



In this Issue

Values	2
New Kronos	4
Chaplain's Corner	5
Recovery Hero	6
Game Room Activities	9
Henderson Update (photos)	11
Backpack Program	12
Human Resources Corner	15

From the Director

Best Praise Guarantee

From the next room, I heard what I thought was a very unique commercial on TV, one offering a "Praise Back Guarantee." What a great concept, I thought to myself! Of course, that's not what was really said. It was more along the lines of Best Price Guarantee – if you buy our goods or services, we will guarantee your money back if you are not satisfied or if you find a better price – within the rules of the game, that is.

From hotels deals and airlines flights, from grocery stores to leather motorcycle bags, from better relationships to grave-stones, we are sold on products with slogans such as "The Double Price-Back Guarantee That Works Because I Tried It Today!" Consider the "Incredible Promotional Low Price That Includes A 30-day Full Price Back Guarantee for Added Customer Contentment!"

But I like Best Praise Guarantee.

I imagine that all our interactions with others are guided by inspirations like "All of our services come with a unique Praise Back Guarantee." "We are so confident that our praises cannot be beat that we are backing that statement with a Best Praise

Guarantee." Or "You are worth investing in! Especially when you can invest risk free with our 30-day Praise Back Guarantee!"

My morning interactions would start with a smile and a praising of the glorious day, whatever the weather. I would share with those on my work team the specific ways in which I recognize their contributions toward our Mission and Vision that have occurred that minute, that day or week or month. Acknowledgments as to how each is specifically following the Values of SWVMHI would follow.

Are you Communicating well and appropriately? I let you know and I thank you! Is there Honesty with Compassion in your words and actions today? Hooray, we are moving toward a trauma-informed, recovery-oriented, coercion-free environment! Can I Trust that you are Accountable in your duties, so that I am free to focus on mine? Yes? Yay! Do you balance good Teamwork with Self-Initiative? Are you demonstrating Leadership, in all ways and even in the small ways that might seem insignificant but are not. Because we know that atoms may be small, but no molecule can do without them,

and the universe cannot do without molecules. So Day to Day Tasks are the building blocks of excellence. My actions and my words praise your good work. And so it follows that as we recognize each others' actions, it becomes easy to recognize how an individual we serve is making progress in small or large ways, and to share our Best Praise Guarantee.

There are always opportunities for improvement and, yes, sometimes we do have to give pointed feedback. But if we focus on the recognition of all the words and actions that are going right, we'll have a "No Quibble Praise Back Guarantee."

Praise, pass it along!



Hidden

There is a sun on every page in this edition, just like the one pictured here. Can you find all 17 of them?





SWVMHI Values

Lead the SWVMHI Values as if Nobody's Watching

Do you recognize this quote?

*"You've gotta dance like there's nobody watching,
Love like you'll never be hurt,
Sing like there's nobody listening,
And live like it's heaven on earth."*

You probably have seen at least a portion of this quote on a tee shirt, a bumper sticker, etc. The quote is from Dr. William W. Purkey, an educator who is a leader in the area of invitational leadership. His book, *Becoming an Invitational Leader*, argues that it is time to forge a new kind of relationship with others based on dialogue, respect, and collaboration. Highly successful leaders



who have practiced invitational leadership include John Dewey, Thomas Jefferson, and F.W. Woolworth. They were leaders who held a strong belief in the importance of respect in all human interaction as well as faith in the self-directing powers of the individual.

Invitational leadership shifts the leader's focus from emphasizing control and dominance to focusing on connectedness, cooperation, and communication.

Invitational leadership aims at "inviting" all interested stakeholders to succeed. It involves sending positive messages to people, making them feel they are valued, able, responsible, and worthwhile.

Does this sound like Recovery principles to you? It should. The SWVMHI Values go hand-in-glove with Recovery principles and the invitational leadership approach.

One of the SWVMHI Values is Leadership. So, lead the SWVMHI Values as if nobody's watching. (The chances are good that you will be seen.)

~ James Moon, Ph.D.
Psychology Supervisor

Flag Day



The American flag is considered a symbol of patriotism and dedication to American ideals. It is one of the oldest national emblems — even older than Great Britain's Union Jack. The flag's appearance has been changed 26 times throughout history, usually to accommodate the addition of new states.

The Continental Congress adopted an official design for the national flag on June 14, 1777, approximately 11 months after the signing of the Declaration of Independence. Tradition says that Betsy Ross is credited with making the original 13 stars and 13 stripes banner in Philadelphia; however, there is no real proof that she was the true seamstress. The stars represented the constellation of the state rising in the west. The blue background stood for the virtues of vigilance, perseverance, and justice. The stars were in a circle to represent the perpetuity of the Union. The 13 stripes stood for the 13 original colonies. The color red symbolized the newly formed country's defiance and daring. The white symbolized purity and liberty.

