



MARCH 2015

## From the Director



**Debunking A Myth.** Since the 4<sup>th</sup> or 5<sup>th</sup> century, the idea that full moons are related to a variety of health and societal ills has been a popular belief, even though the scientific evidence does not support this assertion.

**Influences of the Moon.** Before modern lighting and electronic devices, the moon was thought to have had a larger role in regulating people's sleep-wake cycles. The light of a full moon may have kept people up at night, leading to sleep deprivation that could have caused other psychological issues, according to one report in the *Journal of Affective Disorders* (1999).

A study of nearly 12,000 pet injuries revealed emergency-room visits were higher for both cats and dogs on days around the full moon. The researchers speculate more people may be out with their pets due to the increased light during the full moon, which would increase the chance of injuries.

**Studies Disproving the Influences of the Moon.** Researchers examined over 100 studies on lunar effects and concluded that the studies failed to show a reliable and significant correlation between the full moon, or any other phase of the moon, and each of the following: traffic accidents, crisis calls to police or fire stations, domestic violence, births of babies, major disasters, casino payout rates, assassinations, kidnappings, aggression by professional hockey players, violence in prisons, agitated behavior by nursing home residents, assaults, gunshot wounds, stabbings, emergency room admissions, alcoholism, sleep walking, and epilepsy (Kelly, Rotton and Culver, 1996).

A 2010 study in the *Journal of Criminal Justice* using police, astronomical, and weather data found no link to support the belief that lunar phase influences the volume of crime reported to the police. There have been single studies here and

there that have found correlations between various phases of the moon and events, but there is not enough evidence to show that the moon caused the events.

Remember that because two things tend to occur together is not an indication that one causes the other. Those studies that do find links are often judged to have not taken into account important additional factors or they mistake chance events as proof of a lunar effect. And there are often other explanations, such as the researchers tested only a few people or events, did not analyze data properly, or did not take into account that the full moon coincided with a holiday or a weekend when more trouble occurs anyway. For every study that revealed more problems when the moon was full, many other studies showed there were fewer.

**The Moon, Madness, and Suicide.** Probably the most widely believed myth about the full moon is that it is associated with madness. However, in examining over 100 studies, Kelly et al. found that "phases of the moon accounted for no more than 3/100 of 1 percent of the variability in activities usually termed *lunacy*." Such a small percentage is too close to zero to be of any significance.

Finally, the notion that there is a lunar influence on suicide is also unsubstantiated. Martin et al. (1992) reviewed numerous studies done over nearly three decades and found no significant association between phases of the moon and suicide deaths, attempted suicides, or suicide threats.

**Why does the Belief Persist?** If so many studies have failed to prove a significant correlation between the full moon and anything, why do so many people believe in these lunar myths? The reasons can be divided into three

explanations: media effects, misconceptions, and cognitive biases.

**Media:** The popular press benefits from finding sensational news or news that will support interesting results. They tend to ignore the findings of studies that de-bunk the myths. Movies also perpetuate the myth.

**Misconceptions:** Misconceptions about such things as the moon's effect on tides have contributed to lunar mythology. Many people seem to think that since the moon affects the ocean's tides, it must be so powerful that it affects the human body as well. The lunar force is actually a very weak tidal force. A mother holding her child will exert 12 million times as much tidal force on her child as the moon. Also, the tidal force of the moon on the earth depends on its distance from earth, not its phase.

**Cognitive biases:** Human beings are naturally curious and we often seek explanations for events as they occur around us. We tend to have a "selective memory" for strange events that happen on the full moon, but they forget when these same things happen at other times. Part of this is due to our natural tendency to see correlations between unrelated factors when none exist. If we already believe in a full moon effect, it also affects what we remember and reflect upon, a phenomenon called confirmation bias. The rare instance in which a person acted strangely during a full moon becomes far more memorable than the hundreds of full moons that pass without anything remarkable happening, or the thousands of events that occur when there is not a full moon.

~ Cynthia McClaskey, Ph.D.  
Director

### In this Issue

<a href="#">Values</a>	2
<a href="#">Tribute to Food Service</a>	3
<a href="#">Chaplain's Corner</a>	4
<a href="#">Recovery Heroes</a>	5
<a href="#">Rehab News</a>	7
<a href="#">Welcome Aboard</a>	8
<a href="#">Personnel Changes</a>	9
<a href="#">Changes in Training</a>	11
<a href="#">Social Work Month</a>	12

### Hidden

There is a four-leaf clover on every page in this edition, just like the one pictured here. Can you find all 16 of them?





# SWVMHI Values: Leadership Philosophy



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

enables SWVMHI to fulfill its Mission of assisting people in their recovery. This Leadership Philosophy also enables SWVMHI to fulfill its Vision of collaborating with Community Service Boards to always be the region’s center of excellence in the treatment of serious mental illness.

We are extremely fortunate to be a part of an organization that takes its Mission, Vision, and Values so seriously. Other organizations frequently articulate a mission, a vision, and values, but their published statements often have very little to do with the day-to-day workings of their organizations. This is not the case at SWVMHI, and we are fortunate. However, this

state of affairs is fragile because for our organization to continue to be a place where our careers can thrive and the individuals we serve can thrive, and be a place where Virginia’s leaders and citizens are willing to support with scarce tax dollars, we must take the SWVMHI Leadership Philosophy to heart. We must own the Leadership Philosophy, imposing it willingly upon ourselves because we see the wisdom of this approach in our unique and critically important service role for our fellow Virginians.

