss of bowel or/and urinary continence, a cry as respiratory muscles contract, and amnesia of the event. Some people report an aura with visual or sensory hallucina-

tions just prior to the seizure while others have no warning signs. If there is an aura, then precautions can be taken.

Not all seizures are a result of altered brain function. Some seizures occur when an individual's blood sugar drops; they experience a head injury; they have a heat related injury; they have ingested poisons; or are exposed to flashing, bright lights; and, particularly in children, seizures can be a result of a high fever.

The first step is to make sure the scene is safe. During the seizure, the individual must be protected from harm. This involves moving furniture or hard objects out of the way, protecting the individual's head with a pillow or cradling it, and loosening tight clothing. Someone should call the emergency response system or 911. Someone should stay with the individual during the seizure and should allow the indi-

vidual to seize safely. Rescuers should not try to hold the individual down, force anything in the mouth, or in any way attempt to control the seizure.

When the individual has stopped seizing, the rescuer should turn the individual onto their side to allow for drainage of saliva, and for the tongue to fall away from possibly obstructing the airway.

Afterwards, the individual may be confused, sleepy, or just drift into sleep after the seizure without really waking up. Should the person need CPR, although unlikely, be prepared to administer it or give Hands-Only CPR (just compressions). If the individual is awake, offer comfort and support. Lastly, stay with the person until more advanced help arrives.

~ Rebecca Sparger, RN, BSN
Training Coordinator

April is Occupational Therapy Month



Occupational Therapy enables people of all ages to live life to its fullest by helping them promote health, prevent—or live better with—injury, illness,

or disability. It is a practice deeply rooted in science and is evidence-based, meaning that the plan designed for each individual is supported by data, experience, and “best practices” that have been developed and proven over time.

Occupational Therapists and Occupational Therapy Assistants focus on “doing” whatever occupations or activities are meaningful to the individual. The purpose of occu-

pational therapy is to get beyond problems to the solutions that assure living life to its fullest. These solutions may be adaptations for how to do a task, changes to the surroundings, or helping individuals to alter their own behaviors.

Strategies and modifications are customized for each individual to resolve problems, improve function, and support everyday living activities. The goal is to maximize potential. Through these therapeutic approaches, occupational therapy helps individuals design their lives, develop needed skills, adjust their environments (e.g., home, school, or work) and build health-promoting habits and routines that will allow them to thrive.

By taking the full picture into account—a person’s psychological, physical, emotional, and social makeup as well as their environment—occupational therapy assists clients to do the following:

- Achieve goals
- Function at the highest possible level
- Concentrate on what matters most to them
- Maintain or rebuild their independence
- Participate in daily activities that they need or want to do.

SWVMHI recognizes and appreciates its three Occupational Therapists: Sharon Neitch, Sharon Brown, and Vicki Legg. Thank you for all you do!

Medical Laboratory Professionals Week



Medical Laboratory Professionals Week, which is April 20—26, 2014, is an annual celebration of the laboratory

professionals and pathologists who play a vital role in every aspect of health care. Since they often work behind the scenes, few people know

about the critical testing they perform every day. Medical Laboratory Professionals Week is a time to honor the more than 300,000 medical laboratory professionals around the country who perform and interpret more than 10 billion laboratory tests in the US every year.

The theme for the week, *Laboratory Professionals Get Results*, demonstrates

the close ties between correct diagnoses in the laboratories and the best outcomes for patients.

SWVMHI recognizes and appreciates its Lab Staff: Becky Barker, Lab Director, Laboratory Technicians Jeane Hutton and Crystal Billings, and Administrative Assistant Tina Hamm. Thanks for all you do!

Earth Day is April 22

Every year on April 22, over a billion people in 190 countries take action for Earth Day. From San Francisco to San Juan, Beijing to Brussels, Moscow to Marrakesh, people plant trees, clean up their communities, contact their elected officials, and more—all on behalf of the environment.



Like Earth Days of the past, Earth Day 2014 will focus on the unique environmental challenges of our time. As the world’s population migrates to cities, and as the bleak reality of climate change becomes increasingly clear, the need to create sustainable communities is more important than ever. Earth Day 2014 will seek to do just that through its global theme: *Green Cities*. With smart investments in sustainable technology, forward-

thinking public policy, and an educated and active public, we can transform our cities and forge a sustainable future. Nothing is more powerful than the collective action of a billion people.

To find out more about what you can do for the Earth, visit <http://www.earthday.org/greencities/action/>

From the Library

National Library Week happens every April, typically the second full week (April 13-19 this year). It happens during school library month and it includes several library-related special events including National Library Workers Day, National Bookmobile Day, and Support Teen Literature Day.

The American Library Association celebrated the first National Library Week in 1958 to encourage people to read and use libraries after research showed that people were spending more time and money on televisions and radios than on books.



This year's theme is "Lives Change @ Your Library." That applies particularly to our library because the individuals we serve are all in the process of changing their lives. Recovery is a huge change and the books and materials we have in our library, when used

by either staff or the individuals we serve, can help that change be as positive and productive as possible. We are not just here for entertainment purposes, although we do offer a wide assortment of fiction. We have a large self-help section and an entire professional library for our staff. Together, we can all help the individuals we serve make positive and productive changes that lead to a happier and more fulfilled life.



Following is a list of some new novels we received in the library recently:

Child of my Heart by Alice McDermott

The Gathering by Anne Enright

The Middle Place by Kelly Corrigan

Midwives: A Novel by Chris Bohjalian

The Divide by Nicholas Evans

The Choice by Nicholas Sparks

Bluefeather Fellini by Max Evans

Suite Francaise by Irene Nemirovsky

Soul Kiss by Shay Youngblood

The Devil's Toenail by Sally Prue

Picture Maker by Penina Keen Spinka



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

- Derek Davis
- Dr. Jim Moon
- Brandy Thomas
- Gaynelle Davis
- Christy Hall
- Laurie Goral
- C. J. Copenhaver

Also, thank you for the many anonymous cards, magazines, and books donated as well as anyone I may have accidentally left off the list.

~ Christina Quillen
Librarian

TREES

by: Joyce Kilmer (1886-1918)

I think that I shall never see
A poem lovely as a tree.
A tree whose hungry mouth is prest
Against the earth's sweet flowing breast;
A tree that looks at God all day,
And lifts her leafy arms to pray;
A tree that may in Summer wear
A nest of robins in her hair;
Upon whose bosom snow has lain;
Who intimately lives with rain.
Poems are made by fools like me,
But only God can make a tree.

Celebrate Arbor Day



Plant A Tree
April 25, 2014



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



						R													E	
	S	R	E	W	O	H	S			T	A	O	C	N	I	A	R			
					B				A									S		
	F		F		I			X											T	
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Please submit articles for the next newsletter to Cheryl Veselik by April 21, 2014.

The next newsletter will be published May 1, 2014.