June 14 is Flag Day in the United States, but only the Commonwealth of Pennsylvania observes Flag Day as a legal holiday. It is a time to honor our national emblem, and teach flag etiquette. For example, a flag should ordinarily only be allowed to fly after sunrise and taken down before sunset. When it is raised or lowered, it must not touch the ground or the deck of a ship. When the flag is placed at half-mast for the dead, it must be hoisted first to the top of the staff, then lowered into place. No other flag should be placed above it. Nothing should ever be placed on the flag or attached to it, and the actual flag should never be used for decoration or advertising purposes.

~ www.brownielocks.com/flag.html

Rehab Department News



May arrived with some very hot days and then some very cold nights! Some folks even saw some frost after mid May.

For the 2014 National Mental Health Awareness Week, a group from Southwest Virginia sponsored its 11th Annual Mental Health Awareness Day at Emory & Henry College on May 16, 2014, from 1000 to 1400 hours. Composed of representatives from six community mental health services boards, the Southwestern Virginia Mental Health Institute, and Emory & Henry College, the event attracts nearly 400 people in recovery from the region for a day of education, fun, and networking. This year's theme was "Celebrating Wellness and Recovery."

Participants started the day by registering at a wellness booth staffed by the Southwestern Virginia Mental Health Institute. The display provided exercises and information to build a daily wellness routine. Emceed by officers of the Regional Consumer Empowerment and Recovery Council (R-CERC), and sponsored by the Southwestern Virginia Mental Health Board for Regional Planning, the event featured a storyteller, a pasta

luncheon, and music. Special entertainment was provided by the Cumberland Mountain Community Services Board Taco Choir and Unspoken Band, both staffed by people in recovery and featuring popular songs by sound and by sign language. Seventeen individuals from SWVMHI participated in Mental Health Awareness Day 2014. A great day was had by all in attendance!

The May special activity for the individuals we serve was a May Day event. There were various activities, such as painting with watercolor, horse racing, and also a snack was provided.

The Rehab Department held a fundraising sale with a Mother's Day theme on May 8, 2014. Items for sale were created by individuals in groups with staff assistance. There was also a plant sale that day. Proceeds go to support special activities and other needed items for the individuals we serve. This event went well and a big thanks to all for their continued patronage.

Father's Day is around the corner (June 15). We will have the next fundraiser on June 12 from 1445 – 1545 in the Front Lobby of the Bagley Building. We will have

many wonderful items handmade by individuals we serve for the sale. Please come shop and support those we serve!

Two individuals represented SWVMHI at the R-CERC meeting held at Hungry Mother Park on May 21, 2014. We currently have three individuals who participate in R-CERC. Monthly CERC meetings are held at SWVMHI following the special activity. There are also monthly Patient Activity Council meetings held so that individuals are able to decide on the next month's special activity.

Treasure Seekers continues to be open for business on Tuesdays and Thursdays from 1445 to 1530. Treasure Seekers is located in the B Building. There are many new items available for purchase. Individuals we serve work in Treasure Seekers in a paid Vocational Program position and always look forward to attending to customers. Please come by and take a look at all of the new goodies!

~ Sheila Thomas,
Rehab Specialist

Sun Safety



The Sun Safety Alliance (SSA) is dedicated to reducing the incidence of skin cancer and creating national awareness of this important health issue in America. SSA believes that a concerted focus on skin cancer prevention, education, and awareness is the only way to change generations of behavior and lifestyles.

The Sun Safety Alliance offers the following Sun Safety Tips:

- ★ Insect repellants reduce sunscreen's SPF by up to 1/3. When using a combination, use a sunscreen with a higher SPF.
- ★ Over exposure to the sun's harmful rays can result in sunburns, which increase your risk of developing skin cancer. Therefore, check you local UV Index, which provides important information to help you plan your outdoor activities in

ways that prevent overexposure to the sun. The UV Index forecast is issued each afternoon by the National Weather Service and EPA.

- ★ Seek the shade whenever possible. The sun's UV rays are strongest between 1000 and 1600 so remember the shadow rule when in the sun. If your shadow is short, it's time to abort and seek the shade.
- ★ Don't be deceived by color or cost of sunglasses. The ability to block UV light is not dependent on the darkness of the lens or the price tag. While both plastic and glass lenses absorb some UV light, UV absorption is improved by adding certain chemicals to the lens material during manufacturing or by applying special lens coatings.

Always choose sunglasses that are labeled as blocking 99-100 percent of UV rays. Some manufacturers' labels say, "UV absorption up to 400nm." This is the same thing as 100 percent.

- ★ Sunburn doesn't only happen during the summer. Water, snow, and sand reflect the damaging rays of the sun, which can increase your chance of sunburn. Protect yourself year round by using sunscreen with protection from both UVA and UVB rays, and an SPF of 15 or greater. Wear protective clothing, sunglasses, and sunscreen on all exposed areas of your skin whenever possible. Block the Sun, Not the Fun!

