



APRIL 2015

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From the Director

Staff Appreciation

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

~ Albert Schweitzer

We are headed into the time of the year where Employee Recognition funds are turned over to departments so that each department can plan and implement recognition and team-building activities. We have **Social Work Month** ("Social Work Paves the Way for Change") and **National Nutrition Month** (both March), **Health Information Management Professionals Week** (March 22–28), **Doctors' Day** (March 30), **National Occupational Therapy Month** (April), **Administrative Professionals Week** (April 24 - 30) and **Day** (April 29), **Medical Laboratory Professionals Week** (April 19-25), **Nurses Week** (May 6 – 12). For those without a specific celebratory/educational day, week, or month (poor Psychology), or for those whose week or month is later in the year (**Housekeeping Week** - September 13-19 or **American Pharmacy Month** – October), you can always celebrate **Public Service Recogni-**

tion Week (May 1- 7), **National Hospital and Healthcare Week** (2nd week in May), or **National Mental Health Awareness Month** (May)! Your department head and planning committee have likely already started planning for your event.

As I reflected on gratefulness, my mind wandered to some wonderful individuals who left their mark of dedication and quality on SWVMHI and on me. You probably know many others, but here are several folks who took the time to teach me with the warmth of their souls and their caring.

One lovely lady served in many roles at SWVMHI; I knew her best as social worker, volunteer coordinator, and chaplain assistant, but she was much more. For one of our early Family and Friends Days, she lavished the gym with real trees and a pond. She brought a fruit tray to welcome nursing home staff who were making a difficult decision to admit a patient there – and it worked! Well, the fruit tray didn't hurt, but it was more likely that her thorough knowledge of the individual's situation and her enthusiasm in representing him to others swayed their decision. One spring I needed early blooming forsythia

and she stopped along the interstate to gather them for me. No task was too big or too small, and always performed in love and gratitude.

Don't do something for recognition. Do it out of kindness, do it because out of giving it will make you whole and complete.

~ Angie Karan Krezos

Many years ago, there was a physician who worked four nights a week as MOD. The former Director stated often that he slept easier knowing that this individual was on duty and I came to share his comfort. He lived a fascinating life, but chose to spend the final years of his career caring for individuals with serious mental illness at our hospital. One thing we learned, however, was to check the door behind him as in his important rounds he frequently neglected to do so. There were many calls shared at 3 am as he knew when to alert us of important issues. He loved to share his enthusiasm for life with others, primarily his family.

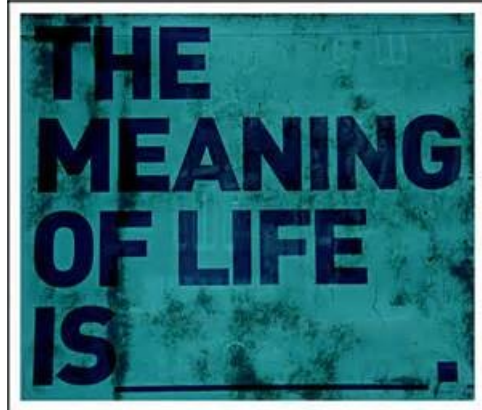
Continued on page 11

Hidden

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



SWVMHI Values: Giving Life a Meaning



in life is *something that you create, that you manufacture for yourself and others.* When I think of 'meaning' in life, I ask, 'Have I learned something today that I didn't know yesterday?' Bringing me a little closer to knowing all that can be known in the universe. Just a little closer, however far away all the knowledge sits. If I live a day and I don't know a little more that day than the day before, I think I wasted that day."

count, and their lives count. They need to hear this consistently, at least daily, and with conviction.

Through our educational and experiential endeavors, we have learned how things work. To learn is to become closer to nature, and to learn how things work gives us power to influence events, gives us power to help people who may need it, and bestows upon us the obligation to help others find meaning in their lives just as we have found meaning in ours.

I was recently drawn to a response Neil deGrasse Tyson, a well-known American astrophysicist, gave to a six-year-old boy who asked, "What is the meaning of life?" Tyson responded, "I think people ask that question on the assumption that meaning is something you can look for, and then, 'Oh, I found it! Here's meaning, here's what it is.' And it doesn't consider the possibility that maybe meaning

We are in the business of giving lives a meaning. Many of the individuals we serve have been so beaten down by impoverished environments and the ravages of their mental illness that they believe their lives have little or no meaning. They need to hear from us about how they have learned a little bit more than they knew yesterday. They need to hear from us that they

Tyson concludes, "So, when I think of 'What is the meaning of life?' to me that's not an external, unanswerable question. To me, that is in arm's reach of me every day."

~ James Moon, Ph.D.
Psychology Supervisor

Public Service Announcement



Recently, Smyth County Public School bus drivers have reported an increase in the number of vehicles illegally passing stopped school buses. The local school division is committed to ensuring the safety of its students and is asking the community to share this commitment.

The Smyth County Public School System would like to remind community members that all motorists are required to stop

when a school bus is loading or unloading children. All bus drivers are required to complete a pre-trip inspection to ensure all safety devices are working properly. All motorists should be aware that in the event these safety devices are not functioning, you are still required to stop when a bus is loading or unloading children.

Drivers are required by state law to stop in all directions when the red lights on the bus are flashing and/or the stop sign is out unless they are travelling on a divided highway. There are penalties for failure to stop for a stopped school bus. Penalties may include:

- Reckless driving charge
- Jail time up to 12 months, fine of \$2,500 (or both)
- 4 points on your license

Our students are our most precious resource, and we should all take the responsibility of ensuring their safety seriously. School administrators and bus drivers work together to coordinate bus stops and have as many students as possible load and unload on the passenger door side of the road. This is not always possible and as a result, some students actually have to cross the road when they are loading and dismissing from the school bus.

When a bus is stopped and its red lights are flashing, a child could potentially have to cross the road in front of traffic. Please consider all of the above mentioned safety rules to ensure the safety of our students.

~ www.scsb.org



April is Occupational Therapy Month

Occupational Therapy's Role in Mental Health Recovery

According to the National Consensus Statement on Mental Health Recovery, mental recovery is defined as “a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to reach his or her potential.”

