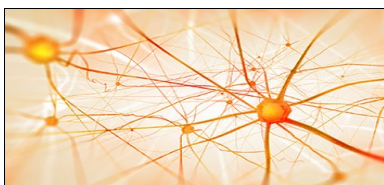




Clinician's Corner

Transformation: Recovery Oriented Cognitive Therapy for Schizophrenia

By Aaron T. Beck, MD & Paul Grant, PhD / March 16, 2016



Paul Grant will be presenting July 6 at the [2016 NAMI National Convention](#).

A common image of schizophrenia is the person who spends all day staring at the wall. Such loss of motivation and social withdrawal are known as negative symptoms. These are the most disabling features of this condition, and have been considered virtually permanent—no treatment has been discovered that would help to alleviate them.

The prevailing belief in the field has been that the observed social withdrawal and inactivity is based on impairment of brain function, specifically, attention, memory and executive function. However, we could not comprehend how these impairments could translate into the profound inactivity we saw in the person staring at the wall.

After conducting many interviews with individuals experiencing negative symptoms, we came to a startling conclusion: these individuals appeared to have a system of negative beliefs that could account for their

low functioning. Specifically, we speculated that defeatist and asocial beliefs reduce access to the motivation needed to initiate and sustain activity. The defeatist beliefs consisted of attitudes such as “there’s no sense in trying anything, I’m only going to fail,” and “failing at one thing is the same as being a total failure.” The asocial beliefs included “people are better off if they stay aloof from emotional involvements with most others,” and “making friends isn’t worth the energy it takes.”

We found, that these negative attitudes had a direct impact on the negative symptoms, while the impairments in attention, memory, and executive functioning had only an indirect effect. It stood to reason that if we could modify these disabling attitudes, then we could relieve the disabling behavior.

We began formulating our therapy based upon this basic science. At the same time, we were sharing our ideas with champions of the recovery movement—notably, Dr. Arthur Evans, Ph.D., Commissioner of Philadelphia’s Department of Behavioral Health. The dysfunctional beliefs we had identified were obstacles to recovery. In a randomized controlled trial, we recruited individuals with elevated negative symptoms and demonstrated that recovery-oriented cognitive therapy improved global functioning, reduced amotivation (the inability to see value in an activity), and reduced positive symptoms relative to standard care (medications, targeted

case management, etc.) in the community. It seemed to us that the therapy produced a cycle of recovery in which the more the individuals were doing, the more their motivation increased, and the less time they had to dwell on hallucinations and delusions, which freed up more time to do meaningful activities, increasing motivation further, and lessening hallucinations and delusions further.

One observation that stuck with us is the increased morale and motivation the individuals experienced when helping others. The sense of isolation and not belonging could be ameliorated with group activities that included teamwork that countered asocial beliefs. We developed milieu programming that featured sports, plays, group singing and dancing, fashion shows, exercise, etc. This programming produced a transformation in the individuals’ affect, demeanor, and functioning. This suggested to us that the delusions, hallucinations, and disorganization served to camouflage what was, essentially, a normal personality. This program is a new approach that can provide hope of recovery for even the most withdrawn individuals.

<http://www.nami.org/Blogs/NAMI-Blog/March-2016/Transformation-Recovery-Oriented-Cognitive-Therap#>

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Hidden

There is a shamrock on every page in this edition, just like the one pictured here. Can you find all 15 of them?



Chaplain's Corner

It is good to see the snow behind us and the sunny weather coming back to warm our days and spirits. This month commemorates the Christian Holy week (Palm Sunday 3/20 through Easter Monday 3/28) as well as the beginning of "daylight savings time" (3/13).