~ www.sunsafetyalliance.org

New Kronos

For several weeks, timekeepers and supervisors have been learning the new Kronos (Workforce) and comparing everyone's time in Workforce to old Kronos (TKC). They have received training and have been practicing in the new system, leave balances have been loaded, and payroll has been comparing the systems for pay accuracy.

We are nearly ready to leave TKC behind and move forward with Workforce. What does that mean to employees? That means you will soon be able to check your own timecard and view your leave balances in real time. An email with the web address and instructions on how to access Workforce and pull up your own timecard will be coming to your email box very soon.

Once you access your timecard, you may see things appear that you don't understand. You can always check with your timekeeper, but also be on the lookout for helpful hints in your email as well as the newsletter.

Please be patient with your timekeeper, as he or she is getting used to a very different system. It looks different, it acts different, and has a lot more information than TKC. And new things take time to fully learn.

If you have concerns or questions that your timekeeper or supervisor cannot answer, please feel free to contact the Kronos Implementation Team for assistance as well. We have an email address in Outlook.

~ Kronos Implementation Team

Dogwood Discussions

Dogwood Discussions (inclement weather) Terrace Talks (nice weather) are planned monthly, usually the first Tuesday or Thursday from 1200 noon to 1245.

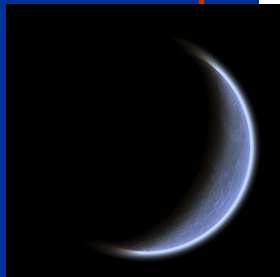
If you have a topic you would like to discuss or share, please call or email the Training Department to reserve a time for your discussion!



Many of you may remember that Elizabeth Bruzzo, staff attorney with Legal Aid here in Marion, gave several most informative, insightful talks in April on the topic of Domestic

Violence. She spoke of her work with victims/survivors of Domestic Violence, the ways she and her office offer help, the resources that are available, what constitutes Domestic Violence and many things that can be done to stop the violence. As we all know, Domestic Violence knows no boundaries.

Bring your lunch and come join us Thursday, June 5 at 1200 noon in the Dogwood Room of the B Building for a continuing discussion on Domestic Violence. You never know how you may be the instrument that helps break the cycle of Domestic Violence.



June Lunar Phases

June 5

First Quarter Moon

June 13

Full Moon, also called "Strawberry Moon" by Native Americans of New England and the Great Lakes because at this time of the year, the strawberry has ripened.

June 19

Last Quarter Moon

June 27

New Moon



Chaplain's Corner



A recent study published in the May 16, 2014, online issue of the *American Journal of Psychiatry* reports that mindfulness training has been employed by the U.S. Marine Corps to assist military personnel prepare for and recover from stressful combat situations. The study suggests that incorporating meditative practices into pre-deployment training may reduce stress related health problems including depression, anxiety, and PTSD (*Science Daily, May 16, 2014*).

Mindfulness originated as a Buddhist spiritual practice that has been adapted for mental health purposes. In 1979 Jon Kabat-Zinn developed an eight week program to assist patients in a chronic pain unit who were not finding relief from their symptoms with medication. Since that time, over 250 hospitals have used variations of this program to support the recovery of people dealing with stress, pain management, depression, and anxiety. The focus of mindfulness is to enhance awareness of our response to stimulus, thus reducing stress and anxiety due to our choice of more productive reactions. According to Dr. Martin Paulus, senior author of the current study, "... mindfulness won't make combat easier...it can help Marines recover from stress and return to baseline functioning more quickly."

Victor Frankl once observed, "Between stimulus and response there's a space, in that space lies our power to choose our

response. In our response lies our growth and our freedom." The ability to choose our response when we reflect on a situation or memory can empower us to employ creative solutions for problem solving. I often think that is the primary function of prayer; a quiet moment, reflecting deeply on an issue, organizing our thoughts, weighing our options, recalling our resources, and yielding to the best within us to move forward.

I have always appreciated a prayer entitled "Prayer at the End of a Rope" by the American poet Ogden Nash (1902-1971). He was popularly known for his comic verse, humorous poetry, and unique perspective on life. Exploring ways to redirect our thoughts, express our worries, ease our anxieties, and find a way to smile may help our sense of mindfulness as we face the challenges we encounter in life.

PRAYER AT THE END OF A ROPE

Dear Lord, observe this bended knee,
This visage meek and humble,
And heed this confidential plea,
Voiced in a reverent mumble.

I ask no miracles nor stunts,
No heavenly radiogram;
I only ask for once, just once,
To not be in a jam.

One little moment thy servant craves
Of being his own master;
One placid vale between the waves
Of duty and disaster.

Oh, when the postman's whistle shrills
Just once, Lord, let me grin:
Let me have settled last month's bills
Before this month's come in.

Let me not bite more off the cob
Than I have teeth to chew;
Please let me finish just one job
Before the next is due.

Consider, too, my social life,
Sporadic though it be;
Why is it only mental strife
That pleasure brings to me?

For months, when people entertain,
Me they do not invite;
Then suddenly invitations rain,
All for the self-same night.