The recovery model requires a shared decision-making process that is person centered and client driven. The client-provider partnership supports shared decision making from the time the individual first engages in services, through developing intervention plans, and in all other aspects of the therapeutic process. A primary goal of the recovery model is to facilitate resiliency, health, and wellness in the community of the individual's choice, rather than to manage symptoms. The National Consensus Statement identified ten fundamental components of recovery:

1. Self-directed
2. Individualized and person centered
3. Empowered
4. Holistic
5. Nonlinear
6. Strengths based
7. Peer supported
8. Respect
9. Consumer responsibility
10. Hope, the “catalyst of the recovery process.”



These fundamental recovery principles are in full alignment with the philosophy of occupational therapy practice, which is inherently client centered, collaborative, and focused on supporting resiliency, full participating, health promotion, and a wellness lifestyle.

Occupational therapy practitioners work collaboratively with people in a manner that helps to foster hope, motivation, and

empowerment, as well as system change. Educated in the scientific understanding of neurophysiology, psychosocial development, activity and environmental analysis, and group dynamics, occupational therapy practitioners work to empower each individual to fully participate and be successful and satisfied in his or her self-selected occupations. Occupational therapy practitioners assume a variety of roles such as direct care therapists, consultants, academic educators, managers, and administrators. They may also work in state and national mental health organizations to help assist in local, state, and national transformation efforts.

The following are examples of how the knowledge and skill base of occupational therapy is used in the process of assisting individuals in all phases of mental health recovery:

- Teach and support the active use of coping strategies to help manage the effect of symptoms of illness on one's life, including being more organized and able to engage in activities of choice.
- Help to identify and implement healthy habits, rituals, and routines to support a wellness lifestyle.
- Support the identification of personal values, needs, and goals to enable informed decision making, such as when considering housing and employment options.
- Support the creation and use of a wellness recovery action plan in group or individual sessions.
- Provide information to increase awareness of community-based resources, such as peer-facilitated groups and other support options.
- Provide information on how to monitor physical health concerns (e.g. diabetes management, smoking cessation), develop strategies to control chronic symptoms, and recognize and respond to acute changes.
- Support the ability to engage in long-term planning (e.g., budget for major

purchases, prepare advance medical and mental health directives) that leads to meeting personal recovery goals.

Occupational therapy practitioners are also teaming with individuals, families and caregivers, interdisciplinary professionals, and other mental health stakeholders, including behavioral health organizations, payers, and communities, to help transform the culture of mental health care through the promotion and active implementation of recovery-based principles and practices. Together, these teams are designing innovative agency and community based supportive programming based on recovery principles. The recent “Recovery to Practice” federal initiative has been set in motion to provide the assistance and resources necessary to “foster a better understanding of recovery, recovery-oriented practices, and the roles of the various professionals involved in promoting recovery.”

The practice of occupational therapy, like the recovery model, is based on the philosophy and evidence that individuals diagnosed with mental health conditions can and do recover and lead meaningful, satisfying, and productive lives. It is the profession's emphasis on holism, function, participation, and partnership, that issued to help support people with mental illness to develop skills, engage in activities of interest, and meet individual recovery goals.

SWVMHI would like to recognize and thank its Occupational Therapists: Sharon Neitch, OTR/L; Stacy Brown, OTR/L; and Vicki Legg, OTR/L.

For more information about Occupational Therapy, please visit www.aota.org.

~ Sharon Neitch, OTR/L

Chaplain's Corner



April hath put a spirit of youth in everything. - William Shakespeare

On March 26, we celebrated the heritage and culture of Appalachia with a program entitled, "The Appalachian Man," a celebration of music, reflections, storytelling, and food. The word Appalachia comes from a Spanish translation of a native American village that was discovered near the present Tallahassee, Florida, in the 1500s. By 1565, map makers were referring to the entire mountain range by this name.

Today Appalachia is both a cultural and geographical region encompassing the Southern tier of New York, eastern Ohio, West Virginia, southwestern corner of Virginia, western North Carolina, eastern Tennessee, and the northern portions of Georgia, Alabama, and Mississippi. Our culture is rooted in early American history in which people survived on self sufficiency, endurance, and an unyielding hope for a better future. Appalachian people are distinguished by the ancestral influence of Scots-Irish, Anglo-Scottish, and German settlers. These brave people brought their unique styles of music, language, and rugged individualism that has shaped who we are.

James Webb, in his book "Born Fighting-How the Scots-Irish Shaped America," points out that our ancestors came to these mountains hardened from border wars between England and Scotland, harsh settlements in England's Ulster plantation in Northern Ireland, and the Palatine region of Germany. Their journey to America was not easy. As many as 30 percent of passengers died enroute across the Atlantic Ocean. These people did not settle in plantations or emerging towns, but in the raw, unforgiving mountain wilderness that no one else wanted, but they made it work, and they made it home.

Our ancestors were among the early pioneer/adventurers such as Daniel Boone and Davy Crockett, who explored rugged territories and opened new areas for settlement and national development.

The Appalachian Man is the embodiment of the All-American folk hero. From these ranks came men who served their country fearlessly in times of war, dared to explore the unknown with enthusiasm, and brought a sense of joy and humor to their challenging, unpredictable lives. From the Appalachian region have come presidents, military leaders, writers, singers, political free thinkers, farmers, coal miners, inventors, and entrepreneurs. Appalachia has inspired music that is beloved around the globe, and made the industrialized world fall in love with fried chicken from KFC. It is a heritage we can all be proud of.

When the contemporary classic publication on Appalachian life, "Foxfire," observed its 40th anniversary, one of the contributors, Harriet Echols recalled, "Back then, when people married, a MAN's pride was in his family. He didn't think about what it was gonna cost to feed 'em, to clothe 'em and give 'em a chance to go on their own in the world."

Each of us have "gone on our own in the world" and we stand on the shoulders of those who have "gone on" before us. Remembering the strengths of who we are and the debt we owe to our ancestors can help us better appreciate the lives we enjoy now.