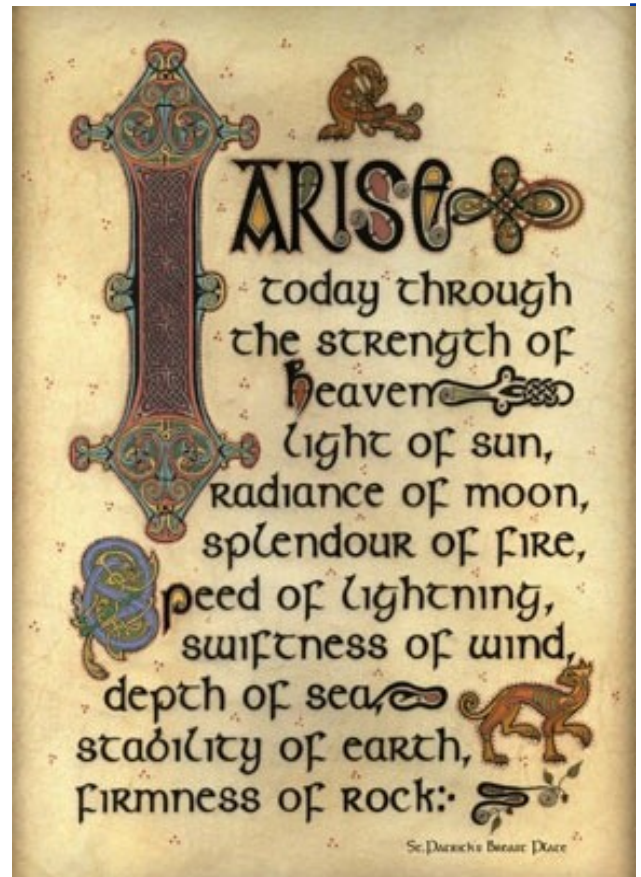
St. Patrick's Day is observed on 3/17 and serves as reminder to many of us of our Scots-Irish heritage. Reflecting on our origins, our people, our culture and traditions help connect us to what gives our lives meaning. St. Patrick's Day is observed during the Christian season of Lent and all of the customary restrictions of the season are lifted on that day. Celebration of everything green, shamrocks and song, became the theme of the day as people let go of their worries and restraints to celebrate the day of the patron saint of Ireland.

Letting go of our worries and restraints is one of the benefits of prayer. It can be like a momentary celebration of life and a relinquishing of the negative influences that burden our souls.

One of the oldest prayers of the Celtic tradition is a prayer called "St. Patrick's Breastplate." It reflects a positive affirmation of life and hopefulness for the future.

Arise today
Through the strength of heaven
Light of sun,
Radiance of moon,
Splendor of fire,
Speed of lightning,
Swiftness of wind,
Depth of sea,
Stability of earth,
Firmness of rock.

When we affirm our strengths rather than our uncertainties we are standing solid, like a rock. Whether you recall echoes of St. Patrick or Bob Seger, find something firm to hold on to, solid to build on, and enjoy the strength that lies within you.



That is the promise of prayer, that is the gift of life.

~ Timothy Graham, D. Min.



Doctor's Day — March 30

Physicians
make a
healthy difference
every day.

National Doctor's Day is March 30. It is a day to celebrate the contribution of physicians who serve our country by caring for it's citizens.

SWVMHI celebrates our Medical Professionals: Jonathan Crisp, **Medical Director**; Jeffrey Gordon, Evan Grant, Joseph Gurthrie, Zac Hammons, Sarah Hazelwood, Everett Jones, Kelly McKinell, and Melissa Robinson, **Team Psychiatrists**; Andrew Mone and Marina Kolessova, **General Medicine Physicians**; Colin Angliker, and Jagdeep Wander, **part-time Psychiatrists**; David Burrow, Traci Carroll, Ramesh Chaudry, Salim Dahlvani, Cleve Ewell, Ankur Fadia, Clinton

Musil, Guyton Register, Guillermo Schrader, David Thaler, H.A. and H.A. Vyas, **part-time MODs**; Deresa Hall and Sherri Hall, **Nurse Practitioner/ MODs**; and Kathy Justus and Travis Williams, **part-time Nurse Practitioner/MODs**.





NATIONAL NUTRITION MONTH® 2016

SAVOR THE FLAVOR OF EATING RIGHT



March is National Nutrition Month®. The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals with over 75,000 members. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education, and advocacy.



Variety of protein foods including seafood, lean meats, poultry, nuts, and legumes



Oils including canola, corn, olive, peanut, sunflower, and soybean.

The newly released 2015-2020 Dietary Guidelines for Americans offer building blocks for a healthy lifestyle while focusing on the importance of following a healthy eating pattern that is right for you.

“Healthy eating is one of the best ways to reduce the risk of chronic diseases like heart disease, high blood pressure, and Type 2 diabetes,” says registered dietitian, nutritionist, and Academy Spokesperson Jessica Crandall. “The 2015-2020 Dietary Guidelines provide evidence-based, practical recommendations that focus on prevention rather than treatment of disease. These recommendations can help you live a longer and healthier life.”

The 2015-2020 Dietary Guidelines recommend following a healthy eating pattern. Eat more of some foods and nutrients and less of others over a lifetime. The Dietary Guidelines encourage Americans to eat more:



Vegetables, including dark greens, red and orange, legumes, starch, and others



Fruits, especially whole fruits



Whole-grains



Fat-free or low-fat dairy including milk, yogurt, cheese, and fortified soy beverages

“About three-fourths of the populations is not meeting the recommendations for vegetables, fruits, dairy, and oils,” Crandall says. “Small, positive changes add up over time. Start by making tweaks to your diet like adding leafy greens to smoothies or eating an apple at lunch. Small shifts in food choices can make a long-term difference in findings a healthy eating pattern that works for you.”

