



AUGUST 2015

From the Director

Regional Recovery Initiatives

Statewide BRSS-TACS and Regional Recovery Efforts – SWVA-ROCKS

SWVMHI has been closely involved with the DBHDS Statewide Recovery Committee, with Cynthia McClaskey, Ph.D., Director, as a member, since its inception in the early 2000s. In addition, DBHDS was selected through a competitive grant proposal to be part of the Bringing Recovery Supports to Scale - Technical Assistance Center Strategy in 2012. This effort led to the planning of two Recovery conferences, one in 2013 and one in 2014, which several SWVMHI staff attended. In 2014, DBHDS opened the Office of Recovery Supports with Becky Sterling as its Director. Becky has brought great knowledge, new energy, and enthusiasm to Recover efforts in Virginia. Dr. McClaskey continues to serve on the statewide Committee now called the Recovery Action Focus Team (RAFT), which meets every other month and as part of an informal advisory group to the DBHDS Office of Recovery Supports. One important success thus far has been the initiative of a new Certification in Peer Recovery Supports.

As of July 1, 2015, SW Virginia has a revitalized regional recovery committee, SWVA-ROCKS, which is currently setting goals for the fiscal year. The committee is composed of consumer representatives and clinical/recovery leaders from each of the six CSBs and SWVMHI, with the SWVMHI Director as co-chair. Po-

tential goals include bringing Peer Support Specialist training to SW Virginia and to hold one or more regional Recovery/Trauma Informed Care conferences/training events. SWVA-ROCKS (Recovery Organization for Collaboration, Knowledge, and Support) is our new name and reflects the combined, synergistic enthusiasm of the workgroup.

If you are interested in learning more, contact me, Russ McGrady, or Brandy Meadows.

Zero Suicide

“Zero Suicide is a commitment to suicide prevention in health and behavioral health care systems, and also a specific set of tools and strategies. It is both a concept and a practice. Its core proposition is that suicide deaths for people under care are preventable and that the bold goal of zero suicides among persons receiving care is an aspirational challenge that health systems should accept. It represents a commitment to patient safety – the most fundamental responsibility of health care – and also to the safety and support of clinical staff who treat and support suicidal patients.”

Staff from the Department of Behavioral Health and Developmental Services, SWVMHI Director Cynthia McClaskey, and Lori Gates-Addison, Director of Prevention and Children’s Services at Cumberland Mountain CS, developed our application. Through the com-

petitive application process, 20 health and behavioral health care organizations were selected to attend the second annual Zero Suicide Academy and our DBHDS team was one of the 20!

Zero Suicide is based on the concept that suicidal individuals are often seen by health-care and mental health care providers in the days preceding their suicide. We know that the healthcare and mental healthcare system is often fragmented, overburdened, and has services gaps. The efforts of many dedicated and hardworking individuals prevent many suicides, but it is not enough. Using an intensive quality improvement-like approach similar to that used to decrease medication errors and patient falls, the Zero Suicide approach is modeled by health systems such as the Henry Ford Health System in Michigan. This health system “realized that mental and behavioral healthcare could be improved and led to the development of the Perfect Depression Care model, a comprehensive approach that includes suicide prevention as an explicit goal.”

The SW Virginia effort is in its beginning stages as we meet to plan our next steps. Read more about state and nationwide efforts at

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Hidden

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





Leadership Expectations for All of Us

Leading through Service

One of the core SWVMHI Values is the expectation that all of us, regardless of our job title or position in the organizational hierarchy embrace and exhibit Leadership. This notion can be difficult to grasp. It is easier to see Directors, Executives, Manager, Supervisors, and professional staff as Leaders. But what about the rest of us? How the heck can we lead? Here is one way.



Servant leadership is a philosophy and set of practices that enriches the lives of individuals, builds better organizations, and ultimately creates a more just and caring world. Some may bristle at the term “servant.” If we bristle at that term, try substituting the term “service.”

While servant (or service) leadership is a timeless concept, the phrase “servant leadership” was coined by Robert K. Greenleaf in *The Servant as Leader*, an essay that he first published in 1970. In that essay, Greenleaf said, “The servant-leader is servant first... It begins with the natural feeling that one wants to serve, to serve *first*. Then conscious choice brings one to aspire to lead. That person is sharply different from one who is *leader* first; perhaps because of the need to assuage an unusual power drive or to acquire material possessions... The leader-first and the servant-first are two extreme types. Between them, there are shadings and blends that are part of the infinite variety of human nature.”

The difference manifests itself in the care taken by the servant-first leader to make sure that other people’s highest priority needs are being served. The best test, and difficult to administer, is:

- Do those served grow as persons?
- Do they, *while being served*, become healthier, wiser, freer, more autonomous, more likely themselves to become servants?
- What is the effect on the least privileged in society?
- Will they benefit or at least not be further deprived?

A servant-leader focuses primarily on the growth and well-being of people

and the communities to which they belong. While traditional leadership generally involves the accumulation and exercise of power by one at the “top of the pyramid,” servant leadership is different. The servant-leader shares power, puts the needs of others first, and helps people develop and perform as highly as possible.