~ James Moon, Ph.D.  
Psychology Supervisor

## Get a Clue ...Fight the Flu



The Employee Influenza Vaccine Goal for 2014-2015 was 95 percent. We have exceeded that and achieved **97 percent!** Many thanks to all who have participated and made patient and employee safety a top priority.

Part of our program included incentives for those employees who participated. Full-time employees who received the flu vaccine prior to November 17 received one hour of comp time and P14 employees received a \$5 meal ticket. All flu vaccine recipients were entered in to a drawing for eight hours of comp time for full-time employees or \$100 for P14 employees. The winner of the drawing is **Steve Tilson, Power Plant Supervisor**. Congratulations Steve.

### About the Flu

The flu is still considered widespread in our area and there are several things you can do to prevent flu from spreading. To help stop the spread of germs:

- ✓ Cover your mouth and nose with a tissue when you cough or sneeze.
- ✓ Put your used tissue in the waste basket.
- ✓ If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- ✓ You may be asked to put on a face-mask to protect others.
- ✓ Wash you hands often with soap and warm water for 20 seconds OR used alcohol-based hand rub.
- ✓ Stay away from others who may be sick, if possible.
- ✓ Clean and disinfect all equipment and environmental surfaces frequently and accordingly to the guidelines.

- ✓ If you have influenza symptoms, refrain from coming to work and notify your supervisor.
- ✓ Complete the Employee Infection Report as soon as you return from being off work due to influenza symptoms.

### Signs and symptoms of influenza are:

- Cough
- Sore throat
- Fever
- Chills
- Runny nose
- Body aches
- Nausea
- Vomiting
- Diarrhea

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



## A Tribute to SWVMHI Food Service

Here are a few examples of Food Service Staff who have taken the SWVMHI Values to heart:

On February 17, 2015, the day after the snow event began, Rachel Hayes was scheduled for annual leave. She heard that the department was short staffed on the evening shift, so she called and volunteered to come in and work. Rachel didn't have to come in, she was under no obligation or expectation to give up a day off. However, she volunteered to do so because it would benefit her co-workers and our patients. Rachel's commitment to her co-workers and the important work that they do is very much appreciated.

On February 17, 2015, Cassandra Untiedt was scheduled to work, but the long private road where she lives had not been plowed and the closest primary road was not in good shape. In addition, her water pipes were frozen. Cassandra called and wanted to come in, but she couldn't get her car out and she didn't have a ride. A ride was offered and she immediately accepted it and came to work.

On the morning of February 17, 2015, Ginger Blankenbeckler was not scheduled to work. However, she called the Food Service Supervisor to see if she was needed. As there had been a call-in, the supervisor eagerly accepted her offer. Ginger's unexpected and non-required offer to help out, particularly under not particularly pleasant weather conditions, was very much appreci-



ated by her supervisors and by the Food Service staff. Ginger's commitment to her department and her willingness to do whatever is needed is evident in her daily work; this is just an example of her contributions.

On February 17, 2015, Jennifer Armstrong was scheduled to open the department at 0430. Jennifer was concerned about staffing and knew she not only needed to be at work, but that she had to be there at her scheduled time. Rather than take a chance on the roads, Jennifer walked to work. Jennifer lives on the back side of Chatham Hill Road and she left in time to walk to work and to arrive at her scheduled time. This is typical of Jennifer's "can do" attitude, her work ethic, and her commitment to the facility and her department.

On February 16, 2015, which was the day the snow event began, Lisa McGhee was the evening cook and Connie Harris was the evening supervisor. They and the

other Food Service staff heard that about 12 nursing staff members had been required to stay over from first shift. Since the extra shift was unexpected by those 12 staff, they had brought no dinner meal with them. And since it was a holiday, the cafeteria was not open for staff. Lisa, Connie, and the other staff immediately offered to fix "gourmet" bag lunches for those staff. Then it was determined there was enough food left from the patient meals to serve a hot meal to staff who had stayed over. Lisa, Connie, and the other employees finished the tray line and then pulled food from several areas and created 12 hot meals with salads for the staff. They were eager to help and had a very positive attitude.

On the evening of February 16, 2015, Gary Vaught was scheduled to leave at 1900. His supervisor offered to let him leave early because he had a long drive home (he lives in Cana, Virginia, approximately 70 miles away). Gary declined to leave early because there was much to be done. In addition to working his full shift, he willingly and cheerfully helped prepare food for staff who were held over from first shift and had no food for dinner.

**We are so fortunate to have such dedicated staff at SWVMHI!**

Unless **SOMEONE** like **YOU**  
cares **A WHOLE AWFUL LOT**,  
**nothing** IS GOING TO GET **BETTER**, it's not.

~ Dr. Seuss *The Lorax*



## Chaplain's Corner



On February 5, 2015, Melanie Smith, MSLS, Charlotte Ball, CNA, and I had the opportunity to share in a Dogwood Discussion about the use of “Therapeutic Storytelling” with our resident population. The craft of storytelling has long been a medium for connecting people with their history, traditions, and community. Stories offer examples of heroes at their best and villains at their worst who are attempting to manage the challenges of life. Stories provide listeners with the opportunity to explore their own feelings while they examine possible responses to obstacles symbolically represented in a particular tale. When effectively told, a story can elicit an emotional connection with the protagonist, which can guide the listener into finding solutions or to gain insight into their deepest hopes and fears.