The 2015-2020 Dietary Guidelines recommend:

Consuming less than 10 percent of your calories per day from added sugars

Consuming less than 10 percent of your calories per day from saturated fats

Consuming less than 2,300 milligrams per day of sodium

Consuming as little dietary cholesterol as possible while following a healthy eating pattern

If alcohol is consumed, it should be consumed in moderation — up to one drink per day for women and up to two drinks per day for men — and only by adults of legal drinking age.

“Americans are exceeding limits for added sugars, saturated fats, and sodium,” Crandall says. “Slowly cut back on food and beverages higher in these components. For example, drink water instead of a soda or season food with lemon, herbs, and spices

in stead of salt.”

The 2015-2020 Dietary Guidelines remind adults to include at least 150 minutes of moderate intensity physical activity each week and to perform muscle strengthening exercises at least twice a week. Crandall recommends finding an activity you like such as a brisk walk/run or attending a fitness class like spinning or yoga.

“The Academy supports healthy eating patterns, from the home to schools and the office, and recognizes that everyone has a role in encouraging accessible and affordable healthy lifestyle choices,” Crandall says. “The Academy encourages everyone to follow the Dietary Guidelines because as a dietitian we stand by science-based recommendations and realize that healthy eating in one of the most powerful tools we have to reduce the onset of disease.”

Consult a registered dietitian nutritionist to help interpret and apply the Dietary Guidelines in your daily life. For additional information on the Dietary Guidelines, including articles, videos, and more, visit www.eatright.org.

Note: To limit the amount of calories from sugar to 10 percent, individuals consuming 2,000 calories per day should limit sugar to 50 grams.

To limit the amount of calories from saturated fat to ten percent, individuals consuming 2,000 calories per day should limit saturated fat to 22 grams.

~ Coleen Walls, MS/RD
Nutritionist Supervisor



Welcome Aboard February New Hires!

Please welcome the newest additions to the SWVMHI Team!



From left to right: Courtney Thomas, Adam Corvin, Kristin Davidson, Ashlee Kirk, and Jessica Reynolds

February 10 New Hires

Courtney Thomas just moved to Marion from Bristol and she enjoys riding horses. She graduated from Tennessee High School and has attended classes at Northeast State Technical Community College in Tennessee. Courtney has worked for the Robinette Company and Dollar General. She will be working on Ward E/F on nights.

Adam Corvin says he is easy to get along with and likes to joke and have people laugh. He has one son and lives in Rural Retreat, Virginia. Prior to working here, Adam was in restaurant management for over 20 years. He will be working on Ward E/F on night shift.

Kristen Davidson loves photography and has worked as an EMT-B for eight years. Kristen and her three children live in Wytheville. She has worked for Pizza Plus, Marquee Cinema, and Guardian Ambulance. Kristen's mother is Regina Hawkins, an LPN, who works on Ward E/F on nights. She hopes to continue her education and obtain her degree as a Registered Nurse as she loves the medical field.

Ashlee Kirk loves spending time with her family. She is married and has two children. She attended Northeast State Technical Community College in Tennessee.

Ashlee and her family live in Marion. Previously she worked for Virginia Home Health and Hospice in Rural Retreat. Ashlee will be working day shift.

Jessica Reynolds is an RN and farms with her husband and three children in Saltville. They have horses, longhorn cattle, and pigs. She graduated from Patrick Henry High School in Glade Spring, received her AAS in Nursing from Virginia Highlands Community College, and her BSN from King College. Previously, Jessica worked for Home Nursing Service, Bristol Regional Medical Center, and the Washington County Public School System. She will be working at SWVMHI on C/D first shift. Jessica has three cousins all working here, Thelma Rouse, LPN; Jeanette Heath in Rehab Services; and Jordan Olinger in Food Services.



Sherri Hall

Sherri B. Hall is married and has two sons. She and her family live in Chilhowie, Virginia. She used to work at SWVMHI in the nursing department prior to obtaining her FNP. She received her BSN from King University and her FNP from East Tennessee State University. Besides SWVMHI, Sherri previously worked at Bristol Regional Medical Center and at Hospice of Southwest Virginia. She will be an MOD on rotating shifts. Sherri is excited to see familiar faces here and looks forward to working with great people.