R.S.V.P.'s I pray thee send
Alone and not in bunches,
Or teach me I cannot attend
Two dinners or two lunches.

Let me my hostess not insult
Not call her diamonds topaz;
Else harden me to the result
Of my fantastic faux pas.

One little lull, Lord, that's my plea,
Then loose the storm again;
Just once, this once, I beg to be
Not in a jam. Amen.

(Ogden Nash)

~ Timothy Graham, D. Min.
Chaplain



We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.

~ Maya Angelou
1928 - 2014





Staff Development

Take advantage of the training Opportunities in June

When: June 3, 1300 - 1700

Where: Computer Lab

Program: MAK/OneMind Training

When: June 4, 0700 - 1100
and 1800 - 2200

Where: Computer Lab

Program: MAK/OneMind Training

When: June 5, 1130 - 1530

Where: Computer Lab

Program: MAK/OneMind Training

Call Patricia Evans at Extension 854 to register in advance.

Infection Control and Hazardous Waste Disposal CAIs are due during the month of June.

Please log into the Knowledge Center today and take your required CAIs.

Questions should be directed to any

Recent Surveys

SWVMHI has experienced a number of surveys lately:

On May 2, 2014, the Virginia Board of Pharmacy conducted an unannounced inspection with no deficiencies.

On May 6, 2014, The Virginia Department of Health conducted its annual unannounced Radiology Inspection with no deficiencies.

On May 20-22, 2014, the Virginia Department of Health conducted its annual unannounced Medicaid survey of Ward E with three minor deficiencies.

Thank you to the hard work and dedication to keeping SWVMHI safe and for providing excellent care to the individuals we serve. Great Job!



FATHER *daddy*
Pops RELIABLE
leader DAD
P *role model*
INSPIRING
generous old man
PAPA *caring*

Happy
Father's
Day

Recovery Hero

A Spotlight on Our Employees Using TOVA Skills and Assisting People with Their Recovery

In April an individual was admitted with a diagnosis of Major Depressive Disorder. This individual had suffered many recent losses and presented as hopeless, helpless, and unable to care for herself. The individual refused numerous meals, had poor fluid intake, and many days she didn't have the energy or desire to get out of bed.



Elizabeth (Liz) Stamper, PA, approached the Treatment Team and asked if she could take this individual off the ward to show her the Dining Room, Canteen, Library, and Courtyard. The Team agreed and the psychiatrist wrote the order for Escorted Leisure Privileges inside with staff as available. With much encouragement the individual got out of bed and agreed to walk with Liz to visit these places. Over time, the individual started talking to Liz during their walks. The walks along with Liz's empathy and support seemed to be a turning point for the individual

as she began to get out of bed on her own, eat at meal times, and take care of her own daily living skills. Over the next few weeks the individual's recovery continued and five weeks from the date of admission she was discharged home to be with her family.

Liz was instrumental in the recovery of this individual as she encouraged, empowered, and advocated for the needs of this individual. Marcy Kirk, Team Nurse, stated that Liz's persistent encouragement and going the extra mile is an excellent example for others when assisting individual's in their recovery.

Because she exemplifies the mission, vision, and values of this facility in her daily interactions with others, Liz Stamper is our Recovery Hero this month. Please congratulate Liz when you see her, we are glad she is a part of our team.

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



PERSONNEL CHANGES

New Employees

Desiree Cantrell, Psychiatric Aide	Apr 10
Chase Joines, Psychiatric Aide	Apr 10
Angela Lamie, Psychiatric Aide	Apr 10
Denise Rashad, Psychiatric Aide	Apr 10
Melissa Castle, Fiscal Director	Apr 25
Danielle Grogan, Clinical Social Worker	Apr 25

Separations

David Mumpower, Clinical Social Worker	Apr 9
Donna Musick, Recreation Therapist	Apr 9
Christie Allen, Human Resources Consultant	Apr 12
Patricia Boland, PI4 Registered Nurse	Apr 14
Bertha "Gail" Hilderbrand, PI4 RNCB	Apr 14
Kristin Gardner, Psychologist	Apr 24

Promotions/Role Changes

Rhonda Roten, Psychiatric Aide to Rehab Specialist-Education	Apr 10
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MONTHLY 
PATIENT
CENSUS

April
2014

Admissions 65

Discharges 69

Passes 12

Average Daily

Census

146

"I've learned that people will forget what you said, people will forget what you did, but people will NEVER forget how you made them feel."
 Maya Angelou



Word Search



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

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

- | | | | |
|-----------|----------|--------------|--------------|
| beach | bugs | camping | Father's Day |
| fishing | fun | graduation | Grill |
| ice cream | June | lake | lemonade |
| picnic | pool | school's out | summer |
| sun | swimming | vacation | wedding |

Special Gym/Game Room Activities

Consumer Empowerment
Recovery Council (CERC)
June 26, 2014
1515 - 1545



Movie Nights
June 9 and 10, 2014
1830—2000



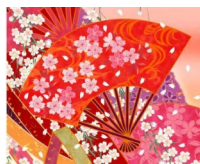
Pool Tournament
June 18, 2014
1830—2000

Patient Activity Council (PAC)
June 26, 2014
1545 - 1615

Birthday Party
June 25, 2014
1800 - 2000
No Cafe



Bingo
June 4, 2014
1830 - 2000



Asian Traditions
June 26, 2014
1330 - 1500

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

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.