Robert Greenleaf recognized that organizations as well as individuals could be servant-leaders. Indeed, he had great faith that servant-leader organizations could change the world. Robert Greenleaf would resonate with the leadership philosophy at SWVMHI. At our core, we highly value leadership by providing our services to others. When we step out onto the floor with a smile and kind word, we are being servant-leaders. When we stop, listen, and empathize with a co-worker engaged in a difficult task such as cleaning a difficult spill or a hard to reach area, we are being servant-leaders. When we engage our Motivational Interviewing techniques to help a fellow human being who may be less fortunate than ourselves to strive again for a dream they abandoned long ago, we are being servant-leaders. And everyone benefits and everyone notices.

~ James Moon, Ph.D.
Psychology Supervisor

If your actions inspire others to dream more, learn more,
do more and become more, you are a leader.

~ John Quincy Adams

From the Director, continued

www.zerosuicide.com, and if you are interested in participating in our regional efforts, please contact me.

Alternative Transportation Initiative

In December, 2014, during Commissioner Ferguson’s visit to SWVMHI, Dr. Ferguson initiated a novel concept for Virginia – Safe Alternative Transportation for Individuals on Temporary Detention Order status who are being transported from an emergency department to a psychiatric facility. The Request for Proposal was written over the Christmas holiday and a winning contractor was selected in 2015. Various regional facility and CSB workgroups are developing training for the drivers and dispatchers, developing protocols regarding operational procedures, and planning important meetings about the project with all the stakeholders. The company, Steadfast Communications, LLC, has opened an office in Wytheville, held interviews for staff, and begun developing their operating manual. The plan is that the transportation initiative will kickoff soon in the Mt. Rogers

CSB area and then as rapidly as possible spread throughout the region.

Data from the first nine months of FY 2015 indicates that, on average, 9 – 10 individuals in our region (17 counties, 6 CSBs) are transported each day on a TDO. Most of this transportation is by law enforcement personnel. This is not an ideal situation for several reasons – first, this is a stigmatizing and criminalizing event for many individuals who are safe to be transported in other ways. Second, the transportation is a burden for many law enforcement agencies as one or two officers are away from their patrol area for as long as the transportation takes. The magistrate holds the final decision about whether alternative transportation is permitted and it is helpful that as of July 1, 2015, the law changed so that a magistrate is permitted to authorize alternative transportation regardless of which prong of the commitment criteria is used (when there exists a substantial likelihood that the person will cause serious harm to themselves or others, or is substantially

unable to care for him- or herself). There was also added an immunity provision for the alternative transportation provider operating in good faith.

See the 2015 TDO law §37.2-810 B. in its entirety at <http://law.lis.virginia.gov/vacode/title37.2/chapter8/section37.2-810/>

Commissioner Ferguson, we’re ALL in!

~ Cynthia McClaskey, Ph.D.
Director



Chaplain’s Corner

I recently browsed through a copy of “Caring for the Human Spirit” magazine, a publication of the Healthcare Chaplaincy Network. The periodical featured articles on the state and future of professional Chaplaincy, dealing with issues of palliative care and grief support. One article, offered as an inspirational piece to share with patients and colleagues by Deborah Shouse suggested “Putting Your Heart on the Page” as a means of reflecting on issues that trouble our souls and make us reflect on the deeper meanings of life. She suggested that addressing the question of, “How do you take a challenging part of your life and bring it to the page?” can help us reflect deeply on our experience and find meaning in our struggles. Here are the tips she suggests:

1. **Pour out your feelings** - give yourself time to feel your emotions through

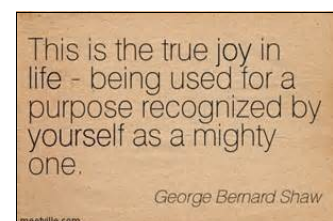
writing, art, music, or another creative expression.

2. **Notice the details** - Write down the particulars, noting simple concrete facts.
3. **Uncover the true story** - Look for the universal meaning in your specific experience. What larger message is inside your experience? How have you changed?
4. **Seek feedback** - Read your story or reflections aloud and see how it sounds. What’s working and what is missing?
5. **Share your writings** - When you are ready, share your writing, music, artwork etc. with friends in order to

connect with them on a deeper level.

George Bernard Shaw once wrote, “This is the true joy of life, being used for a purpose recognized by yourself as a mighty one.” The spiritual practice of self expression can help us to identify what mighty purpose our lives are about and perhaps reconcile some of the conflicts we have been facing.

~ Timothy Graham, D. Min.
Chaplain





School is Back in Session this Month

Most area schools start back to school this month. That means you'll be seeing lots of yellow buses and lots of children getting on and off those busses.