While I was not born here, my ancestors were and lived throughout Smyth, Wythe, and Washington counties since the mid 1700s. It is a privilege to be connected to Southwest Virginia through these generations and to be the beneficiary of the culture we enjoy today.

Our next cultural program will feature the gifts and contributions of the "Appalachian Woman" as we celebrate the individuals who shaped our families and fed our souls with grace, strength, and love.

~ Timothy Graham, D. Min.
Chaplain

Medical Laboratory Professionals Week



This is the 40th year of celebrating Medical Laboratory Professionals Week (MLPW) and honoring clinical/medical laboratorians. Laboratory professionals often work in hospitals, physician offices, or private clinical laboratories, performing laboratory tests and monitoring the quality of their results. Using modern biomedical equipment and complicated analysis, laboratorians can detect the presence of cancer, identify infectious viruses and bacteria, and measure elements such as glucose, cholesterol, or drug levels in blood. From April 19-25, 2015, please join these professionals in celebrating National Medical Laboratory Professionals Week and their vital role in promoting and protecting your health. SWVMHI would like to recognize and thank its

Medical Laboratory Professionals: Becky Barker, Lab Supervisor; Crystal Billings and Jeane Hutton, Lab Technicians, and Tina Hamm, Lab Administrative Assistant.

~ Becky Barker, MT — Lab Supervisor



Safety is Everyone's Responsibility



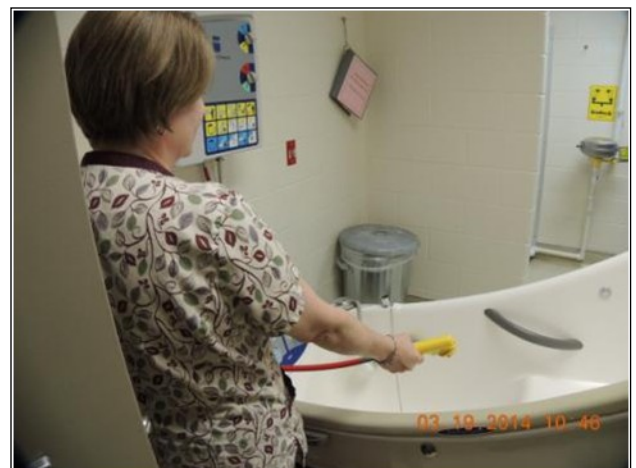
CHECK THIS OUT!

Maintaining a safe and secure environment of care, free of hazards, is the responsibility of every SWVMHI employee. Please review the pictures below to determine what, if anything, could be done to improve the safety of the environment shown in the picture. Please e-mail your suggestions to Christina Lishen or Don Chisler. The name of staff members with the most correct responses will be entered in a drawing for a SWVMHI meal ticket. Responses must be submitted by April 24, 2015, to be eligible for the meal ticket drawing.

1.



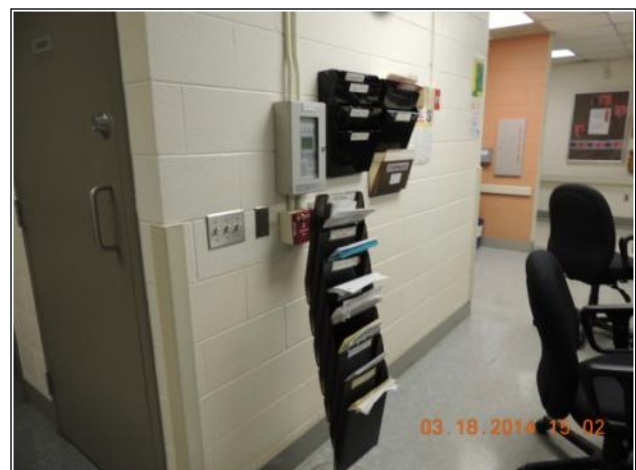
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3.



4.



~ SWVMHI Safety Committee

Staff Development

Take advantage of the training Opportunities in April

Training

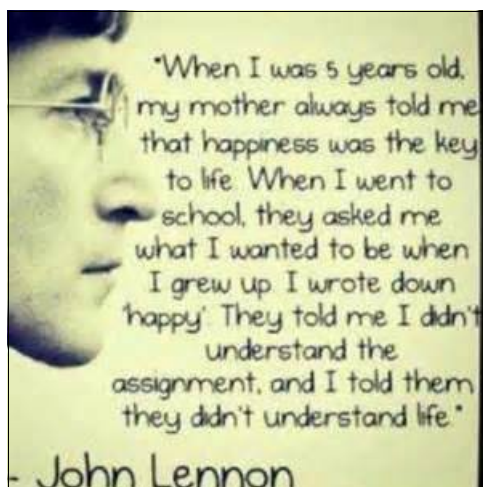
developing the skills, experience, and knowledge employees need to perform their jobs, improve their performance, and acquire new skills, and abilities, specific to their jobs.

There are **three CAIs** due during the month of April:

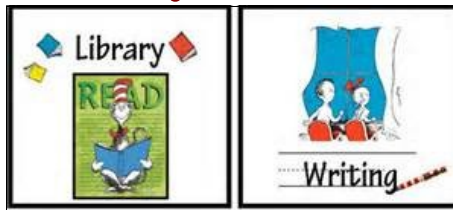
1. DBHDS HIPAA
2. DI 703
3. DBHDS IT Security

These CAIs are updated by DBHDS and they will let us know when they are ready. **DO NOT TAKE THEM UNTIL YOU ARE NOTIFIED TO DO SO.**

Please log into the Knowledge Center and take your CAI as soon as you receive notification that they are ready.



Library Corner



National Library Week

We have so much going on in the library world this month. This month we celebrate National Library Week from April 12-18, 2015. The theme this year is "Unlimited Possibilities @ Your Library." First sponsored in 1958, National Library Week is a national observance sponsored by the American Library Association (ALA) and libraries across the country each April. It is a time to celebrate the contributions of our nation's libraries and librarians and to promote library use and support. All types of libraries -- school, public, academic and special -- participate.