February 25 New Hires

Amanda Forster was born in Bogota, Columbia, and after her adoption, was reared in Detroit, Michigan. She and her family moved to Abingdon in 2009. Amanda is married with two teenage children. She received her Associates Degree

in Criminal Justice and is attending King University and will graduate in May 2016 with a Bachelor's degree in Criminal Justice Administration. Previously, she worked in the Washington County Sheriff's Office as a deputy. Amanda will be the Secretary Senior for Clinical Services and her office is on Ward G. She loves tennis and singing on the weekends in her church.



From left to right: Amanda Forster, Katlinn Walker, Amanda Butler

Katlinn Walker loves her family, helping people, playing with children, helping special needs children, and sports such as basketball and soccer. She lives in Marion and graduated from Marion Senior High School with a Culinary Arts Degree. Katlinn still works at Food City and volunteers at Oak Point Elementary School helping with special needs children. She will be working as a P-14 for Food Services. Katlinn has a big sister, Cheyenne Harris, who works at SWVMHI as a Case Manager on Admissions.

Amanda Butler is an animal advocate and co-founder of Smyth County Animal Rescue. She lives in Chilhowie and has an Associates' Degree in Police Science from Virginia Highlands Community College. Amanda has worked for the Scholle Corporation in Chilhowie. She will be working as a Patient Registrar on second shift.

Please welcome the newest additions to the SWVMHI Team!

~ Training Department

Pre-training Sandbox Adventures

Greetings, OneMind Users! 

Recorded Sandbox Adventure demos are now available from the SWVMHI Intranet.

Prior to attending OneMind (OM) Training you are required to complete the following activities. If you need assistance, contact Amanda Currin, Becky Barker, Laura Campbell, or Merle Obregon. Training begins March 15 and your supervisor will schedule you!

You MUST view at least one OM Sandbox demo. Either attend a live Sandbox Demo or view a re-cording. The recorded Sandbox Demo links are provided on the SWVMHI Intranet>OneMind quick link and are copied below. You may view as many demos as you wish, but *must see at least one* before attending training in March/April.

You must log into the OneMind TRAIN system and practice the steps in the Sandbox Activities for your role. Links to user guides are posted on the SWVMHI Intranet>OneMind quick link. Guides can also be obtained from your Department Head.

Links to recorded demos:

Demo for **RN, Ward Clerk, Rehab Therapist** roles recorded 2/18/2016

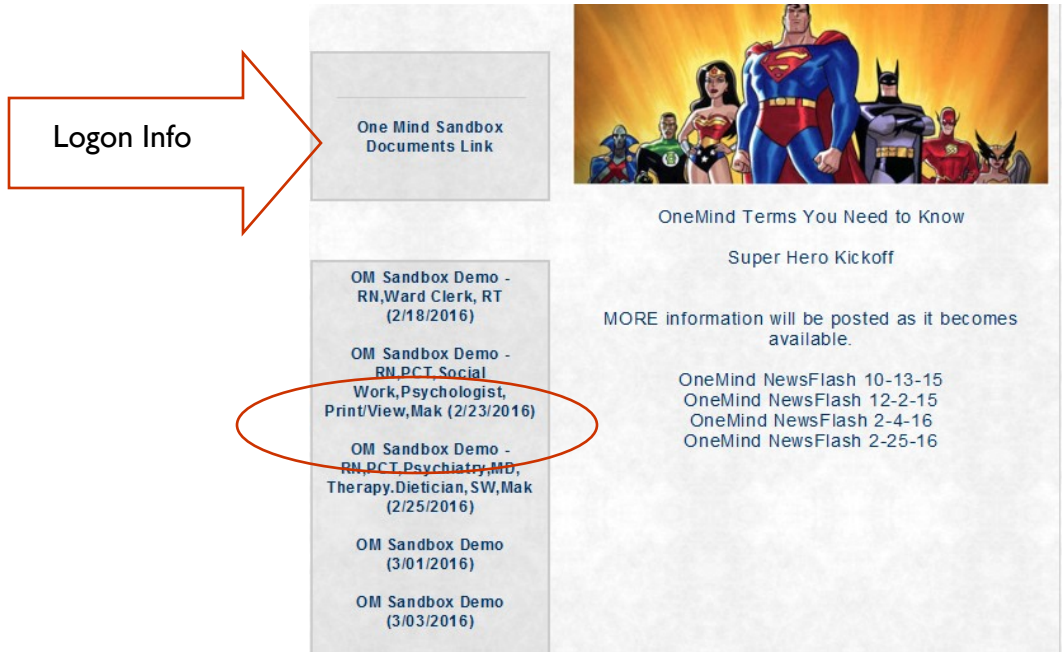
<http://dbhds.acms.com/p7d56r73gfl/>

Demo for **RN, PCT, Social Work ,Psychologist, Print/View** roles recorded 2/23/2016

<http://dbhds.acms.com/p4cocardfhq/>


Demo for **Psychiatrist, MOD, Nurse, PCT, SW, Ward Clerk, Therapist, Dietician, MAK** roles recorded 2/25/16

<http://dbhds.acms.com/p32y6ioxnz5/>



Logon Info

One Mind Sandbox Documents Link



OneMind Terms You Need to Know

Super Hero Kickoff

MORE information will be posted as it becomes available.