The first day of school for area districts are:

- ★ Smyth County: August 19
- ★ Wythe County: August 11
- ★ Washington County: August 10
- ★ Grayson County: August 12
- ★ Carroll County: August 6
- ★ Bristol City: August 11



Smyth County Public School bus drivers reported an increase in the number of vehi-

cles illegally passing stopped school buses. As a school division, Smyth County Public Schools are committed to ensuring the safety of students. They are asking the community to share this commitment. We would like to remind our community members that all motorists are required to stop when a school bus is loading or unloading children. All of our 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 take the responsibility of ensuring their safety seriously. Smyth County Public School Central Office staff, school administrators, and bus drivers work together to coordinate the 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.

~ adapted from www.scsb.org

SWVMHI Makes Top 20 List



2015 MOST BEAUTIFUL HOSPITALS

After a record-breaking 388,505 votes (more than one and a half times the votes from last year) the results are in for Soliant Health's 7th annual list of the 20 Most Beautiful Hospitals in America. Drum roll please!

We are very proud to announce that Southwestern Virginia Mental Health Institute has been voted as one of the most beautiful hospitals in the U.S.! SWVMHI came in at Number 16 with 4,656 votes Click [here](#) to see the entire list.

A frame-able certificate as well as a wooden wall plaque were recently received and will be proudly displayed. Thanks to all those who voted.



State Employee Pay Raises

Many individuals in DBHDS and facility leadership advocated for employee raises, and we were pleased to receive the Governor's announcement on July 14, 2015, [see below] that, indeed, we will receive raises this year. Elected officials and the Governor listened. Effective with your 9/1/15 paycheck all employees (P-3 and P-14) in positions as of May 10, 2015, and who have a performance evaluation of at least contributor, will receive a 2 percent raise on your base salary. For those employees with more than five years of continuous service, up to a maximum of 30 years (with a state begin date of August 10, 2010, or earlier) and have a contributor rating on their most recent performance evaluation, will receive a \$65 per year of service raise to compensate for "salary compression." Salary compression is the term that has been used when state employees do not receive raises for a period of time and private sector employees do. Our raise this year is an effort to help compensate for this. Additionally, those in high-turnover roles who also meet the base raise requirements, will receive an additional rate increase. When you have an opportunity, please thank your Senators and Delegates for recognizing the important work we do! If you have any question, please contact a member of the SWVMHI Human Resource Department.

Cynthia McClaskey, Ph.D.



Commonwealth of Virginia
Office of Governor Terry McAuliffe

July 14, 2015

Dear Virginia State Employees:

It is my distinct privilege to inform you that in light of the record revenue surplus our Commonwealth experienced in the past fiscal year, we have met the conditions necessary to give every Virginia state employee a well-earned increase in compensation.

Full-time, classified state employees, faculty at public higher education institutions, judges and justices of the Judicial Department, state-supported locally elected Constitutional officers and their full time staffs, such as deputy sheriffs, local health departments and social services offices, full-time community services boards' staff and other eligible state-supported employees will receive the 2 percent raise. Additional compression adjustments will be available depending on an employee's length of service. This increase will be reflected in your paycheck on September 1st, 2015.

Additionally, local school divisions will receive funding to provide the state share of a 1.5 percent pay increase for all public school positions required by the Standards of Quality.

This raise is a reflection of a bipartisan consensus between my office and the General Assembly that our state workforce is the best in the nation and should be compensated as such. I cannot tell you how proud I am of the great work Virginia state employees are doing in every agency in our government, or how much I appreciate the grace and professionalism with which you do your jobs even in times of tight budgets.

Every day my team and I get up and work to take another step toward the stronger new Virginia economy our families deserve, and I am proud to say we are having great success. But we would be nowhere without the dedicated public servants of the Virginia state workforce. So thank you for your outstanding work and congratulations on a well-earned pay increase.

Sincerely,

Governor Terry McAuliffe



112 Rehab Department News



July started off wonderfully patriotic as the department geared up for many Independence Day themed discussions and artwork to propel our recovery groups forward throughout the month. Passing in front of the New Day Café surely gave glimpse to many groups taking advantage of the lovely, warm weather. Group facilitators and individuals we serve alike hope to continue sessions outside as much as possible.

Speaking of the New Day Café, coffee continues to be offered during weekday mornings to individuals we serve during break, with its popularity still clearly evident. The café also offers coffee to staff in the mornings. Everyone is encouraged to come by and have a sip of hot joe. (Hours of operation are posted at the café entrance.)

On Thursday, July 23, the Rehab Department held its monthly special event, titled "Freedom Day Celebration." Everyone was excited for the cheesecake snack, which aptly followed a fun-filled round of games in the auditorium gym.

The New Day Café is now open before Thursday chapel services and has been met with positive feedback and enthusiasm. Individuals have enjoyed the added opportunity of purchasing an evening snack to accompany the night's Gameroom activity.

This year's annual Arts and Crafts Festival was held from Friday, July 17 to Sunday, July 19. Throughout the day on July 17, individuals from all wards were escorted to the park to partake in the festival's activities. There was an overwhelmingly positive response from those we serve who were able to attend. The entire festival was an exciting and rewarding experience.