Also, during the week on April 14, we will be celebrating National Library Workers Day where we honor everyone who works in a library, including library technicians, IT support, housekeeping staff, and couriers. These people can often be forgotten so we must make sure to give them some support on their day, this April 14.

In addition, this April, we are celebrating D.E.A.R. – Drop Everything and Read. I am very excited about this. It used to just be a one-day celebration on April 12, but this year libraries across the country are celebrating it all year long. The children's author, Beverly Cleary wrote about D.E.A.R. in her book, *Ramona Quimby, Age 8*, and libraries chose April 12 because that was the author's birthday. However, it has grown into a reminder for children and adults to make reading a priority in their lives. I know I have seen a need for this in recent times. It seems to me that so many people don't make the time to read anymore. Dr. Seuss said, "The more that you read, the more things you will know. The more that you learn, the more places you'll go." I hope our society keeps reading so we can keep going places, and that each person keeps reading so we can all keep going places.

New Books

Following is a list of some newer books we have gotten in our library about the places you might go:

Bella Tuscany by Frances Mayes

Tulku by Peter Dickinson

In a Sunburned Country by Bill Bryson

Eat, Pray, Love by Elizabeth Gilbert

My Kind of Place: Travel Stories by Susan Orlean

A Thousand Splendid Suns by Khaled Hosseini

The Edge of Day: A Boyhood in the West of England by Laurie Lee

Horn of Africa: A Novel by Philip Caputo

Central Park by Debra White Smith

In Patagonia by Bruce Chatwin

A Hammock Beneath the Mangoes by Thomas Colchie

Three Weeks with My Brother by Nicholas Sparks

Rebel: A Tibetan Odyssey by Cheryl Whitesel

In the Convent of Little Flowers: Stories by Indu Sundaresan

The Penguin Atlas of African History by Colin McEvedy

Cry of the Kalahari by Mark Owens

Donations

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



Debbie Boelte
 Gaynelle Davis
 Robert Farmer
 Ginny Moorer
 Jennifer Snow
 Sharon Winebarger

We are also very thankful for the many anonymous cards, magazines, and books. Apologies to anyone who donated items that I may have inadvertently left off the list above — you are appreciated as well.

~ Christina Quillen
 Librarian



Rehab Department News



Spring has come with some gorgeous weather! We hope the snow is gone till next winter.

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

The special activity for March was a cultural event entitled "Appalachian Man." Guest speakers, including individuals we serve, told about Appalachian history, culture, and many other interesting facts. Various games were played, such as; rock loading, storytelling, Mountain of Words (Appalachian slang), and slopes. A special snack of apple spice cake and apple cider was served.

The Rehab Department hosted an Easter sale on March 27. Various

handmade craft items from groups were for sale as were many live plants from our greenhouse. The proceeds will be used for purchasing group supplies for upcoming projects.

Preparations continue 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, 2015. The department will have a tent at the park with our handcrafted items for sale. Please mark your calendars for this exciting weekend.

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

*A small green frog
On a big brown log;
A black and yellow bee
In a little green tree;
A red and yellow snake
By a blue-green lake,
All sat and listened
To red bird sing,
"Wake up, everybody,
It's spring! It's
spring!"*



Kronos Workforce Update

This month marks the one year anniversary since we started using Kronos Workforce Central. We know, its hard to believe. Have you logged into Kronos workforce recently? If not, 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.

Please remember 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. Payline is only used to provide you with your W-2s and your paycheck information.

Helpful Hints

- It is best if you swipe your ID badge when punching in and out rather than manually keying in your ID badge on the keypad. Although the clocks are

set to accept manual punches, this is not the most accurate way to punch.

- If you have a lost or damaged ID badge, please contact Human Resources to arrange a time to have your badge replaced.
- Have you forgotten your Kronos password? You should first use the "forgot password" link on the welcome screen. If you still cannot get in, then you should contact Cheryl Veselik who can reset it. Be forewarned though, that if she resets your password, you will have to reset your three security questions again.

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!



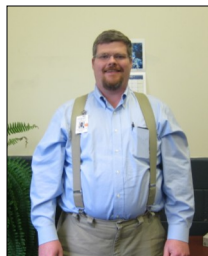
Left to right: Michelle Widener and Nancy Huffman

SWVMHI is very excited to welcome two new employees, who started March 10, 2015. One full time RN and one full time CNA. Here in a nutshell is some information about our newest staff members:

Michelle Widener enjoys working as a CNA and looks forward to working at SWVMHI. Michelle has been a CNA for 6 1/2 years and loves taking care of people. She is currently not married but has a boyfriend and has two daughters, 15 and 20 years old. Michelle and her family live in Marion. She graduated from Chilhowie High School in 1995 and obtained her CNA from Wytheville Community College. Michelle has worked at

Pro Careers as well a Virginia HomeHealth and Hospice. She will be working as a float CNA on third shift.

Nancy Huffman enjoys boating and kayaking on Claytor Lake and loves animals. She is a Grayson County native and graduated from Independence High School and Old Dominion University receiving a BSN in nursing. Currently Nancy lives in Draper, Virginia, and has worked at Wythe County Community Hospital, Carillion Hospital in Radford, and Bland Correctional Center. She will be working third shift on Ward E/F as an RNCA. Nancy is looking forward to meeting the staff and the individuals we serve at SWVMHI.



Please join the SWVMHI Medical Staff in welcoming **Joseph "Casey" Guthrie, M.D.**, to the facility. Dr. Guthrie attended undergraduate studies at the University of Louisiana – Lafayette, obtaining a Bachelor of Science Degree in Pre-Med Psychology. He also received his Master of Science Degree in Experimental Psychology from the University of Louisiana. He attended the Medical University of the Americas where he obtained his Doctor of Medicine Degree in 2008. Dr. Guthrie received Board Certification in Psychiatry in 2012 and Forensic Psychiatry in 2013.

Dr. Guthrie comes to Marion from Bluefield, West Virginia, where he worked at The Behavioral Health Pavilion of the Virginias. He also worked in private practice in Bluefield, West Virginia, serving as a forensic psychiatrist.