June Days to Celebrate



“Off the cuff” June holidays to celebrate:

- June 1**
Say Something Nice Day
- June 6**
Drive-In Movie Day
- June 7**
Turtle Races Day
- June 13**
Banana Split Day



- June 20**
National Flip Flop Day
- June 23**
Let it Go Day
- June 25**
National Catfish Day
- June 26**
National Canoe Days
- June 28**
Great American Backyard Campout





Clinician's Corner

Hope is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops at all.
~ Emily Dickinson

On Thursday and Friday May 29 and 30, 2014, the DBHDS Recovery Forum II was held in Richmond. SWVMHI had four invited participants: Sue Eller, Cynthia McClaskey, Jody Powers and Brandy Thomas. The theme of the keynote, provided by Dr. Arthur Evans, Commissioner BHIDS, Philadelphia, was transformation to recovery. Recovery is an evidence based practice, it instills hope, and connects people to their community. When a system is transformed, the evidence can be seen when the locus of care shifts to the community, there is efficient use of resources, crisis services are accessed easily, and are needed less frequently. In addition, people with lived experience are highly visible and

have a voice in all aspects of service delivery. It is important the recovery and resilience are the stated goals and present in all levels of care. Prevention and early intervention are emphasized and systematically incorporated into the system.

In support of furthering the transformation of Virginia's behavioral health system, Dr. Debra Ferguson, Commissioner, DBHDS, attended the conference and announced plans for a new Office of Recovery Support. Dr. Ferguson notes that "As the system improves and changes, I believe it is more important than ever to hold unwaveringly to our core values, among them that recovery for every person with a mental illness is the expectation. So it is truly a pleasure to announce that DBHDS will be establishing an Office of Recovery Support; a full-time position, reporting directly to the Commissioner and serving as a member of

the Department's Executive Team. The major responsibility for this position will be to advise both the Department and the community on expanding and enriching our recovery support services, certification of peer support specialists and infusing the principles of recovery and resiliency throughout Virginia's service system. I am committed to infusing the principles of recovery and resiliency in all aspects of our system in a way that is sustainable and provides rich opportunity for growth." ~ From the DBHDS Commissioner's Desk - June 5, 2014



First Aid Tips



Now that the weather is warmer (Yea!), we are all eager to get outside, catch some rays, get working in the garden, or get started on that exercise program we promised ourselves we would

start when the weather was better. Because many of us tend to think we're invincible, we don't always use the precautions we should when we go outdoors.

Before going outside into the sunshine (Ahh, warmth!), we should all protect our skin by applying sunscreen with at least an SPF 30 product. For young people, this will help prevent premature aging, wrinkles, and skin cancer. For older folks this will help prevent exacerbations of skin cancer, wrinkling, and age spots. One peeling sunburn in our youth increases our chances of getting skin cancer later in life enormously! Disfiguring skin cancers are a heavy price to pay for a tan.

Besides sunscreen, wear a hat and sunglasses. We forget that the skin at the top

of our heads can burn where the hair is parted or if there is no hair (bald is beautiful, too!) Tanned skin is beautiful now, but years later it may not be so beautiful. Pale, protected skin is also beautiful and has so much less risk involved. The sunglasses can protect our eyes from developing cataracts and squint lines. Wear long sleeves when out in the sun. Many clothes now come with an SPF already imbedded in the fabric.

Lastly, before heading out to your warm weather activity, be sure to drink plenty of fluids, especially juices or sports drinks, since they contain electrolytes that most probably will be sweated out. However, water is fine, too.

During or after strenuous activity in the hot sun, cramps, intense sweating, and headaches may occur. These could be symptoms of heat cramps. At the first sign of any symptom, as always, make sure the scene is safe and stop the activity; get in the shade, cool off, and rest. Drink juices, sports drinks, or water to rehydrate. After the symptoms go away,

you can return to the previous activity, however, you may want to ice the sore muscles or do some stretching and massaging of the muscles. The thing to remember about heat cramps is that you have become too hot. If untreated, heat cramps can lead to much more serious problems such as heat exhaustion or potentially a fatal heat stroke.

In the July issue, heat exhaustion and heat stroke will be discussed. The signs and symptoms of each will be explored and how to avoid or treat the injuries if they occur.

~ Rebecca Sparger, RN, BSN
Training Coordinator





Henderson Building Update



Then the moment of anticipation came. At approximately 1130, the large crane lifted the new skylight, which had been assembled on the lawn in front of the Henderson Building, up off the ground and into place on top of the Henderson Building. The process from ground to roof took less than ten minutes, but seemed flawless from my vantage point on the ground.