In an ongoing series of studies at the University of Kentucky Center on Drug and Alcohol Research, the Appalachian tradition of storytelling is being employed as a therapeutic tool by Dr. Carl Leukefield, Cynthia Brown, and other research staff with encouraging results. In a study of 500 people, those who received traditional interventions as well as structured stories experienced higher success in retaining employment and changing self defeating behaviors. ([www.research.uky.edu/odyssey/fall07/drug\\_alcohol.html](http://www.research.uky.edu/odyssey/fall07/drug_alcohol.html))

The storytelling format supports the fundamental principles of Recovery through offering the listener an opportunity to determine individual strengths and to exercise the option of choice. Reflecting on stories help individuals discover their own direction for designing creative responses to life events. Since storytelling is shared with peers, the element of mutual support is encouraged by the process of group reflection and discussion.

G.K. Chesterson once wrote, “Fairy tales (and other stories) do not give the child his first idea of bogy. What fairy tales give the child is his first

clear idea of the possible defeat of the bogy. The baby has known the dragon intimately ever since he had an imagination. What the fairy tale provides for him is a St. George to kill the dragon.”

For our purposes at SWVMHI, Storytelling is being employed in the 12 Step/MICA groups with C.J. Copenhaver, and on Tuesday and Thursday afternoons on Ward J with Melanie Smith. Charlotte Ball and I are using storytelling on Ward I to help engage individuals who are choosing to not attend rehab groups on Monday mornings. The intent of these storytelling sessions is to encourage the reflective imagination of the individuals we serve, and to encourage their interest in our Recovery based system of group interaction and individual choice. The small groups formed around the storytelling event allow individuals to share, trust, interact, and reflect in a secure environment of mutual support where challenges are met and obstacles are overcome.

~ Timothy Graham, D. Min.  
Chaplain

## Clinician's Corner: The Impact of Trauma



A new study in the journal *Psychological Trauma: Theory, Research, Practice, and Policy* indicates that psychological abuse has a negative effect on children and youth that is as serious as physical and sexual abuse. Researchers at the Trauma Center (at Justice Resource Institute) analyzed data from over 5,000 youth who had histories of trauma and abuse. Psychological abuse was defined as severe insults, overwhelming demands, isolation, and bullying. These youth had rates of post traumatic stress, suicidality, and low self esteem that were the same or greater than those who were physically or sexually abused. In addition, psychological maltreatment was more strongly associated with depression, general anxiety disorder, social anxiety disorder, substance use, and attachment problems.

In other words, while all forms of trauma are hurtful, we should not underestimate the effects of psychological abuse alone on later functioning.



# Recovery Heroes

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

We are so excited to have two recovery heroes for the month of March. Old man winter is not getting the best of us; our employees continue to do great work while assisting individuals in their recovery.



**Ava Mitchell** is one of our Recovery Heroes for March! Ava was working on second shift Ward C/D during our snowy weather event in mid-February. It was a

busy shift, but Ava demonstrated excellent leadership during that shift and the third shift following, which she stayed to cover. She was very busy, but never too busy to answer a question or speak to an individual receiving service. She knew all the tasks that had to be accomplished and calmly and efficiently deployed staff in a very effective manner. "What impressed me most, however, was how she kept her voice tone low with one particular individual and spoke to him with respect," stated facility director Cynthia McClaskey. He was upset by some earlier events and began speaking loudly and in a disorganized way. Ava came close to him to offer him choices. Although she had to do this several times, he began to slow his pacing and to speak in a lower tone. He eventually sat for a while

with other individuals, and then showed several staff his Bible. He eventually went to his bedroom to sleep. "Ava's ability to relate to him in a calm manner while setting limits avoided a behavioral code that night, I am absolutely positive," confirmed Dr. McClaskey.

Ava knew that by speaking softly the individual would have to become quieter in order to hear her; she also knew that she might need to repeat herself several times in order for him to comprehend what she was saying. Because of her excellent communication skills Ava is one of our recovery heroes. She has been employed at SWVMHI since April 10, 2005, and we are glad that she is a part of our team. Please remember to congratulate Ava when you see her.

Therapeutic Options of Virginia (TOVA) is designed to help us understand, predict, and prevent aggressive behavior in the individuals we support. In order to prevent aggressive behavior, we must first recognize the signs that an individual is becoming upset, then we provide appropriate intervention. Appropriate intervention can mean talking to the individual, coloring a picture together, actively listening, or administering medication, just to name a few.

Our second Recovery Hero for March is **Louetta Carnell**, LPN, who goes beyond the expectation of her duties. She will observe individuals when coming out of change of shift report

and throughout the shift for signs of agitation and will promptly offer PRN medication that could prevent a behavioral emergency.

An incident happened on February 1, 2015, in which an individual experiencing some medication changes refused to take her bedtime medicines. Louetta went to this individual's room and talked to her. Using motivational interviewing skills, she convinced the individual to take not only her prescribed bedtime medicine but a PRN medication as well. Louetta has an excellent rapport with the individuals on the ward and is often able to get an individual to take their medication after they have refused to do so.



Louetta is a medication nurse on ERS, but she also provides coverage on the wards and she always does an excellent job. For her dedication to her job and the individuals

that we serve, she is one of our two recovery heroes this month. Louetta has worked at SWVMHI since May 1, 1995. We are so happy that she is a part of our team. Be sure to congratulate her when you see her.