OneMind NewsFlash 10-13-15
 OneMind NewsFlash 12-2-15
 OneMind NewsFlash 2-4-16
 OneMind NewsFlash 2-25-16

- OM Sandbox Demo - RN,Ward Clerk, RT (2/18/2016)
- OM Sandbox Demo - **RN,PCT,Social Work,Psychologist, Print/View,Mak (2/23/2016)**
- OM Sandbox Demo - RN,PCT,Psychiatry,MD, Therapy.Dietician,SW,Mak (2/25/2016)
- OM Sandbox Demo (3/01/2016)
- OM Sandbox Demo (3/03/2016)

~ Merle Obregon
 Director of Staff Development, SWVMHI
 276-783-1200 x.167 or 276-783-0838



Kronos Workforce Questions and Answers

Attention Nursing Employees! If you have never logged into Kronos, or it has been a long time since you have logged in, it is highly recommended that you start looking now and get used to checking your timecard and navigating around. The reason is because scheduling is being moved to Kronos and Ansos will no longer be used starting in April. Nurse Managers will let you know when your actual schedule has been added to Kronos — right now they are learning in a sandbox environment and will be building your next schedule in Kronos instead of Ansos. It will look different than your Ansos schedules, but you should be able to quickly and easily learn how to read your new schedules. Be on the lookout for more information very soon!

For all employees, if you are not already logging into Kronos on a regular

basis, you are reminded that it is your responsibility to know your schedule and your leave balances — it is not your timekeeper’s responsibility or your supervisor’s responsibility to tell you how much leave you have. It is extremely important that ALL employees log into Kronos regularly, at least once each pay period, to check your leave balances, check your punches, and check your schedule.

If you have forgotten how to log into Kronos, or if you have never logged into Kronos, you should go to the Intranet and click on the Kronos link to the left. That will take you to an information sheet that will give you instructions on how to log on as well as your initial password (if you have never logged on). Your username is 705 followed by your first initial of your given name plus your last name. (For example 705cvese-

lik). NOTE: If you have a common name like Smith, Jones, or Blevins, you may need to add your middle initial. At the top of the page you will find the link to the Kronos logon page, which can be bookmarked in your internet explorer for future access. Please be aware, though, that you can only access Kronos from a computer on the COV network and not from home.

Should you have any problems logging into Kronos, please let Cheryl Veselik know at Ext 201 or send her an email. If you have questions about your timecard, your leave balances, or your schedule, you should contact your timekeeper or supervisor.



~ Kronos Implementation Team

Rehab Department News



February started off looking warm and sunny with Punxsutawney Phil’s prediction that spring would soon be arriving. However, it seems this ground-

hog isn’t the meteorologist he’s been made out to be! Our “Weather Prophet Extraordinaire” forgot to alert us to many freezing nights of sleet, snow, and ice. But the Rehab Department performs “neither snow nor rain nor heat nor gloom of night!”

Break week (January 25-29, 2016) brought about some changes to our group schedules, which have gone smoothly. We continue to operate a multitude of group sessions throughout each week, this month giving special emphasis on Valentine’s Day.

On Thursday, February 11, at 1130 outside the Employee Cafeteria, our

“Community Integration” group hosted a Valentine Sale. Handmade products offered included cards, sculptures, and wall décor. Thank you to all who took part in this event. Proceeds will help in allowing “Community Integration” to conduct outings into the greater community.

February’s special activity in the gym took place on Thursday, February 18, from 1330 to 1500 and was titled, “Groundhog Day Celebration.” The auditorium building was buzzing with energy as individuals we serve enjoyed playing rounds of slopes, shooting various targets with Nerf guns, and tossing a homemade groundhog into a bucket. Other activities included coloring and activity pages to decorate and a ball-tossing carnival game.

The celebration concluded with a meeting that voted on our upcoming special activities for the next two months, which took place after individuals snacked on brownies and ice cream.