And successful touchdown.



On a crisp Saturday morning in May, a large crane arrived and was set up in front of the Henderson Building. Workers balanced on what was left of the old skylight, the old glass having been removed carefully one piece at a time the day before.

Glass pieces

removed carefully one piece at a time the day before.



Lift off

Other work continues on the historic Henderson Building, including repair and repainting of the inside of the skylight, the rotunda, and repair of the first and second floor porches. Construction is expected to be complete around the end of June. In the meantime, if you visit the Henderson Building, please watch your step and pay attention to safety signs.

~ Cheryl Veselik CAP-OM
Executive Assistant to the Director



Metal braces from the old skylight



Up

With the help of the crane, metal from the old skylight was lowered to the ground, then an ornate light fixture that was hidden by the light itself was slowly lowered to the ground.



Old light fixture



Up



The above decoration sat on top of the old skylight. It is about a foot and a half tall.

Accepting Donations

Back to School Backpack Program



For: All Smyth County Schools
Collecting: May 12 – August 8
Drop Offs: SNC Office, HIM Office, Bldg & Grounds Office, Cheryl Veselik’s office in Henderson Bldg.
Contact: Cindy Blevins ext. 208, April Varney ext. 476
Monetary Donations: Please contact Debbie Kiser ext. 360

PLEASE CHECK EXPIRATION DATES ON FOOD PRODUCTS



- Graham and/or Animal Crackers
- Peanut Butter Crackers
- Peanut Butter
- Light Popcorn
- Whole Grain Cereal/Granola Bars
- Individual Cereal Boxes
- Canned Fruit/Fruit Cups in Light Syrup
- Dried Fruit
- Raisins, Plums, Cranberries
- Applesauce
- Spaghetti and Meatballs
- Ravioli
- Beefaroni
- Lasagna



- Crayons
- Colored Pencils
- Construction Pap
- Kleenex
- Hand Sanitizer
- Safety Scissors
- Pencils
- Paper
- Highlighters
- 2 Inch Binders
- Back Packs
- Pencil Boxes
- Regular Spiral Notebooks
- Journal Notebooks
- Glue Sticks





Library Corner

National Audio-Book Month



June is National Audio-Book Month and I would like to spread the word that here in the library we have received quite a few audio-books donated this past year, and they are waiting to be

checked out.

Audio-books are sometimes called books on tape. Long the favorite for commuters, these books have become much more popular with the fast-pace of our society. It's just like story-time when you were a kid - someone reads the book to you while you drive, cook, try to fall asleep, or whatever you need to do. It's the perfect solution for the busy multi-tasker who still values learning and quality entertainment.

Audio-books are also great for anyone who struggles to sit down and read a book or who is not a very advanced reader, but who can understand spoken words well. Many books are read by professional actors who use an array of voices and dramatic techniques to keep the listener's attention. This can really bring a book to life and make one feel as though it's happening right in front of them.

Many classic audio-books are available free online. At the SWVMHI library there are all kinds of audio-books available, and they are free to check out so you don't have to spend a lot of money for the convenience of a higher-tech book.

So feel free to come on down and try an audio-book for National Audio-Book Month.

Donations

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

Becky Sparger	Kristin Gardner
Gaynelle Davis	Robert Farmer
Susan Farmer	Sharon Winebarger
Dr. James Moon	Dr. Chris Carusi
Regina Osborne	Laurie Goral
Jan Barrom	Debbie Hagy

We are also very thankful for the many anonymous cards, magazines, and books, as well as anyone I may have accidentally left off the list.

~ Christina Quillen
Librarian

Day in the Life of a Peer Support Specialist

Today I have a number of "One on Ones," and this is my first encounter with a new individual. I have read his referral and have a little idea about him. I greet him with a handshake and tell him my name and that I am a Peer Support Specialist. I explain that in the past I had symptoms of Paranoid Schizophrenia and was so sick, I am told I was in diapers and also received Shock Treatments. "Now I'm in recovery living a regular life in the community, with my own home and nearly symptom free for over 20 years. I am a living example that recovery is possible."

He tells me, "I have been here a number of times with the same problem." He says, "My friends are a bad influence on me. I get well and my friends say you don't need the meds and I go off medications and end up back in here." He states, "I have enough problems with my condition and no one understands it." He goes on to say, "I know I need new friends."

I tell him that I take my medications regular as a clock and have not had a relapse for about 20 years. I also tell him that I still have some minor symptoms such as hearing sounds and voices when I am in a quiet environment, especially where there is a motor running or white sound. I show him the headphones I use to listen to music in order to eliminate troublesome sounds. I also explain that I just discipline myself to not to be bothered by them like the sound of wind in the trees.

He tells me, "My diagnosis is changed every time doctors change and only the symptoms are the same. They don't know my new diagnosis, but I have a problem of just speeding up and going out of control, then I get in trouble with other people and am eventually confronted with the police and usually get into a fight with them and end up back here tied in a bed or put in a Rubber Room. I really don't know what is going on and I will be going before a judge soon."