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

*May you have warm words on a cold evening,  
A full moon on a dark night,  
And the road downhill all the way to your door.*



## Staff Development

### Take advantage of the training Opportunities in March

**When:** March 3, 2015, 1200  
**Where:** Dogwood Classroom  
**Program:** Sharon Hutchinson presents Adult Education Program at SWVMHI

**When:** March 19, 2015, 1330 to 1500  
**Where:** Dogwood Classroom  
**Program:** Dr. Gillette Ethics Presentation

### The Cultural & Linguistic Competency CAI is due during the month of March.

Please log into the Knowledge Center today and take your CAI.

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

## Top Five Ways to be More Grateful



One of the easiest ways to start being happier is by simply practicing the art of gratitude. Focusing on what is working in your life instead of what is irritating or aggravating has been shown to have a positive impact on one's mood and general outlook on life. This article offers five easy ways that you can practice more gratitude starting today.

1. **Grab a gratitude journal and write in it daily.** Find notebook or journal that you will feel good writing in on a daily basis. Every night, write a number of things that you feel grateful for. This can be as easy as writing five things that you appreciate, or you can allow yourself to write one. To maximize the impact of this exercise, really feel grateful as you write out each item. Be consistent with this practice.
2. **Challenge yourself to write a thank you note weekly or monthly.** In a study conducted by Martin Seligman, a psychologist well known for his leadership in the field of positive psychology, out of several different "happiness exercises," an intervention that involved writing a thank you letter to someone who participants had never thanked for something resulted in the quickest and largest mood

boost. Test this one out for yourself and make a commitment to write a thank you note on a regular basis. This expression of gratitude will likely not only make the recipient's day, but yours too.

3. **Thank someone in your head.** Even the feeling of gratitude can be helpful. While the act of writing and sharing a letter of appreciation may have a stronger effect on your mood, simply recognizing and imagining your gratitude for someone can also give you a little boost.
4. **Thank yourself.** Take some time each day to think about what you appreciate about yourself, or what you can thank yourself for. Write these things down for bonus points and to really maximize the positive impact of this exercise.
5. **Meditate.** Meditation can be a powerful tool in your life. Try meditating about what you appreciate, and you will likely feel the effects of gratitude that much more strongly in your life.

Maintaining an attitude of gratitude will likely help you reap its many benefits including an improved mood and a better outlook on your life. The above exercises should help you be able to maintain such an attitude.

**Source:** Jenev Caddell, PsyD, Mental Health Expert <http://mentalhealth.about.com/od/beingmentallyhealthy/fl/Top-5-ways-to-be-more-grateful.htm>. Reprinted from CommonHealth ([www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov))





# Rehab Department News



We are no longer waiting on snow – now just waiting on it to melt, but temperatures have to get above freezing to do this! Already peeking ahead to spring weather.

The New Day Café continues coffee sales for the individuals we serve during their morning break period and it still continues to be quite a successful endeavor.

The special activity for February was a Valentine Gala held on February 26. Various games and crafts, as well as a delicious snack, represented the festivities. Fun was had by all in attendance.

The Rehab Department hosted a Valentine's Day sale on February 13. Various handmade items from individual groups were for sale as were many live plants. The proceeds will be used for purchasing group supplies for upcoming projects.

Preparations have begun in groups for items to be sold as this year's annual Arts and Crafts Festival at Hungry Mother Park. It will be held July 17 through July 19. The department will have a tent at the park with our

handcrafted items for sale. Please mark your calendars for this exciting weekend.

The Rehab Department is proud to now offer over 100 groups and I:1's sessions to the individuals that we serve. There is truly something for anyone in the diverse population we serve. Feedback from individuals and staff have been very positive with the schedule we currently offer.

Tim Graham presented a training session on February 5 titled, "Therapeutic Storytelling." He shared tips on how the art of storytelling is useful in our setting.

### Promotions:

We are proud to announce that Shannon Wilson has accepted the promotion to Rehab Resource Coordinator Sr. She will be serving on the B Team. Congratulations, Shannon!

The New Day Café continues coffee sales every morning for staff. Please come by and try our coffee. Hours of service are posted at the Café.

~ Sheila Thomas,  
Rehab Specialist

## Irish Blessing

Always remember to forget  
The things that made you sad.  
But never forget to remember  
The things that made you glad.

Always remember to forget  
The friends that proved untrue.  
But never forget to remember  
Those that have stuck by you.

Always remember to forget  
The troubles that passed away.  
But never forget to remember  
The blessings that come each day.



# Kronos Workforce Update

Have you logged into Kronos workforce yet? If you have not yet logged on, or it has been a while since you last tried, we urge you to do so as soon as possible. The link from any COV computer is <https://kronos.dbhds.virginia.gov/wfc/logon/logonWFC.html>. Please remember that your logon begins with 705 followed by the first initial of your legal first name (not your middle name), followed by your last name. For example, 705cveselik. Should you have any questions, you should first contact your timekeeper or your supervisor for assistance.

Keep in mind that it is YOUR responsibility to keep up with your own leave balances, so be sure to check your timecard periodically, or at least once each pay period or even once each week. Before you request time

off, it is also a good idea to check your leave balances so that you can request the appropriate leave type. **DISREGARD ANY MESSAGES YOU RECEIVE FROM PAYLINE PERTAINING TO LEAVE.** Payline leave balances are not accurate and therefore, should not be used when determining your actual leave balances.