Dr. Guthrie and his wife, YiYi, have three children, ages seven, five, and seven months. They like living in a more rural area, so they moved to Appalachia to flee the heat, fire ants, and mosquitoes of Louisiana once Dr. Guthrie completed his residency and fellowship. His family enjoys church, bible studies, and being outside fishing, hiking, camping, or otherwise playing and enjoying such pretty country.

SWVMHI added two new employees to its staff the end of March:



Daniel Baker moved from a P-14 housekeeping position to a full time groundskeeper position. Daniel lives in Chilhowie and always has a smile on his face. He has been an asset to housekeeping and will continue as an asset on the grounds of SWVMHI.

His great aunt, Virginia Parsons, is a CNA here. In his spare time, Daniel enjoys working on import vehicles.

Continued on page 11



Recovery Hero

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



We recently had a psychiatric aide that was described as extraordinary when working with one particular individual. This particular individual responds very well to all of the staff on the ward and the staff work very well

with him, so what makes Jenny Smith so extraordinary? It's her overall patience when working with this individual.

This individual requires 1:1 assistance and Jenny patiently assists him with meals, dressing, and all other ADL's. Jenny is truly concerned about this individual's well-being and goes out of her way to assist him as much as possible. While Jenny is assisting him you can often hear him laughing as the two of them interact. Jenny is also very prompt when reporting any decline in his condition, and lets the nurse know anytime that he doesn't seem like his usual self.

Because she has demonstrated such compassion for this individual and goes above and beyond her job duties, Jenny Smith is our Recovery Hero this month.

Jenny has been employed at SWVMHI since September 10, 2005, and we are glad that she is a part of our team. Please remember to congratulate Jenny when you see her.

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



PERSONNEL CHANGES*

New Employees

Joseph Guthrie, Psychiatrist	Mar 1
Michelle Widener, Psychiatric Aide	Mar 10
Nancy Huffman, Registered Nurse Clinician A	Mar 10
Samantha Keyser, PI4 Food Service Technician	Mar 25

Separations

Justin McGhee, Food Service Technician	Mar 12
Freddie Davis, Timekeeper	Mar 18
Betty Reynolds, Psychiatric Aide	Mar 18
Sharon Phibbs, Fiscal Technician	Mar 24
Galina Berenshteyn, PI4 Psychiatric Aide	Mar 29

Promotions/Role Changes

Dr. Jagdeep Wander, Full-Time Psychiatrist to PI4 MOD	Mar 31
Brandy Davidson, Full-Time to PI4 RN Clinician A	Mar 31
Daniel Baker, PI4 Housekeeper to Full-Time Grounds Worker	Mar 25

* As of the time the newsletter was printed for distribution

MONTHLY PATIENT CENSUS

February
2015

Admissions 44

Discharges 48

Passes 12

Average Daily
Census

153

Travel Tip

If you are traveling on state business, there are certain procedures that must be followed as well as forms that must be submitted. As soon as you know of the need for travel, you must submit a Travel Request Form as well as a Motor Vehicle Request Form. These forms can be found on the intranet under SWVMHI Forms under the Travel Folder. Requests must be submitted at least seven days in advance of the travel, if possible.

The Administrative Professionals at SWVMHI recently received training on the travel policy, so if you are a traveler and have questions, you should first contact your departmental administrative assistant for help in completing these forms. Please note that out of state travel requires at least thirty days advance notice, and a different form must be used. If you are traveling overnight, be sure you keep the original hotel receipt (the one they slide under your door) — credit card receipts cannot be accepted and reimbursement will not be made unless you have the original receipt.





Special Gym/Game Room Activities

Consumer Empowerment
Recovery Council (CERC)
April 23, 2015
1515 - 1545

Birthday Party
April 29, 2015
1800 - 2000
No Café



Patient Activity Council (PAC)
April 23, 2015
1545 - 1615



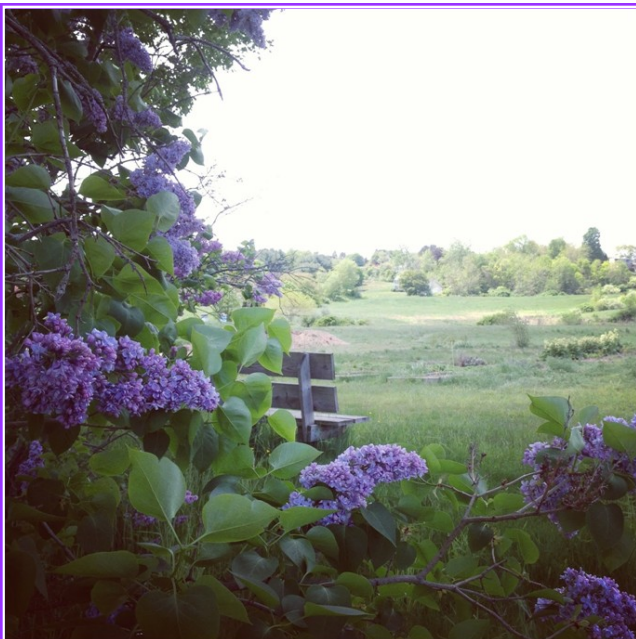
Spring Event
April 23, 2015
1330 - 1500

Church Services
held each Thursday
from 1830 - 1930
No Café



Movie Nights
April 6, 7, 20 and 21,
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.



April and May

April cold with dropping rain
Willows and lilacs brings again,
The whistle of returning birds,
And the trumpet-lowing of the herds.
The scarlet maple-keys betray
What potent blood hath modest May,
Willows and lilacs brings again,
What fiery force the earth renews,
The wealth of forms, the flush of hues;
What joy in rosy waves outpoured
Flows from the heart of Love, the Lord.

~Ralph Waldo Emerson

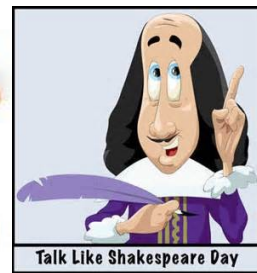
April Days to Celebrate

“Off the cuff” April holidays to celebrate:

- April 4**
Square Root Day
- April 6**
Tater Day
- April 10**
Safety Pin Day
- April 12**
Grilled Cheese Sandwich Day



- April 17**
Blah! Blah! Blah! Day
- April 19**
National Garlic Day
- April 22**
National Jelly Bean Day
- April 23**
Talketh Like Shakespeare Day
- April 26**
National Pretzel Day



HAPPY NATIONAL
pretzel DAY!