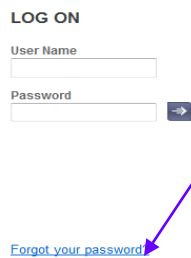
The last week in July was the Department's quarterly Break Week, where staff discussed new ideas for future groups and helped each other in the betterment of present groups. We are always looking to improve the services we offer to the individuals we serve!

The Rehab Department would like everyone to help us in welcoming Charlotte Ball! She started this month as our new second shift Wellness Rehabilitation Specialist, and we are so very excited to have her. Congratulations are also in order for Emily Nester, who accepted a Rehabilitation Resource Coordinator position this month. The entire department is thrilled to have these women in their new roles, and we all wish them the very best.

~ Emily Lockhart
Wellness Resource Coordinator Sr.



Kronos Workforce Questions and Answers



Forgotten your password? First try using the "Forgot my Password" link just under your logon. Remember those security questions you set a long time ago? You will be asked those questions when you click on this link

Forgotten your password and locked your account? Never fear. Just email Cheryl Veselik and she can unlock your account. She can also reset your password, but be forewarned that resetting the password also resets your three security questions, all of which will need to be reset by you before you can get to your timecard.

Why do I have Military Leave balance showing on my timecard? I'm not in the military. The short answer is that Military Leave is a type of leave that is granted by the state for those in the military and those in the national guard. Several of the DBHDS facilities needed to have the leave balances for those in their areas who regularly use this type of leave. Unfortunately, that is an "all or nothing" choice, so if one DBHDS facility wants it, we all get it.

But, just because it is there, doesn't mean you are eligible for it. If you feel you are eligible for it, you must first contact someone in Human Resources and you must apply and be approved before you may take this type of leave.

I have 480 hours of FMLA leave showing on my timecard. Can I take this whenever I want to? Like Military Leave, to use FMLA you must first be eligible and you must apply and be approved before you can use FMLA. It is not a "granted" leave type, but more accurately described as job protection. FMLA is noted on your timecard when you use it along with the type of a leave you are using. For example, if you are on short term disability, you will also likely be on FMLA and you will see a line item for short term disability and a line item for FMLA. Eligible employees may use up to 480 hours of FMLA in a leave year, and this number will reset each January 10. You will also need to reapply each leave year, or when instructed to do so by Human Resources. So if you think you are eligible for FMLA, you should contact someone in Human Resources who can assist you.

Is Kronos being really slow or are you have trouble with Kronos loading after you enter your logon? There may be a problem with one of the servers. Kronos sits on several servers and when we log on, we are routed to one that should have the least amount of "traffic" on it. The servers are all in Chesterfield, Virginia, and all 15 DBHDS facilities use them. That means there could be a lot of people on Kronos and you may have hit a "traffic jam." If you suspect a problem, look in the upper left corner of your screen and note the number in the word KRONOS, and then report that number to Cheryl Veselik. She can then report that number to the Kronos Team in Richmond so that they can check on the server. The number indicates the server number.



As always, questions regarding your time should be directed to your timekeeper or supervisor .

~ Kronos Implementation Team



Staff Development

Take advantage of the training Opportunities in August



When: Aug 4, 1515 to 1615

Where: Dogwood Classroom

What: Team Building

When: Aug 25, 1515 to 1615

Where: Dogwood Classroom

What: Communication 101

The Hazards Communications CAI is due during the month of August

Please log into the Knowledge Center and take your CAI today. Questions should be directed to any member of the Training Department.

Weatherlore

Folklore is different from weatherlore, but both are interesting and entertaining, and both have been around for thousands of years. Folklore are beliefs based on fear and superstition. Weatherlore is based on observation of the environment and the effects that changes in the weather have on insects, animals, birds, and people. Here is some August 'lore for you:

*If the first week in August is unusually warm,
The coming Winter will be snowy and long.*

For every fog in August,
There will be a snowfall in Winter.

*If a cold August follows a hot July,
It foretells a Winter hard and dry.*

~ <http://www.stormfax.com/wxfolk.htm>

IT QUICK TIPS



Did you know?

- ★ To check your email away from the facility go to <https://webmail.vita.virginia.gov/>
Note: Do not search the web for this link – the search results that you receive may be falsified and can give you a computer virus or steal your personal information. It is best to hand type the address into the browser.
- ★ This DHRM website <http://www.dhrm.virginia.gov/employeediscounts> contains State Employee Discounts to various places and the offers changes from time to time. Be sure to check back often.

~ Eric Rhodes, Programmer

August Lunar Phases

August 6

Full Moon, also called “Sturgeon Moon” by Native Americans of New England and the Great Lakes because at this time of the year, this important food was plentiful.

August 14

New Moon

August 22

First Quarter Moon

August 29

Full Moon



How Walking in Nature Prevents Depression



A study finds that wild environments boost well-being by reducing obsessive, negative thoughts.

“When we walk, we naturally go to the

fields and woods: What would become of us, if we walked only in a garden or a mall?” wrote Henry David Thoreau in *The Atlantic* in 1862.