### Helpful Hints

- If you are a **new employee**, talk with your timekeeper or supervisor so you will understand how to access your record as well as how to read your timecard. Find out what your beginning leave balances should be and notify your timekeeper immediately if they are different.

- The Fiscal Department is keeping up with your comp time that you may lose and will notify your timekeeper and supervisor in advance. Be sure to check with your timekeeper if you have any questions about when your comp leave balances will expire.
- Supervisors are starting to track attendance points directly in Kronos. If you have any questions about your points, you should contact your supervisor.

If you see errors or you just don't understand what you are reading, be sure to contact your timekeeper or your supervisor.

~ Kronos Implementation Team

## Welcome Aboard!

Please welcome the newest additions to the SWVMHI team!

SWVMHI is very excited to welcome eight new employees, and one PI4 newly hired into a full-time position to our facility family.



**Seated row:** Michelle Sexton, Sasha Greer  
**Standing:** Brittney Umberger, Ruth Massey, Julie Snider, Leisa Heath, Jose Montes, Coty Aker, and Johannah Breeding

**Sasha Greer** is a graduate of Marion Senior High School (MSHS) and the Smyth Career and Technology Center. Currently she is attending Wytheville Community College in Police Science. Sasha worked part time at Ingles and just transitioned from a P-14 food service tech to full time as a psychiatric aide. Sasha will be a float on second shift. At one time her mother worked at SWVMHI.

**Michelle Sexton** is dedicated to the way she does her job. She is married with a teenage son and an adult daughter and also has eight year old and ten year old grandsons. Michelle graduated from Independence High School and currently lives in Wytheville, Virginia. She has worked at Twin County Regional Hospital and Wythe County Community Hospital in Health Information Management (HIM). Michelle will work as a PI4 patient registrar on third shift. Michelle also has two toy Pomeranians, Zoey and Wolfe.

**Brittney Umberger** loves her pit mix, Niklaus. She is not married and has no children. Brittney graduated from Rural Retreat High School and Radford University with a BA in education. She is from Wytheville but currently lives in Marion, Virginia. Brittney worked at Wal-mart and Mount Rogers Community Services Board. She will be working on Ward CD on second shift.

**Julie Snider** loves cats, loves people, and loves helping people. She is a Marion native and has one child and two grandchildren. Julie graduated from Wytheville Community College (WCC) with an Applied Associates in Science (A.A.S.) with degrees as an Administrative Support Technician/Health Information Technician (AST/HIT). She lives in Marion, Virginia, and previously worked for Mountain States Health Alliance (MSHA) at Blue Ridge Orthopedics in Abingdon, Virginia. Julie will be working as a patient registrar on second shift.

**Leisa Heath** lives in Abingdon, Virginia, with her husband, two dogs and one cat. She has three children. Currently, Leisa is taking classes in Leadership and Supervision from Virginia Highlands Community College (VHCC). Previously she worked at the Higher Education Center in Abingdon, Virginia. Leisa will be working as a psychiatric aide on Geriatrics on third shift.

**Coty Aker** is married with a brand new baby girl. He graduated from Marion Senior High School in 2008. Previously, Coty was in the National Guard in a transportation unit driving a truck or acting as chauffeur for a colonel. He will be working as a psychiatric aide on Ward AB on third shift.

**Jose Raul Montes** was born in Mexico but since he was six years old has made his home in Bristol, Virginia. He is fluently bilingual in both Spanish and English. Jose has a brand new baby boy. Previously Jose worked at U.S. Solutions in Marion, Virginia. He will be working as a psychiatric aide on Ward AB on second shift.

**Johannah Breeding** loves riding bikes and hiking. She also loves animals and children. And, she especially loves being with her family. Johannah graduated from Fort Chiswell High School in 2012 and has some college courses from Wytheville Community College. Currently, Johannah is enrolled online at Liberty University. She lives in Rural Retreat and previously worked at Carrington Place. Her mother, Shelia Gregory, works day shift on

*Continued on page 11*

## Job Shadow Week a Success

### JOB Shadowing

Thanks go out to all staff who took time from their busy schedules to help the Blue Ridge Job Corp students feel welcome and to provide them with such a useful hands on experience for Groundhog Job Shadow Week. Mike Steele, Work Based Learning Coordinator at Blue Ridge Job Corp said that "this year was the best year they have had here, but each year has been beyond high expectations." Mr. Steele left donuts in the lobby for staff to share as a token of thanks,

and sent a letter of thanks with student feedback about the week. A few of their comments follow:

"That is the best experience at a hospital I have ever had."

"I really enjoyed interacting with the patients."

"This is the first time since coming here I saw myself as a healthcare professional."

"I went in not knowing what to expect, now I wish I could go back."

"This opened my mind to a new side of healthcare, I want to go back."

"The person who helped me was really great, they taught me more than a textbook."

Thank you again for your support of this annual event and for assisting the students with such kindness.