Rehab would like to welcome Coreybeth Hutton, our new Education Rehab Specialist. Coreybeth comes to us from Family Preservation Services where she had been working as a Therapeutic Day Treatment Counselor since her graduation from Virginia Tech in 2013.

Charlotte Ball transferred into a first shift Education Rehab Specialist position. Charlotte had been working second shift as a Wellness Rehab Specialist since July 2015.

Finally, we would also like to welcome Caroline Norris, our new volunteer. Caroline has an extensive resume and has worked in several institutes of Higher Education, as well as with the Mt. Rogers Regional Adult Education Program. Caroline will be helping out with many endeavors at the facility.

~ Emily Lockhart
Wellness Rehab Coordinator



May your home always be too small to hold all your friends. ~ Irish Blessing

Important OneMind Updates



OneMind training started MARCH 15!!!! Have you accessed the training modules? Have you practiced at least a little bit??

PLEASE go into the sandbox training system at least a couple of times so you will be familiar with the screens and the look of the system. It will make it much easier for you to retain the information you receive during your scheduled training.

To find the recorded sandbox demos, please see the access instructions on page 5 of this newsletter.

~ Amanda Currin,
Accountable Executive

OneMind Dates to Anticipate

March 15	Training begins
April 19	"a day in the life of" training begins for each team
May 5	pre-load for Wards E & F
May 6	pre-load Wards H & I
May 9	pre-load Ward J
May 10	GO LIVE for E/F and ERS
May 16	pre-load for Wards A & B
May 17	pre-load for Wards C & D
May 18	GO LIVE for A/B and C/D

*Pre-load is an activity that requires staff to enter selected information into the OneMind system so when we go live, necessary information has populated the record. We will have help from other units and facilities.



Tornado Awareness Month

March is Tornado Awareness Month. Do you know what to do both at work or at home in the event of a tornado?

- Be alert to changing weather conditions. Look for approaching storms.
- Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail
 - A large, dark, low-lying cloud (particularly if rotating)
 - Loud roar, similar to a freight train.

If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

Following is the schedule for OneMind Pre-training Sandbox Adventure Demos. All demos will take place in the A/B Classroom:



- Thursday, February 11, 1400 to 1600
- Thursday, February 18, 1400 to 1600
- Tuesday, February 23, 1000 to 1200
- Thursday, February 25 1400 to 1600
- Tuesday, March 1, 1000 to 1200
- Thursday, March 3, 1400 to 1600

Staff who are designated Super Users need to go at least one

pre-training Sandbox Adventure Demo and view as many as they can.

OneMind Training began March 15, 2016. Schedule of classes has been distributed.

GoLive for Wards E, F, H, I, and J will be Tuesday, May 10, 2016.

GoLive for Wards A, B, C, and D will be Wednesday, May 18, 2016.



Special Gym/Game Room Activities



Consumer Empowerment
Recovery Council
(CERC)
NO MEETING



Movie Nights
March 2, 7, 8, 14, 15, 22,
and 23, 2016
1830 to 2000



Patient Activity Council
(PAC)
NO MEETING

Birthday Party
March 25, 2016
1830 to 2000
No Café



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

St. Patrick's Day
Celebration
March 17, 2016
1330 to 1500



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.

Ooops, inadvertently left out of last month's thank yous!!



On Friday, Brittany Blevins resumed her former position as a CNA and assisted with patients on ward A/B. ~ Timothy Graham, D. Min



I saw Brittany Blevins, secretary, working as a aide on an acute unit due to staff shortage on Friday. Thank you for your interest and concern. ~ Debbie Haga, LPN, URC



Cindy Jones was here Friday 2/22/16 helping to address the need for infection control related to gastroenteritis and ward restriction on the geriatric unit. Thank you Cindy! ~ Alicia Alvarado, MSN

March Days to Celebrate

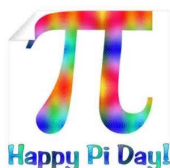
"Off the cuff" March holidays to celebrate:

March 2
Dr. Seuss Day

March 4
Dress in Blue Day

March 6
Oreo Cookie Day

March 14
Pi Day (as in 3.14159265.....)



- March 19**
Corndog Day
- March 20**
Vernal Equinox (first day of SPRING!)
- March 21**
Common Courtesy Day
- March 23**
National Puppy Day
- March 30**
Pencil Day





Staff Development

March is Eye Safety Month

Take advantage of Training Opportunities in March



When: March 10, 1515 to 1615
Where: Dogwood Classroom
What: Communication Skills in the Workplace (EAP)

When: To be rescheduled
Where: Dogwood Classroom
What: ID/Schizophrenia

The Fire, General Safety, & Security CAI is due during the month of March.