National Garlic Day





Administrative Professionals Week



Administrative Professionals Week is April 19 to 25, 2015. Administrative Professionals Day is that Wednesday. Since 1952, the International Association of Administrative Professionals (IAAP) has honored office workers by sponsoring Administrative Professionals Week. Today, it is one of the largest workplace observances outside of employee birthdays and major holidays.

Each year, administrative professionals are recognized for their skills and loyalty, attributes almost every office depends upon. Administrative Profession-

als Week celebrates and sheds light on administrative professionals' devoted, valued work.

There are more than 22 million administrative and office support professionals working in the United States. More than 475,000 administrative professionals are employed in Canada and millions more work in offices all over the world.

IAAP strives to be the premier network and resource for the administrative profession. It works to ensure individuals working in office and administrative professions have the opportunity to **connect, learn, lead and excel**. The association was founded in 1942 as the National Secretaries Association to provide a professional network and educational resources for secretarial staff. The asso-

ciation's name was changed in 1998 to the International Association of Administrative Professionals to encompass the large number of varied administrative job titles and recognize the advancing role of administrative support staff in business and government. IAAP's core values are **integrity, transparency, excellence, and collaboration**.

SWVMHI would like to recognize and thank all of its Administrative Professionals from all departments, and at every level.

For further information about administrative professionals, please visit www.iaap-hq.org.

From the Director, continued

Deep sea fishing, a trip to the Alps, he always remembered those left behind.

We are so often caught up in our destination that we forget to appreciate the journey, especially the goodness of the people we meet on the way. Appreciation is a wonderful feeling, don't overlook it.
~ Anonymous

There is another individual we will remember as kind, helpful, and hard-working. She was a working supervisor and didn't slack off whether the task was waxing the floor or delivering furniture. She always donated many delicious loaves of bread to raise funds for the individuals we serve. There was no more important job she had than making us all feel welcome and valued at SWVMHI. The smile on her face was like a ray of sunshine.

Gratitude is the heart's memory.
~ French proverb.

Our second chaplain in more recent years was a petite, humble lady with a soft voice and big ideas. Under leadership begun by her brother (the first chaplain in modern years), the program grew to encompass many regular pastors making many regular visits and being available on call to those in need. She encouraged us to organize a recognition program just for pastors and their wives, brought Bibles and hymnals, and many spiritual booklets, of which I still have a few today. She worked tirelessly to promote the spiritual needs of individual and staff – and we know that spirituality is one important pathway to Recovery.

To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven.
~ Johannes A. Gaertner

There are many others who we all have know, who have touched our lives in an important way, and the lives of those individuals we serve. They have left our world a better place and I am grateful.

~ Cynthia McClaskey, Ph.D.
Director

What are you grateful for today?

The Heart of the Tree

What does he who plants a tree?
 He plants the friend of sun and sky;
 He plants the flag of breezes free;
 The shaft of beauty, towering high;
 He plants a home to heaven anigh
 For song and mother-croon of bird
 In hushes and happy twilight heard--
 The treble of heaven's harmony--
 These things he plants who plants a tree.

What does he who plants a tree?
 He plants cool shade and tender rain,
 And seed and bud of days to be,
 And years that fade and flush again;
 He plants the glory of the plain;
 He plants the forest's heritage;
 The harvest of a coming age;
 The joy that unborn eyes shall see—
 These things he plants who plants a tree.

What does he who plants a tree?
 He plants in sap and leaf and wood,
 In love of home and loyalty
 And far-cast thought of civic good—
 His blessings on the neighborhood
 When in the hollow of His hand
 Holds all the growth of all our land—
 A nation's growth from sea to sea
 Stirs in his heart who plants a tree.

~Henry Cuyler Bunner

Earth Day 2015

April 22, 2015 - **Earth Day's 45th anniversary** - could be the most exciting year in environmental history. The year in which economic growth and sustainability join hands. The year in which world leaders finally pass a binding climate change treaty. The year in which citizens and organizations divest from fossil fuels and put their money into renewable energy solutions. These are tough issues but we know what's at stake is the future of our planet and the survival of life on earth. On Earth Day we need you to take a stand so that together, we can show the world a new direction. It's our turn to lead. So our world leaders can follow by example.

One thing we can all do to help our planet earth is to recycle. Following are some of the latest facts about recycling:

- Each person creates about 4.7 pounds of waste every single day.
- In the US 33.4 percent of solid waste is either recycled or composted, 12.6 percent is burned in combustion facilities and 54 percent makes it's way into landfills.
- In 2007 99 percent of lead acid batteries were recycled, 54 percent of paper and paperboard were recycled, 64 percent of yard trimmings were recycled, and nearly 35 percent of metals were recycled.
- The amount of recycling in 2007 saved the energy equivalent of 10.7 billion gallons of gasoline and prevented the release of carbon dioxide of approximately 35 million cars.
- The number of landfills in the US are decreasing while their size is increasing. In 1998 there were 8,000 landfills but only 1,754 in 2007.
- Each ton of mixed paper that is recycled can save the energy equivalent of 185 gallons of gasoline.
- Approximately 8,660 curbside recycling programs exist in the United States.
- There are about 3,510 community composting programs in the United States.
- Disposal of waste to landfills has decreased from 89 percent in 1980 to 54 percent in 2007.
- Recycling one ton of aluminum cans conserves the equivalent of 1,665 gallons of gasoline.
- In 2007 the United States recycled and composted 85 million tons of the 254 million tons of municipal solid waste created.

(source: epa.gov)



Improving Medication Safety: How to Prevent Medication Errors



Over the years the use of medications has proven to be effective for preventing and treating many disease states as well as acute illnesses. However, this increase in the use of medications has also led to an increase in adverse events and medication errors. According to the Institute of Medicine in the United States, medication errors are responsible for approximately 7000 deaths per year. In order to avoid these errors and improve medication safety, healthcare providers should implement safe guards to reduce the risk for errors.