~ Kim Sayers,  
Human Resources Analyst







## PERSONNEL CHANGES\*

### New Employees

Jose R.Montes, Psychiatric Aide	Feb 10
Leisa Heath, Psychiatric Aide	Feb 10
Johannah Breeding, Psychiatric Aide	Feb 10
Coty Aker, Psychiatric Aide	Feb 10
Julie Snider, Patient Registrar	Feb 10
Brittney Umberger, Psychiatric Aide	Feb 10
Michelle Sexton, P14 Patient Registrar	Feb 10
James "Mike" Williams, P14 Rehab Specialist	Feb 25
Brandi Marchant, Registered Nurse	Feb 25
Anthony "Tony" Kelly, P14 Security Officer	Feb 25



### MONTHLY PATIENT CENSUS

January  
2015

Admissions 53

Discharges 46

Passes 16

Average Daily

Census

154

### Separations

Davidlee Burge, P14 Food Service Technician	Feb 13
Preston Boone, Registered Nurse	Feb 20
Sherry Austin, Staffing Nurse Coordinator	Feb 22
Marla Money, Patient Registrar (retirement)	Feb 27

### Promotions/Role Changes

Sasha Greer, P14 to full-time Psychiatric Aide	Feb 10
--	--------

\* As of the time the newsletter was printed for distribution

*The March wind roars  
Like a lion in the sky,  
And makes us shiver  
As he passes by.  
When winds are soft,  
And the days are warm and clear,  
Just like a gentle lamb,  
Then spring is here.*

- Author Unknown

# Special Gym/Game Room Activities

Consumer Empowerment  
Recovery Council (CERC)  
March 26, 2015  
1515 - 1545

Birthday Party  
March 25, 2015  
1800 - 2000  
No Café



Patient Activity Council (PAC)  
March 26, 2015  
1545 - 1615



Appalachian Man  
March 26, 2015  
1330 - 1500

Church Services  
held each Thursday  
from 1830 - 1930  
No Café



Movie Nights  
March 2, 3, 16, and 17,  
2015  
1830 - 2000

*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.*

## Daylight Savings Begins March 8



Daylight savings begins March 8, 2015. Remember to set your clocks AHEAD one hour at 0200 on Sunday, March 8, 2015.

Staff who work Saturday into Sunday will no longer have to use the same Kronos clock. However, you will need to remember that you will LOSE one hour and your timecard will only show you working seven hours if you work your whole shift. Therefore, you will need to use one hour of leave unless you work an additional hour PRIOR to the time change, with your supervisor's approval.



If you have any problems or issues with your time, please contact your timekeeper or supervisor.

## March Days to Celebrate

"Off the cuff" March holidays to celebrate:

**March 2**  
Dr. Seuss Day

**March 6**  
Oreo Cookie Day

**March 14**  
Pi (as in 3.1415926.....) Day

**March 15**  
Ides of March



- March 17**  
St. Patrick's Day
- March 20**  
International Day of Happiness
- March 21**  
Corn Dog Day
- March 25**  
Manatee Appreciation Day
- March 30**  
Pencil Day

NATIONAL  
CORNDOG DAY

3.1415926  
**π**  
Pi Day!



## Patient Safety Awareness Week

### 1 PATIENT SAFETY FIRST

We want to remind everyone that **Patient Safety Awareness Week** is March 8 through 14, 2015. The

week is designed to highlight improved patient-provider communication as a vital part of keeping patients safe.

Patient Safety Awareness Week occurs to raise public awareness about the work being done to improve patient safety and the importance of effective partnering in these improvement efforts.

SWVMHI (which is accredited by The Joint Commission), follows The Joint Commission Hospital and Behavioral Health National Patient Safety Goals (NPSG).

#### The 2015 Hospital NPSGs:

- Identify patients correctly
- Improve staff communications
- Use medicines safety
- Use alarms safely
- Prevent infection
- Identify patient safety risks
- Prevent mistakes in surgery

#### The 2015 Behavioral Health Care NPSGs:

- Identify individuals served correctly
- Use medicines safely
- Prevent infection
- Identify individual served safety risks.

All SWVMHI staff are reminded to promote a positive safety culture by reinforcing the importance of safe practices and engaging individuals in their care. We praise our staff who work diligently to protect patients and provide safe care.

~ Quality and Risk Management

## New and Exciting Changes in Training

The Training and Development Committee recently approved changes to the new employee orientation program, including renaming the day of training called Road Trip to Recovery Action Focus Training (RAFT). Content changes to the program are described below. All changes are effective March 1, 2015, and will be reflected on the March training calendars.

#### Summary of program changes:

1. Name change from *Road Trip to Recovery Action Focus Training* (RAFT)
2. Content changes:
  - a. **RAFT** - Additional session on mental health diagnoses, symptoms, and treatment at SWVMHI.

- b. **RAFT** - Additional information about recovery and recovery practice at SWVMHI.
- c. **RAFT** - Additional activities to practice initial motivational interviewing skills.
- d. Transfer of topics related to S/R (reduction strategies, documentation, processes, etc.) from RAFT to TOVA Day 2.
- e. Instruction/demonstration of application of mechanical restraints, including Emergency Restraint Chair (ERC) will now be taught to all direct care staff in TOVA Day 2, not just nursing.
- f. **Intro to Cultural and Linguistic Competency** - replace two hour CAI with an instructor-led class.
- g. **Adult education** - GED instructor will introduce

programs and educational opportunities for individuals and staff.

- h. **Religion and Spirituality in the Psychiatric Setting** - Dr. Tim Graham will present information about chaplain services at SWVMHI.

Many thanks to the 20+ SWVMHI staff members/instructors who share their time and expertise each month to make the onboarding and orientation of our new hires a successful and meaningful experience!