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



With so many people using computers at work and at home, complaints of eye strain, difficulty focusing, and discomfort

have become commonplace in doctors' offices.

One of the main reasons for this is technology. Although offices have marched into the age of technology, not much else has. People are still using the same lighting, furniture and desk configurations they had when using typewriters. To mark March as Workplace Eye Safety Month, the American Academy of Ophthalmology has put together some tips to help us alleviate some of the eye problems modern technology has given birth to. They are:

- **First and most important** — **get an eye exam** by your ophthalmologist, who can rule out the possibility of eye disease as the cause of your symptoms. You could simply need glasses when working at a computer, or your prescription might need updating;
- **Screen distance** — you should sit approximately 20 inches from the computer monitor, a little further than you would for reading distance, with the top of the screen at or below eye level.

- **Equipment** — choose a monitor that tilts or swivels, and has both contrast and brightness controls;
- **Furniture** — an adjustable chair is best;
- **Reference materials** — keep reference materials on a document holder so you don't have to keep looking back and forth, frequently refocusing your eyes and turning your neck and head;
- **Lighting** — modify your lighting to eliminate reflections or glare. A hood or micromesh filter for your screen might help limit reflections and glare; and
- **Rest breaks** — take periodic rest breaks, and try to blink often to keep your eyes from drying out.

Another thing to remember is that the forced-air heating systems in big office buildings can increase problems with dry eyes during the winter months. The usual symptoms of dry eye are stinging or burning eyes, scratchiness, a feeling that there's something in the eye, excessive tearing, or difficulty wearing contact lenses.

Over-the-counter eye drops, called artificial tears, usually help, but if dry eye persists, see your eye doctor for an evaluation.

~ <http://www.wellnessjunction.com/>

March Lunar Phases

March 1 Last Quarter Moon

March 8 New Moon

March 23 First Quarter Moon

March 30

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

April Lunar Phases

April 7 New Moon

April 13 First Quarter Moon

April 22 Full Moon

April 29 Last Quarter Moon

April's Full Moon is called the "Pink Moon" because at this time of the year, wildflowers (especially pink ground phlox) herald the newly arrived spring.



Tornado Facts



Quick facts you should know about tornadoes:

- They may strike quickly, with little or no warning.
- They may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel.
- The average tornado moves southwest to northeast, but tornadoes have been known to move in any direction.
- The average forward speed of a tornado is 30 mph, but may vary from stationary to 70 mph.
- Tornadoes can accompany tropical storms and hurricanes as they move onto land.
- Waterspouts are tornadoes that form over water.

- Tornadoes are most frequently reported east of the Rocky Mountains during spring and summer months.
- Peak tornado season in the southern states is March through May; in the northern states, it is late spring through early summer.
- Tornadoes are most likely to occur between 1500 and 1900 hours, but can occur at any time.

Know the Terms

Familiarize yourself with these terms to help identify a tornado hazard:

Tornado Watch - Tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.

Tornado Warning - A tornado has been sighted or indicated by weather radar. Take shelter immediately.

For more information on how you and your family can stay safe during a tornado and help prepare in the event of a tornado, please visit <https://www.ready.gov/tornadoes>. Here you will find information about a family communication plan, building an emergency kit, as well as best places to seek immediate shelter depending on your circumstances.

As we all know, tornados can and do occur anywhere and anytime, so be prepared now.



Temporary Room Moves

As many of you are aware, SWVMHI training has begun on the new electronic health record, One-Mind. Many of our conference rooms will temporarily become training rooms.

On Wednesday, March 9, 2016, the Courtroom moved from its current location in the L Hallway Conference room to room 106 of the Henderson Building.



The attorney/client room will once again be in room 108 of the Henderson Building.

The patient waiting room will be the Administrative Conference Room in the Henderson Building.

The family/visitor waiting room for Court hearings will be the lobby waiting area of the Henderson Building.

The Henderson Building will be locked while court is in session.