Following safe medication practices are crucial aspects in preventing medication errors. There are several general practices that all healthcare workers and patients should follow. The following are a few general safety strategies:

<p>Prescribers</p>	<p>Review all existing drugs and total patient status before prescribing a new drug Review orders for completeness (dosage form, route, etc) Ensure orders are unambiguous and legible if handwritten Follow-up and evaluate the need for continued drug therapy for individual patients</p>
<p>Pharmacists</p>	<p>Participate in drug therapy monitoring when indicated Never assume or guess when interpreting a confusing medication order Ensure storage and dispensing procedures are followed in patient-care areas Use “tall man” lettering for sound-a-like, look-a-like drugs</p>
<p>Nurses</p>	<p>Adhere to the “Five Rights” (right medication, right dose, right time, right route, right patient) If using an administration device, fully understand how to use the device before administering the medication to the patient Verify orders with a pharmacist or physician if there is an unusually large number of dosage units or volume</p>
<p>Patients</p>	<p>Take medications as directed Keep a list of all medication names, strength, and how often they are taken Keep a list of all medication that cannot be taken and why Inform all health care professionals of all the medications that are taking and how you are taking them (even if it differs from how they were prescribed), allergies, and disease states Administer liquid medications using dosing syringes or dosing cups rather than household teaspoons Understand how to take medication and what they are being taken for</p>

It is essential for safe medication practices to be used by healthcare workers and patients in order to avoid medication errors. Simple strategies as mentioned above can greatly reduce the incidence of medication errors and resulting harm to patients.

~ Lindsey Cooke
 Pharm.D. Candidate, 2015
 SWVMHI Pharmacy Student

The air is like a butterfly
 With frail blue wings.
 The happy earth looks at the sky
 And sings.



- Joyce Kilmer, *Spring*





Welcome Aboard, *continued*



Samantha Keyser currently attends Marion Senior High School as a junior and wants to major in nutrition and food science in college. She will be working as a P-14 Food Service Technician. Samantha lives in Sugar Grove, Virginia, with her parents and this is her first job. Her older sister is Amber Heath who also works in food service. At school Samantha participates in varsity volleyball and soccer.

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



Mission, Vision, Values

SWVMHI Mission

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

SWVMHI Vision

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

SWVMHI Values

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

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

SWVMHI Leadership Philosophy

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

Dogwood Discussion Recap

After a long time, Sharon Neitch was able to obtain the services for Adult Education in the person of Sharon Hutchinson. Ms. Hutchinson's background includes a B.S. in Education from Concord University, Athens, West Virginia. She also holds a Virginia Teaching Certificate and has been employed by the Mount Rogers Regional Adult Education Program (MRRRAEP) since 1995. Additionally, she taught adult education classes in various locations, including a workplace (Aerus Electrolux); the Virginia Employment Commission; Bristol, Virginia, Sheriff's Office (Jail); and at Virginia High School where her class included high school students in the Individual Student Alternative Education Plan (ISAEP) program.

Sharon Hutchinson is enthusiastic about teaching. At the present time she is working with a few of the individuals we serve to help them with basic education. Adult education is very different from educating children and Ms. Hutchinson understands that.

Basic education such as reading, writing, math, science, social studies, and computer skills are offered and life skills such as handwriting, counting money, and keyboarding are offered upon request. Additionally, health and cultural literary are offered.

As we all know, computer skills are a must for life in the 21st century and in order to obtain and keep a job, it is important to be able to read, write, and do numbers. This represents a significant step in the Recovery of the individuals we serve.

Ms. Hutchinson shared a brief power point entitled Adult Education at Southwestern Virginia Mental Health Institute. The adult education is through Mount Rogers Regional Adult Education Program and serves the counties of Bland, Carroll, Grayson, Smyth, Washington, and Wythe and the cities of Galax and Bristol. As you may know, those areas are included in our far Southwest Virginia Region III Adult Catchment Area. The (MRRRAEP) has an Advisory board representing superintendents in each locality. The classes offered are free and are offered in each region.

Classes offered include adult basic education, GED® exam preparation, ESL (English as a Second Language) classes, basic computer skills to prepare for the GED exam, and PluggedIn.

Entry to Ms. Hutchinson's classes is through referral by self, rehab resource consultant/

treatment team, physician, and Sharon Neitch. The classes are held in Room 144 in the Blacklock Building during the day on Tuesdays and Thursdays. Staff are welcome to attend classes and are scheduled separately from the individuals we serve.

All resources are provided free of charge and are adjusted for individualized instruction, vision problems, etc. Testing accommodations can be requested.

So, if you know of someone who could benefit from Ms. Hutchinson's services, please make a referral. SWVMHI is exceptionally happy to be able to offer these resources to the individuals we serve as we strive to help them in every step of their recovery.

Bring your lunch and come join us in the Dogwood Classroom for the next Dogwood Discussion. Check the facility calendar for the date and time. And when the weather is fine, the Dogwood Discussion becomes the Terrace Talk and is held on the terrace of the B Building.

~ **Rebecca Sparger, RN, BSN**
Training Coordinator

Clinician's Corner

SAMHSA's Working definition of recovery from mental disorders and/or substance use disorders

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

For more information about SAMHSA's Working Definition of Recovery and 10 Guiding Principles of Recovery, see <http://store.samhsa.gov/product/SAMHSA-s-Working-Definition-of-Recovery/PEPI2-RECDEF>

The adoption of recovery by behavioral health systems in recent years has signaled a dramatic shift in the expectation for positive outcomes for individuals who experience mental and/or substance use conditions. Today, when individuals with mental and/or substance use disorders seek help, they are met with the knowledge and belief that anyone can re-

cover and/or manage their conditions successfully. The value of recovery and recovery-oriented behavioral health systems is widely accepted by states, communities, health care providers, peers, families, researchers, and advocates including the U.S. Surgeon General, the Institute of Medicine, and others.

SAMHSA has established a working definition of recovery that defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Recovery is built on access to evidence-based clinical treatment and recovery support services for all populations.