If you would like to sign up to attend any of these new classes, you may do so beginning in April. Contact Patricia Evans, x854.

~ Ginny Moorer, M.Ed.  
Training Coordinator





## Dogwood Discussion for March

**DATE & TIME:** Tuesday, March 3 at 1200 in the Dogwood Classroom of the Building.

### TOPIC OVERVIEW:

Mount Rogers Regional Adult Education Program provides twice-weekly classes at Southwestern Virginia Mental Health Institute. The class, open to both staff and individuals we serve, provides students the opportunity to work on improving basic academic skills or preparing for tests such as the GED® exam, Career Readiness Certificate, or college placement tests.

The Career Readiness Certificate (CRC) is a credential that provides a way for career-seekers to verify their skills in the areas of reading for information, locating information, and applied mathematics. Instruction is also given in keyboarding and computer basics to go along with computerized test preparation. Virginia Wizard gives feedback on career interests, skills, and values, in addition to statistical information and outlook for various careers.

Individuals are given the opportunity to request that this class be part of their schedule. The class meets on Tuesdays and Thursdays and individuals set their own goals and progress at their own pace. Assessments are given and instruction is based on the individual's needs and interests.

Students of all levels of ability are served, (staff scheduled separately from individuals we serve). Students who desire to work outside of class are given homework assignments, including online access for staff, extending the opportunity for learning. Official practice tests offer an indication of readiness for the GED® exam.

Several publishers' textbook series are available in addition to teacher-made resources and online and software lessons. Health and cultural literacy concepts are included in the curriculum. Group work is also part of the program.

Instructor Sharon Hutchinson has taught adult basic education classes for 16 years. She also serves as a resource for people soon to be released who need class schedule and enrollment information for their home locality. Adult education programs may be found in all areas of Virginia, so students returning to their home locality may connect with these programs to continue working toward their goals.

Please bring your lunch and come to any of our Dogwood Discussions. To register, please contact Patricia Evans at Extension 854.

~ **Ginny Moorer, M.Ed.**  
Training Coordinator

## March is Social Work Month

### SOCIAL WORK PAVES THE WAY FOR



*change*

The official theme for Social Work Month in March 2015 is "Social Work Paves the Way for Change."

Celebrated each March, National Professional Social Work Month is an opportunity for social workers across the country to turn the spotlight on the profession and highlight the important contributions they make to society.

The theme "Social Work Paves the Way for Change" was selected to convey what the National Association of Social Workers (NASW) and the social work profession have done over the past six decades to bring

about positive changes in society and for individuals.

Social workers—more than any other profession—recognize that more must be done to address persistent social problems such as poverty, lack of education and health care access, and discrimination based on gender, race, sexuality, or income. And they know that all people, no matter their circumstance, at some time in their lives may need the expertise of a skilled social worker.

SWVMHI recognizes and thanks each of its social workers: Debbie Boelte, Clinical Social Work Director; Steve O'Brien, Clinical Social Work Supervisor, A Team; Sara Magnuson, Case Manager, A Team; Elaine Tucker, Clinical Social Worker, B Team; Cheyenne Harris, Case Manager, B Team;

Laura Campbell, Clinical Social Work Supervisor, C Team; Tasha Pickle, Case Manager, C Team; Mallory Jessee, Clinical Social Worker, D Team; Kim Moss, Case Manager, D Team; Zina Worley, Clinical Social Worker, F Team; Jennifer Tuell, Clinical Social Worker, E Team; Leiann Smith, Clinical Social Work Supervisor, F Team and Geriatrics; Barbie Honaker, Clinical Social Worker, E Team; Danielle Grogan, Clinical Social Worker, J Team; Brandon Rotenberry, Clinical Social Worker, H Team; Kayla Loudy, Clinical Social Worker, J Team; Melissa Dye, Clinical Social Work Supervisor, H Team and ERS; and Augusta Saucer, Clinical Social Worker, H Team.

For more information, visit [socialwork-month.org](http://socialwork-month.org).

## Welcome Aboard, continued

ERS. Johannah will be working as a psychiatric aide on Ward EF third shift.

**Anthony “Tony” Kelly** has been working as a corrections officer for Marion Correctional Treatment Center (MCTC) for 15 years. He will be working part time as a security officer for SWVMHI. Tony graduated



**Left to Right:** Anthony Kelly, Mike Williams, and Brandi Marchant

from Independence High School in 1985 and until recently lived in Grayson County. He and his wife live in Marion. Previously, Tony worked at Merrilat Industries, Keystone Marion Youth Center, and with the Smyth County Sheriff's Department.

**Mike Williams** is an Earth Sciences/Physical Sciences teacher at J.I. Burton High School in Norton, Virginia. He, his wife, and teenage son live in Abingdon. Mike and his wife also have a daughter who is a sophomore at Emory and Henry College. Mike's wife is employed at MCTC. Mike will be a P-14 Rehabilitation Specialist working the evening shift.

**Brandi Marchant** is a Registered Nurse who graduated from Virginia Highlands Community College. She is currently enrolled at Liberty University to obtain her

Bachelors in Nursing. Brandi is married and has two young sons, seven and eight years old. She graduated from Marion Senior High School in 2005 and has been employed at Valley Health Care. Brandi will be working on Ward H on third shift.