Thoreau extolled (and extolled and extolled—the piece was more than 12,000 words long) the virtues of walking in untamed environments. In the decades since, psychologists have proved him right. Exposure to nature has been shown repeatedly to reduce stress and boost well-being.

But scientists haven’t been sure why. Does it have to do with the air? The sunshine? Some sort of evolutionary proclivity toward greenness?

A group of researchers from Stanford University thought the nature effect might have something to do with reducing rumination, or as they describe it, “a maladaptive pattern of self-referential thought that is associated with heightened risk for depression and other mental illnesses.” Rumination is what happens when you get really sad, and you can’t stop thinking about your glumness and what’s causing it: the breakup, the layoff, that biting remark. Rumination shows up as increased activity in a brain region called the

subgenual prefrontal cortex, a narrow band in the lower part of the brain that regulates negative emotions. If rumination continues for too long unabated, depression can set it.

For a study published this week in the *Proceedings of the National Academy of Sciences*, the Stanford scientists examined whether a nature walk could reduce rumination in 38 mentally healthy people. They picked city dwellers because, the researchers predicted, they would have “a somewhat elevated level of rumination resulting from the ongoing and chronic stressors associated with the urban experience.” As in, “Christ almighty, is this the Metro escalator or the ice road to Stalingrad? Move along, people!”

After some preliminary tests, half the participants walked for 90 minutes through grassland dotted with oak trees and shrubs (“views include neighboring, scenic hills, and distant views of the San Francisco Bay.”) The other half took a jaunt along El Camino Real, a four-lane, traffic-logged street in Palo Alto. The nature walkers showed decreases in rumination and in activity in their subgenual prefrontal cortices. The urban walkers showed no such improvements.

In general, decreases in rumination are linked to so-called “positive distractions,” like taking part in a hobby or enjoying a long chat with a friend. You’d

think that walking in uninterrupted nature wouldn’t provide many diversions from a whorl of dark thoughts. Surprisingly, the opposite seemed to be true: Natural environments are more restorative, the authors write, and thus confer greater psychological benefits.

This effect should work with many types of natural landscapes, particularly those that engender “soft fascination,” the “sense of belonging,” and the “sense of being away,” the researchers note. So while your back yard might do, those little sidewalk parks that have sprouted up at Manhattan intersections might not.

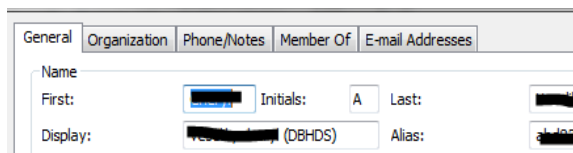
In part because of studies like this, architects and designers are increasingly taking green space into account in their blueprints and plans. But that might become harder to accomplish: More than half the world’s population lives in cities currently, and by 2050, about 70 percent will.

That’s yet another thing Thoreau warned us about:

“Nowadays almost all man’s improvements, so called, as the building of houses and the cutting down of the forest and of all large trees, simply deform the landscape, and make it more and more tame and cheap.”

~ Olga Khazan, staff writer
The Atlantic, where she covers health

Do you know your alias?



If you don’t know it, you can easily find your alias: 1) Go to the screen in Outlook as if you were going to send an e-mail, 2) type your name in the “To” box, 3) right click on your name, 4) left click on “outlook properties” and something resembling a note card with tabs will appear, 5) the page that appears (the general tab) has your alias. If you are interested and/or curious, you can open the other tabs. The Organization tab lists your manager and any direct reports you have. The Phone tab has your phone number. The Member Of tab lists all of the distribution groups of which you are a member.

You can use your alias to log in to your computer. You know when you log in you have to type your complete e-mail address as your name? And somehow it is easy to make a typing mistake doing that? Rather than typing your full e-mail address as your log-on, you may use your alias.



Library Corner

August is American Adventures Month and there is nothing better than an adventure, whether it is a trip we have always wanted to take, or reading someone else's adventure in a book. And what better country to explore than our own. We have a great collection here for the adventures of the mind. We have several books about America, such as *A Day in the Life of America*, *The USA*, *America from the Road*, *Picture Book of the USA*, *America the Beautiful*, *101 Wonders of America*, and for those interested in local travel we have *Backwoods and Byways of Virginia*.

For farther journeys, we have *Heart of Darkness*, *Captains Courageous*, *Farthest North*, *Eat Pray Love*, *The Road to Ubar*, *Back From Tuichi*, and *In a Sunburned Country*. We also have a great assortment of magazines available including "Outside," "National Geographic," "National Geographic Traveler," "Travel and Leisure," "Conde Nast Traveler," "Budget Travel," "Blue Ridge Country," "South Dakota," and "National Geographic Adventure."

Whether you are planning an adventure or are an armchair traveler, we have just the thing to take your mind off of the daily routine.