I advise him to talk to the Treatment Team, ask questions about his diagnosis and treatment, and ask what is needed to move towards discharge. Tell them what is going on with you, your body, and your mind. I also explain that in order to be discharged, you will need to participate, cooperate, and talk to the staff.

We spend the rest of the hour telling stories. We discover we both have been sick and homeless a number of times when ill, and we both lament having driven many fine people out of our lives with our symptoms. I remind him that recovery is possible — I am a living example of the great distance between being in a psychotic state and being an ordinary guy with a regular satisfying life.

Never give up / never give in / Keep on going / Do it again.

~ James Turner
Peer Support Specialist

Stress Management



A young woman confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, "half empty or half full?"

She fooled them all....

"How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 to 20 oz. She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better

each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... Pick them up tomorrow."

1. Accept the fact that some days you're the pigeon, and some days you're the statue!
2. Always keep your words soft and sweet, just in case you have to eat them.
3. Always read stuff that will make you look good if you die in the middle of it.
4. Drive carefully... It's not only cars that can be recalled by their Maker.
5. If you can't be kind, at least have the decency to be vague.
6. If you lend someone \$20 and never see that person again, it was probably worth it.
7. It may be that your sole purpose in life is simply to serve as a warning to others.
8. Never buy a car you can't push.
9. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
10. Nobody cares if you can't dance well. Just get up and dance.

11. Since it's the early worm that gets eaten by the bird, sleep late.
12. The second mouse gets the cheese.
13. When everything's coming your way, you're in the wrong lane.
14. Birthdays are good for you. The more you have, the longer you live.
15. Some mistakes are too much fun to make only once.
16. We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.
17. A truly happy person is one who can enjoy the scenery on a detour.
18. Have an awesome day and know that someone has thought about you today.

AND MOST IMPORTANTLY Save the earth..... It's the only planet with chocolate!
* I THINK!!!!

-- Erma Bombeck

~ contributed by **Debbie Kiser**
Administrative Assistant
Nursing Services

Electric Safety

Most of us take electricity for granted while giving it little thought. However electrical injuries are one of the most common. Electrical injuries may be divided into four categories:

1. electrocution (death due to electrical shock)
2. electrical shock
3. burns
4. falling injuries (triggered by electrical shock)

An electrical shock occurs when current passes through the body. The severity of shock depends on: path of current through the body; amount of current flowing through the body; and length of time the body is in the electrical circuit. Sparks or overheated wiring from an electrical malfunction may also ignite a fire.

Everyone uses electricity every day and should do their part to minimize risk to themselves, their co-workers, and the individuals we serve.

Ways that we can all be vigilant in reducing risk from electrical hazards include:

- ✓ Insuring that all electrical devices are approved for use at SWVMHI. All electrical devices must be checked by Maintenance for safety prior to being placed into use. This would include any radios or other devices used by individuals we serve in their rooms.
- ✓ Check for frayed wiring, faulty electrical outlets, and damaged equipment. Any damaged cords, outlets or equipment should not be used until they have been repaired by Maintenance.

- ✓ Eliminate overloaded circuits. Overloads exist when too many devices are plugged into the same circuit. Overloading can cause breakers to trip and may cause an electrical fire from overheated wiring (even inside walls where it can't be easily seen).
- ✓ Do not use extension cords in place of permanent wiring.
- ✓ Follow lock-out/tag-out procedures including de-energizing equipment before servicing, cleaning, or performing repairs.
- ✓ Use plugs with a third ground prong. Do not remove the ground prong, and be sure to let Maintenance know if the ground prong is missing or damaged.

We must all do our part to reduce electrical risks to a minimum and keep the facility safe.

~The Safety Committee



Human Resources Corner

An Update on Sick Leave Accruals and Use

Classified employees of the Commonwealth of Virginia are covered under one of two types of Sick Leave Programs, depending on when they were hired and plan choices they made at the time of transition to the Virginia Sickness & Disability Program (VSDP) in 1999, or through opportunities to opt-in to the VSDP program offered in 2002. Any classified employee hired on or after January 1, 1999, is automatically enrolled in the Virginia Sickness & Disability Program.

ACCRUALS

VSDP Sick Leave Program – Eligible VSDP employees receive 64 to 80 Sick Leave hours each January 10. Such employees receive Sick Leave hours based on total years of classified state employment, or if a new hire, rates are based on the date of employment. Please refer to the tables following this section to determine Sick Leave amounts.

Sick Leave granted to employees covered by the VSDP cannot be carried from one year (January 10 to January 9) to the next, and Sick Leave balances are not paid upon the employee's separation from state service.