SAMHSA has delineated four major dimensions that support a life in recovery:

Health—overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy

choices that support physical and emotional well-being.

Home—having a stable and safe place to live.

Purpose—conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.

Community—having relationships and social networks that provide support, friendship, love, and hope.

Hope, the belief that these challenges and conditions can be overcome, is the foundation of recovery. A person's recovery is built on his or her strengths, talents, coping abilities, resources, and inherent values. It is holistic, addresses the whole person and their community, and is supported by peers, friends, and family members.

For more information about recovery, see the SAMHSA website: <http://www.samhsa.gov/recovery>.

Completely Useless, but Interesting, Facts

Just for fun, let's look at some more completely useless, but interesting, facts:

- Montpelier, Vermont, is the only state capital without a McDonalds.
- A cow gives nearly 200,000 glasses of milk in her lifetime.
- Cuba is the only island in the Caribbean to have a railroad.
- Earthworms have five hearts.
- "Duff" is the decaying organic matter found on a forest floor.
- Camels have three eyelids to protect themselves from blowing sand.
- Eleven percent of the world is left-handed.
- The Falkland Isles (population about 2,000) has over 700,000 sheep (or 350 per person).
- A full moon is nine times brighter than a half moon.
- An average human loses about 200 head hairs per day.
- The human body is comprised of about 80 percent water.
- Buckingham Palace in London, England, has 602 rooms.
- Starfish have no brains.
- Children grow faster in the spring-time.
- The national anthem of Greece has 158 verses.
- Daniel Boone hated coonskin caps.
- Venus is the only planet (in our solar system) that rotates clockwise.
- In 1936, American track star Jesse Owens beat a race horse over a 100-yard course. The horse was given a head start.
- In Kentucky, it is illegal to carry ice cream in your back pocket.
- Ketchup was old in the 1830s as medicine.
- The international telephone dialing code for Antarctica is 672.
- A group of toads is called a knot.

~ <http://uselessfacts.net/>



Human Resources Corner



VRS Retirement Plan Member Resources

Would you like to:

Review your account activity	Increase/decrease your contributions
Manage your investment selections	Review your personal information
Update your designated beneficiary(s)	Explore investment path strategies

Online Account Access and ICMA-RC’s Self-Service Phone Line are two great resources that allow you to access and manage your retirement account 24 hours a day, seven days a week. Simply log into the secure Account Access website: www.varetire.org/dcplans or call ICMA-RC’s Self-Service Phone Line at 1-VRS-DC-PLAN1.

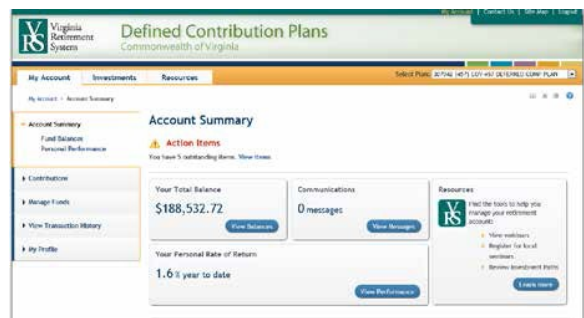
Existing user? Select the applicable plan.



First time logging in? Click “New User – Register now”

There are additional instructions on how to create a username/password on the homepage.

Once you are logged in, the “My Account” tab will contain the summary of your account. Here you can view your total balance, and if there are any “action items” needed from ICMA-RC, you can access them and address as needed. Please visit the “Resources” tab, there are webinars on account access and financial education topics including money management and buying a home.



If you need assistance with your online account, please contact ICMA-RC. If you have any questions about your account type, please contact Human Resources at extension 204.

~ Renee Van Dyke,
Human Resources Assistant





Word Search

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

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

- | | | | |
|-----------|--------------|----------|-------------|
| April | baseball | baskets | bees |
| blossoms | bunny | cleaning | eggs |
| Earth Day | Easter | garden | jelly beans |
| raincoat | recycle | robins | showers |
| spring | spring fever | sunny | |
| taxes | umbrella | warmer | |



Everybody wants happiness, nobody wants pain, but you can't have a rainbow, without a little rain. ~ Anonymous



First Aid Tips: Eye Safety



If something splashes in our eye or eyes, our first response is to quickly close our eyes. Sometimes it seems that our eye reflexes are quicker than we think. When something splashes up towards our eyes we shut them so rapidly it seems like we have shut our eyes in “the blink of an eye.”

That is good because we don't want to get anything in our eyes. However, the inevitable happens and some things do get in our eyes. Our eyes will naturally water and try to get the offending thing out by flushing it with tears.

It is never good to rub or “scratch” your eyes to try to remove the offending item no matter how itchy or irritating it is. That can cause scratches or abrasions on our eyes which can become painful and perhaps even infected.

However, sometimes the thing(s) that splash into our eye(s) can be toxic to them. Throughout SWVMHI, there are eye wash stations. They are located at every nurse's station, the Staffing Nurse Coordinator's office,

in the kitchen, B Building, etc. Should something get in your eye(s), be sure to get to an eye wash station or have someone guide you there and begin to thoroughly rinse your eye(s).

To operate the eye wash station, push the large yellow handle on the right side away from you to turn on the flushing warm water. The tap caps will be pushed off by the force of the water.

If a poison gets in one or both eyes, either hold both eyes over the “faucets,” or if only one eye is affected, hold your head with the affected eye on the down side. This prevents the poison from being flushed out into the “non-affected” eye. Allow the warm water to bathe the eyes for at least 20 minutes.

The key is to flush the poison out or off with lots of water!

Information based upon the AHA Heartsaver® First Aid manual.

~ Rebecca Sparger, RN, BSN
Training Coordinator



Don't worry, be happy!

April Lunar Phases

April 4

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

April 11

Last Quarter Moon

April 18

New Moon

April 25

First Quarter Moon



SWVMHI
Established in 1887



Honoring Our Past
Celebrating Our Present
Cultivating Our Future

Southwestern Virginia Mental Health Institute

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

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

The next newsletter will be published May 1, 2015.