This is a list of some newer novels we have received in our library:

- Impossible* by Danielle Steel
- Almost Innocent* by Jane Feather
- Meet Me in Venice* by Elizabeth Adler
- Silks* by Dick and Felix Francis
- Prince Edward* by Dennis McFarland
- The Judas Strain* by James Rollins
- Last Known Victim* by Erica Spindler
- The Ghost Orchid* by Carol Goodman
- North River* by Pete Hamill
- A Fatal Grace* by Louise Penny
- State of the Union* by Douglas Kennedy

- The Galilean Secret* by Evan Drake Howard
- The Three Mrs. Parkers* by Joan A. Medlicott
- Easy on the Eyes* by Jane Porter



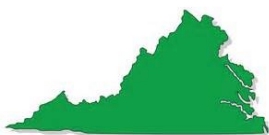
The Library would like to thank the following people for donating items:

- Jan Barrom
- Debbie Boelte
- Laurie Goral
- Dr. Cynthia McClaskey
- Ginny Moorer
- Augusta Saucer
- Doug Smith
- Becky Sparger
- Sheila Thomas
- Sharon Winebarger

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

~ Christina Quillen
Librarian

Interesting Facts about the Commonwealth of Virginia



Think you know all about your Old Dominion State? Well, did you

know these interesting facts about Virginia?

- Virginia was named for England's "Virgin Queen," Elizabeth I.
- Jamestown was the first English settlement in the U.S. It was also the first capital of Virginia.
- Eight United States Presidents were born in Virginia: George Washington, Thomas Jefferson, James Madison, James Monroe, William Harrison, John Tyler, Zachary Taylor, and Woodrow Wilson.
- The present state capital in Richmond was also the capital of the Confederacy.
- The College of William and Mary in Williamsburg is the second oldest in the United States, it was founded in 1693.
- The states of Kentucky and West Virginia were formed from sections of the state of Virginia
- About 1/2 of all the people in the United States live within a 500 mile radius of the Capital of Virginia.
- Virginia has had 3 capital cities: Jamestown, Williamsburg, and Richmond.

~ <http://www.50states.com/facts/virginia.htm>



Welcome Aboard!

Please welcome the newest additions to the SWVMHI team!



Vivian Lotts Ph.D. joined the Psychology Department on July 1. She is originally from Northeast Tennessee and returned to the region. Her career

has taken her to Florida, Texas, and Wyoming. Most recently, Dr. Lotts was a Clinical Psychologist/Forensic Examiner at the Wyoming State Hospital and her training and experience in forensic evaluation will be a valuable addition to the Psychology Department. She has been assigned to the Extended Rehabilitation Services Unit (ERS) and will also be participating in the completion of forensic evaluations. Dr. Lotts states she enjoys exploring this area and meeting new people. She has an adult son and a four-year-old mutt named Bubby. Currently, Dr. Lotts lives in Abingdon, Virginia. She states, "Life is an adventure that I enjoy every day."



Left to right: Teresa Poe, Racheal Blevins, Ashley Hall, Rhonda "Annette" Mitchum, Crystal Thompson, Andrea Poe, Lindsay Baciuska

SWVMHI is happy to welcome back as a re-hire **Teresa Poe**. Teresa describes herself as "happy." She is married and she and her husband live in Marion, Virginia, and have five grandchildren. Teresa just received her Bachelor's Degree in Human Services in 2014 from Old Dominion University (ODU). She will be working as a psychiatric aide on second shift on Ward A/B. Teresa's sister-in-law, Debbie Poe, works at SWVMHI in Housekeeping.

Racheal Blevins is married with an 18 month old daughter. She lives in Atkins, Virginia, and graduated from Grayson County High School. She has obtained some college courses from WCC and Virginia Highlands Community College (VHCC). Racheal previously worked at Macados Restaurant and Wal-mart. She will be working second shift on Ward C/D as a psychiatric aide.

Ashley Lynn Hall loves to read. She is married with one daughter, one son, and two stepsons. Ashley and her family live in Sugar Grove, Virginia. She graduated from Marion Senior High School and Smyth Career and Technology Center with an LPN. Ashley will be working part time on first shift as a float. Her mother, Ella Wingate, works on Ward A/B in Housekeeping.

Rhonda "Annette" Mitchum is an animal lover. She is happily married with three grown children and six grandchildren. Annette graduated from Coalton, West Virginia 12 Year School and has taken college courses in Accounting. She graduated from Smyth Career and Technology Center with an

Continued on page 13

Recovery Hero



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



Recently on Ward H, a code alert was called. A nurse and a psychiatric aide from geriatric responded to the code. The individual was noted to be extremely upset. The nurse from the geriatric

unit, Dawn Griffith, RNCA, spoke to the individual, called him by name, and asked him why he was so upset. The individual talked to Dawn and further escalation was avoided.

By using motivational interviewing skills and actively listening to the individual, there was no hands-on event. This individual was able to calm down and return to the milieu.

Because she provided an opportunity for the individual to talk, and actively listened

while the individual talked, Dawn Griffith is our recovery hero this month. She has been employed at SWVMHI since June 10, 2013, and we are glad that she is a part of our team.

Please remember to congratulate Dawn when you see her.