Full Time Employees covered by Virginia Sickness and Disability Program (VSDP) Months of Service receive the following:

Months of Service	Sick leave hours/days
> 60 months	64 hours or 8 days
60-119 months	72 hours or 9 days
120+ months	80 hours or 10 days

Part Time Employees, covered by VSDP Months of Service:

Months of Service	Sick leave hours/days
> 120 months	32 hours or 4 days
120+ months	40 hours or 5 days

New Full Time Employees:

Employment Begin	Sick leave hours/days
01/10—07/09	64 hours or 8 days
07/10—01/09	40 hours or 5 days

New Part Time Employees

Employment Begin	Sick leave hours/days
01/10—07/09	32 hours or 4 days
07/10—01/09	20 hours or 2 ½ days

Employees who are receiving disability benefits through the VSDP on January 10 of any year will be granted Sick Leave on the date they return to active employment.

New employees will be credited with sick leave on employment date.

Traditional Sick Leave Program (Non-VSDP) – Non-VSDP employees earn fivesick leave hours each completed pay period.

There is no limit to the amount of sick leave that an employee can carry from one year to the next. An Employee does not earn sick leave for a pay period during which he or she uses any leave without pay, nor after an employee misses work for 90 consecutive calendar days (for any reason).

Employees in the Traditional Sick Leave Program with five or more years of continuous salaried State service may be eligible to receive payment for 25 percent of their unused sick leave balances up to a maximum payment amount of \$5,000 when separating from State service. Employees with less than five years of continuous salaried state service do not receive payment for any part of their unused sick leave.

WHEN CAN YOU USE SICK LEAVE

- ★ Sick Leave may be used by employees to continue their pay during absences for personal illness or injury, including incapacity related to pregnancy or childbirth.
- ★ If exposed to a contagious disease and the employee's doctor determines he or she would jeopardize the health of fellow employees or individuals we serve, the facility may grant sick leave.
- ★ If an employee has a medical appointment, and it cannot reasonably be scheduled during non-work hours, the facility may grant a reasonable amount of sick leave to attend the appointment.
- ★ Employees covered under the VSDP may use sick leave for the initial seven calendar day waiting period for benefits. Sick leave cannot be used to supplement periods of Short-Term Disability (STD).

- ★ Eligible employees may use 33 percent of available (unused) sick leave for family purposes in accordance with the Family and Medical Leave Act (FMLA).
- ★ Non-VSDP employees covered under the Traditional Sick Leave Program may use Sick Leave, not to exceed a total of 48 hours in one year, if they experience a death in their immediate family. In this instance, immediate family includes parent, step-parent, spouse, children, foster children, step-children, siblings, step-siblings, and any relative related either by blood or marriage that lives in the employee's household.

THE RULES

- ★ The facility has discretion to require appropriate documentation from a licensed treating professional, such as a medical doctor. If the employee's verification is not provided, or is inadequate, management may deny the use of sick leave.
- ★ Employees should request sick leave, when feasible, prior to its use.
- ★ Employees who misrepresent or misuse sick leave are subject to disciplinary action under the Standards of Conduct, DHRM Policy 1.60.
- ★ If an employee has given a notice to resign or retire, any sick leave taken during the notice period that was not pre-scheduled will require a doctor's certification for the absence to be approved and could impact the employee's last day of employment, benefits, and final pay.
- ★ If you are an employee in the VSDP Sick Leave Program and have a balance of sick leave at the end of the leave year, count yourself blessed that you have had good health. Your sick leave bucket will be filled again on January 10.
- ★ Scheduling sick leave usage when you are not sick is a violation of policy and may subject you to disciplinary action and/or leave without pay.

Questions regarding sick leave or the VSDP program should be directed to any member of the Human Resources Team.

~ Ruby Wells
Human Resources Analyst



The Administrative Group is taking orders for a 16 month Calendar ~September 2014 to December 2015~ which features photos by an Administrative Group member with inspirational quotes and holidays



The cost of the calendar is \$12 each.

Proceeds from the sale of this calendar will go towards purchasing food for



The Backpack Program for Smyth County Schools



HEALTH



SCREENING

In 2013, DBHDS partnered with the Department of Human Resource Management (DHRM) in a pilot program called My Health Counts from Health Diagnostic Laboratory, Inc. (HDL, Inc.) of Richmond. This unique program included a health screening and health coaching services to help reduce the risk of chronic disease in our employee population.

HDL, Inc. will be returning to SWVMHI for a follow-up screening on June 10, 2014. Please stay tuned for more information about this program. The screening will be held in the Commonwealth Room on the 1st Floor of the B Building from 0600 to 1000 hours and from 1300 to 1430 hours. You should have already

received an email and a flyer in your home mail regarding this follow-up screening and how you can register. To register, you need to access this website: <https://www.myhdl.com/HRA/hrasurvey/5671/41/808f74bb-ab33-45ad-b4b7-d039dd93c3e8>.

If you have any trouble registering on-line for the screening, you can contact HDL's participant services group by phone 1.855.735.3462.



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

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

Please submit articles for the next newsletter to Cheryl Veselik by June 20, 2014.

The next newsletter will be published July 1, 2014.