**Please give our newest employees a warm welcome to the SWVMHI family.**

~ Training Department



## Totally Useless, but Fun Facts

We all need a break from being serious every now and then, especially with all the snow and ice and cold days of winter. So let's take a look at some totally useless facts, just for fun:

- Rubber bands last longer when refrigerated.
- Peanuts are one of the ingredients of dynamite.
- The average administrative assistant's left hand does 56 percent of the typing.
- Two-thirds of the world's eggplant is grown in New Jersey.
- All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill (get out your magnifying glass!)
- Almonds are members of the peach family.
- An ostrich's eye is bigger than it's brain.
- Al Capone's business card said he was a used furniture dealer.
- In England, the Speaker of the House is not allowed to speak.
- The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
- Mr. Rogers was an ordained minister.
- There are 336 dimples on a regulation golf ball.
- The “pound” key on your keyboard (#) is called an octotroph.
- The volume of the Earth's moon is the same as the volume of the Pacific Ocean.
- Hydrogen gas is the least dense substance in the world and hydrogen solid is the most dense substance in the world.
- Each year, there is one ton of cement poured for each man, woman, and child in the world.
- The house fly hums in the middle octave key of F.
- According to Einstein's Special Theory of Relativity, it is possible to go slower than light and faster than light, but it is impossible to go the speed of light. Also, there is a particle called tackyon, which is supposed to go faster than light. This means if you fire a tackyon beam, it travels before you fire it.
- Hummingbirds are the only animal that can fly backwards.
- The sentence, “the quick brown fox jumps over the lazy dog,” uses every letter in the alphabet.
- Average life span of a major league baseball: seven pitches.
- When opossums are playing ‘possum, they are not “playing.” They actually pass out from sheer terror.
- The cruise liner, Queen Elizabeth II, moves only six inches for each gallon of diesel that it burns. And you think your car gets bad gas mileage!
- In Cleveland, Ohio, it is illegal to catch mice without a hunting license.
- There are an average of 178 sesame seeds on a McDonald's Big Mac bun.
- Elephants can't jump. Every other mammal can.

~ [www.laughbreak.com](http://www.laughbreak.com)



# Word Search



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

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

Sometimes the questions are complicated and the answers are simple.  
 -- Dr. Seuss

- |             |         |             |           |
|-------------|---------|-------------|-----------|
| basketball  | birds   | butterflies | daffodils |
| Dr. Seuss   | flowers | gold        | green     |
| Ides        | kite    | leprechaun  | luck      |
| March       | rainbow | shamrock    | spring    |
| St. Patrick | tulips  | wind        |           |







# First Aid Tips: Ticks



Ewwe! I took my dog to the vet the first week in January for what I thought was a small infected site on his underside. The area was swollen and reddened and appeared to have a small “head” to the infection.

The vet took one look and immediately said, “tick” in a non-emergent, non excited voice and promptly sprayed some stuff on the site. She then pronounced the tick dead. Not much ado! I was expecting more, especially with a tick on a dog in the early part of January who takes a monthly flea and tick pill.

Ticks are common in nature especially in wooded areas and high grasses and are most active from April to September. They can crawl on people and attach themselves so stealthily folks do not even know they’ve been “attacked!” Many ticks are harmless and many folks casually brush them off.

However, some ticks carry diseases such as Rocky Mountain Spotted Fever (RMSP) or Lyme Disease. Recently, a very new, deadly tick disease was identified and named Bourbon Virus. The only known patient contracted the virus in Bourbon County, Kentucky, and died ten days later.

Ticks can transmit virus, bacterial or protozoan infections, toxins, or many at the same time. The best prevention against tick bites is wearing long sleeves and long pants, using insect repellent such as DEET and/or insect repellent clothing, and especially doing a thorough post outdoor body check for ticks. It is also good to

know where ticks inhabit such as high grass, leaf litter, and woody areas. Just the areas where outdoor people like to be.

If you find a tick on yourself or someone else, remove it as soon as possible. The less time a tick is attached the less time it has to transmit disease(s). Ticks can become very engorged with blood and the key is not to let the blood be squeezed back into the person. Obtain PPE and wear gloves.

With tweezers or some type of squeezing device, grab the tick by its head or as close to the person’s skin as possible. Lift the tick straight out, “tenting” the skin which may cause the tick to “let go.” Do not twist or jerk the tick, which could cause the mouth parts to break off in the skin. According to the American Heart Association and the CDC, this is the only appropriate way to remove a tick.

Drop the tick into rubbing alcohol to kill it. Wash the area with soap and running water. You may want to save the tick to show a health care provider, especially, if the bite occurred in an area known for tick borne diseases. Do not handle the tick with your bare hands, dispose of it by flushing it down the toilet, or by sealing it in a container and throwing it away. If in a few weeks the person develops a fever or rash, see a health care professional and inform him or her of the tick bite and where it probably happened geographically.

~ Rebecca Sparger, RN, BSN  
Training Coordinator



If **Winter** comes, can **Spring** be far behind?



- Percy Bysshe Shelley

## March Lunar Phases

### March 5

Full Moon, also called “Worm Moon” by Native Americans of New England and the Great Lakes because this time of the year there are signs of earthworms as the ground thaws in preparation for spring.

### March 13

Last Quarter Moon

### March 20

New Moon

### March 27

First Quarter Moon



**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**

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

**Please submit articles for the next newsletter to Cheryl Veselik by March 20, 2015.**

**The next newsletter will be published April 1, 2015.**