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



PERSONNEL CHANGES*

New Employees

Vivian Lotts, Psychologist Senior	Jul 1
Racheal Blevins, Psychiatric Aide	Jul 10
Lindsay Baciуска, Psychiatric Aide	Jul 10
Andrea Poe, Psychiatric Aide	Jul 10
Rhonda "Annette" Mitchum, PI4 LPN	Jul 10
Travis Williams, PI4 MOD/Nurse Practitioner	Jul 10
Crystal Thompson, Psychiatric Aide	Jul 10
Ashley Hall, PI4 LPN	Jul 10
Teresa Poe, Psychiatric Aide	Jul 10
Colin Angliker, Psychiatrist/MOD	Jul 10
Rebecca Parks, Physical Therapy Assistant	Jul 25
Garrett Baker, Clinical Social Worker	Jul 25
Richard "R.J." Pasco, RNCA	Jul 25
Valerie Ricks, PI4 RNCA	Jul 25



MONTHLY PATIENT CENSUS

June
2015

Admissions 79
Discharges 80
Passes 17
Average Daily
Census
159

Promotions/Role Changes

Charlotte Ball, Psychiatric Aide to Wellness Rehab Specialist	Jul 10
Emily Nester, Wellness Rehab Specialist to Rehab Resource Coordinator	Jul 10
Tammie Kirby, PI4 to full time Food Service Technician	Jul 10

Service Retirements

Debbie Boelte, Social Work Director	Jul 1
Norma Brickey, Assistant Nurse Executive	Jul 29

You have BRAINS in your HEAD.
You have FEET in your SHOES.
You can STEER yourself in
any DIRECTION you CHOOSE.
-Dr. Seuss



* As of the time the newsletter was printed for distribution

Special Gym/Game Room Activities

Consumer Empowerment
Recovery Council (CERC)
August 20, 2015
1515 - 1545



Birthday Party
August 25, 2015
1830- 2000
No Café



Patient Activity Council
(PAC)
August 20, 2015
1545 - 1615

Summer Blowout
August 20, 2015
1330 - 1500

Church Services
held each Thursday from
1830 - 1930. New Day
Café open prior to
Church Services

Movie Nights
August 3, 4, 10, 11, 17
and 18, 2015



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

Personal Safety Alert



There is a new scheme being utilized to break into vehicles. The would-be thief has a device that can pick up the electronic signal that is emitted when you use the remote to lock your vehicle. Then as you walk away from your vehicle, perhaps to shop, stop at a rest area, etc., the thief uses his device to open your vehicle and steal belongings you may have left in the vehicle. Or, worse case scenario, hides in the vehicle and awaits your return. The “work around” is to manually lock your doors by pushing the lock button on the door.

~ Safety Committee

August Days to Celebrate

“Off the cuff” August holidays to celebrate:

August 1
National Mustard Day



August 3
Watermelon Day

August 6
National Root Beer Float Day

August 7
Particularly Preposterous Packaging Day

August 12
Sewing Machine Day

August 13
International Lefthander’s Day

August 16
National Rollercoaster Day

August 22
International Tongue Twister Day

August 28
National College Colors Day

August 30
National Toasted Marshmallow Day



National Toasted Marshmallow Day

National Watermelon Day!



Welcome Aboard, continued from page 10

LPN degree. Annette currently resides in Atkins, Virginia, and has worked at Carrington Place in Rural Retreat, Virginia, Blood Assurance, and Arnolds Exxon. Annette will be working part time on third shift as an LPN and hopes to work towards a full time position here at SWVMHI.

Crystal Thompson loves animals. She is married with one small child and lives in Marion, Virginia. Crystal graduated from Chilhowie High School and has taken classes for her CNA. Previously she worked at Pizza Hut and Global Contact Service (GCS). Crystal will be working second shift on Ward A/B. Rita Thompson is her aunt who works here, also, as a CNA.

Andrea Poe loves to draw and paint. She graduated from Marion Senior High School (MSHS) and currently lives in Chilhowie, Virginia. Andrea worked at Apple Tree Restaurant, Envision Eye Care, and Wolfe's BBQ prior to coming to work at SWVMHI. She will be working as a psychiatric aide in Geriatrics Wards E/F on third shift. She will be attending Wytheville Community College (WCC) in the fall.

Lindsay Baciuska (pronounced Bah cou' ska) is a graduate of Emory and Henry College as an athletic trainer. She is from Greensboro, North Carolina, but currently resides in Marion, Virginia. Previously, she worked at the Lifetime Wellness Center and Holston Hills Community Golf Club in Marion, Virginia. Lindsay will be working as a psychiatric aide on second shift.

Richard "RJ" Pasco stays busy as a part-time musician who plays the bass



Left to right: Richard "RJ" Pasco, Valerie Ricks, Rebecca Parks, and Garrett Baker

guitar in his band, Ro-Sham-Bo, and keeping up with his 17-month-old son, Jeff. RJ graduated from Abingdon High and attended Virginia Highlands Community College. He is also a member of the United States Marine Corp. Currently RJ resides in Glade Spring. He will be working as an RNCA on Ward C/D.

Valerie Ricks is a resident of Chilhowie where she recently moved to after working in Africa. She and her husband, who works with Christian radio and television, were in the Congo and Kenya. While there, Valerie served as a Medical Coordinator for a small mission and worked on developing health programs for a television network. Together they have three grown children and one grandchild. She enjoys gardening, cooking, and participating in the arts, particularly painting with oils and watercolor. Valerie will join us on Ward E/F as an RNCA.

Rebecca Parks has joined our staff as a Physical Therapy Assistant. Rebecca comes to us from Smyth County Community Hospital where she worked for 16 years as a PTA in all areas, including outpatient, acute care, skilled therapy, inpatient rehab, and long term care. In

addition to her PTA license, she also has a BS in psychology and is completing a master's degree in counseling. In her free time she enjoys riding her Harley FatBoy and spending time with her two grandsons.

Garrett Baker, MSW will be joining our Social Work Team. Garrett is originally from Coeburn, Virginia. He graduated from UVA-Wise with a bachelor's degree in psychology and went on to attend ETSU and obtained his Masters Degree in Social Work. He is passionate about learning more about psychopathology and because of his internship at SteppenStone Youth Treatment, he has become very interested in juvenile sex offender treatment. Garrett wants to obtain his LCSW and eventually work toward his DSW. He will be working on the Acute Admissions Unit, Ward C/D.

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

~ Training Department



BE

yourself

everyone else

is already taken!

~ Oscar Wilde



First Aid Tips: First Aid Kits



I bet most folks have jumper cables in their vehicles. Who wants to be stuck at the mall with a dead battery? (Well, Ginny wouldn't mind, but eventually shopping might get old or you run out of money.) So, we have kits to protect our cars, but what about ourselves? Who has a first aid kit in their home, car, boat, motor home, etc.? I do, but you might expect that. Everyone should have an easily accessible kit for those minor accidents. The kit does not have to be elaborate or even a "store bought" kit. They are easy to put together, but it takes a little time and initiative.

First of all you need a dedicated container that the family knows is only for First Aid. Then collect items to put in the container. It should be organized.

Fish Tackle boxes are really handy. Contents should include things like band-aids, bandage tape, bandages of a couple sizes, i.e., 2 inch and/or 3 inch in width, antibacterial wipes or small size alcohol hand sanitizer, non-latex gloves, and some sterile pads such as 4X4s or 2x2s.

A CPR barrier device would be helpful, but if CPR is needed, and you are at home you probably wouldn't worry about a barrier device. You could always do Hands Only CPR®. Other items should/could include burn treatment ointment, triple antibiotic ointment, alcohol pads, and a couple of trash bags or baggies to use for disposal of waste.

Bottled water is also appropriate for hydration and/or flushing a wound or eye(s). Additionally, telephone numbers for the Poison Control Center,

your doctor, particular people, etc. should be in the kit for quick reference.

It would be very helpful to have a quick reference guide telling what to do in common first aid situations. It should be easy enough for the youngest member of your family to read. You might consider having a summer first aid kit and a winter first aid kit. The summer kit would be geared more towards warm weather problems and the winter kit geared towards cold weather problems. However, the basic contents would remain the same. The cold/warm weather additions would be swapped out for the time of year. Stay Safe!

~ Rebecca Sparger, RN, BSN
Training Coordinator

Human Resources Corner

Employee Assistance Program

All health plans offered to state employees and their dependents have employee assistance programs (EAPs). Included are up to four sessions at no charge for such services as mental health, alcohol or drug abuse assessment, child or elder care, grief counseling, and legal or financial services. EAP counselors are available to assist employees with problems related to:

- Alcohol
- Drugs
- Family
- Health
- Legal

- Financial
- Housing
- Mental health
- Child care
- Elder care
- Grief
- Spousal/child/parent abuse
- Workplace
- Career planning
- Retirement

In general, care must be authorized in advance. You or your eligible dependent will speak to an EAP specialist who will assess your problem and coordinate assistance. Should your problem require mental health or substance use care, you will be referred to a provider, under your mental health and

substance use benefit. Your EAP specialist or care manager will arrange a referral according to your specific needs. Contact your plan's Member Services department for more information.

COVA Care and COVA HDHP Anthem Blue Cross and Blue Shield

Member Services: 1-855-223-9277
www.anthemeap.com

COVA HealthAware Aetna

Member Services: 1-888-238-6232
www.covahealthaware.com

~ Ruby Wells,
Human Resources Analyst



Word Search



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

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

"If you saw a heat wave, would you wave back?"
 - Steven Wright

- | | | | |
|----------|----------|---------|------------|
| art | books | bus | desk |
| eraser | folder | gym | history |
| homework | learn | library | math |
| music | pen | pencil | playground |
| reading | ruler | school | science |
| spelling | students | study | writing |

back to school





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.



View the news in
FULL COLOR at
www.swvmhi.dbhds.virginia.gov/v/swvmhi/news/newsletter.asp



This Month's Word Search Answer Key

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

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

The next newsletter will be published September 1, 2015.