~ Amanda J. Currin
Assistant Director Administrative Services



**MONTHLY
PATIENT
CENSUS**

January 2016

Admissions 83

Discharges 61

Passes 12

Average Daily Census

158

February 2016

Admissions 68

Discharges 72

Passes 16

Average Daily Census

168

PERSONNEL CHANGES*

New Employees

Sherri Hall, Nurse Practitioner	Feb 1
Jessica Reynolds, RN	Feb 10
Ashlee Kirk, Psychiatric Care Technician	Feb 10
Courtney Thomas, Psychiatric Care Technician	Feb 10
Kristen Davidson, Psychiatric Care Technician	Feb 10
Adam Corvin, Psychiatric Care Technician	Feb 10
Katlinn Walker, PI4 Food Service Tech	Feb 25
Amanda Butler, Patient Registrar	Feb 25
Amanda Forster, Secretary Sr.	Feb 25

Promotions/Role Changes

Ashley Frye, PCT to Geriatric Mental Health Specialist	Feb 10
Elizabeth Pennington, PI4 to Fulltime PCT	Feb 10
Tammie Kirby, FT to PI4 Food Service Tech	Feb 18

We would like to **welcome** you to SWVMHI!
May the excitement of today enthuse you,
May its enchantment surround you,
And may the teamwork that we share
create recovery moments for the individuals we serve.



Daylight Savings Time

began Sunday, March 13, 2016. We hope you remembered to set all of your clocks **AHEAD** one hour.

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

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





Word Search

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



eat right. Academy of Nutrition and Dietetics



Your words **horizontally, vertically, or backwards.**

- Red** Apple
- Watermelon
- Green** Avocado
- Broccoli
- Kiwi
- Peas
- White** Chicken
- Mushroom
- Onion
- Popcorn
- Rice
- Yogurt
- Yellow** Banana
- Lemon
- Pineapple
- Orange** Mango
- Orange
- Salmon
- Purple** Beets
- Eggplant
- Brown** Beef
- Oatmeal
- Tuna
- Walnuts
- Multi-Colors** Beans
- Pear
- Peppers
- Squash

New Game View Answer Key

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

May your troubles be less and your blessings be more and nothing but happiness come through your door.
~ Irish Blessing

Human Resource Corner



Hybrid Members: Time to Increase Your Savings

If you're a Hybrid Retirement Plan member, you have until March 15 to increase the amount of your voluntary

contributions for the next quarter, which goes into effect April 1. You can change your voluntary contribution election once a quarter. This is in addition to your one percent mandatory employee contribution to the defined contribution component of the plan. Your employer matches your contribution and a percentage of your voluntary contributions.

You can increase your voluntary contributions in 0.5 percent increments, up to four percent of your creditable compensation. Your employer

matches the first one percent of your voluntary contribution with a one percent contribution and matches each additional 0.5 percent increase with a 0.25 percent contribution.

To increase the amount of your voluntary contributions, go to www.varetire.org/hybrid and log into Account Access, or call ICMA-RC Investor Services at 1-877-327-5261 and select option 1.

~ Renee VanDyke
Human Resources Assistant





SWVMHI Officer Honored by Town of Marion



On February 1, 2016, the Marion Town Council and a crowd of citizens gathered for the Council meeting heard a letter describing Hamm's actions when he responded to an emergency call of a burning home in the fall of 2013. He saved the lives of two elderly individuals from the burning building that day, where oxygen tanks were also involved. Then, Mayor David Helms and Marion Police Chief Rex Anders presented the patrolman with the Virginia Association

of Chiefs of Police 2015 Award of Lifesaving. Anders told Hamm, "We're proud of you. You did a good job."

The crowd, which included members of the Marion Police Department and Hamm's family, rose to its feet applauding the Sugar Grove native and 2008 Marion Senior High School graduate.

His sense of community is part of what encourages Hamm in his work. He explained that he pursued a law-enforcement career out of his desire to help people and wanting to help make the community even better than when he grew up.

As for the fire and rescue, Hamm, who has served with the MPD for four years, said he was glad to help his community but didn't believe he deserved the award. "I was not the only one there that day; I was just the first one there."

He lauded his co-workers, saying, "We have a great PD... a great group of guys. I'm thankful for them."

Anders echoed Hamm, saying his recognition "speaks to the caliber of officers we have."

The police chief commended Hamm, whose sergeant recommended him for the award. Especially noting the presence of oxygen tanks, Anders said, "He went beyond the call of duty."

Daniel Hamm also serves as a part-time police officer here at SWVMHI. Way to go Daniel!

Excerpted from the Smyth County News, February 4, 2016



Leap ...into OneMind!

As a celebration of both Leap Year and OneMind, staff were invited to have a free cookie and hot cocoa compliments of the Employee Recognition Committee!

Day & Evening Shifts: February 29th - March 6th during regular Employee Café business hours

Night Shift: Monday, February 29th (deliveries will be made to all of the wards and front desk of the Bagley Building)

THANK YOU for all your hard work!



Continuing Support of a Safer Work Environment

Door and Key Accountability



In order to provide a safe and secure facility for patients, staff and visitors, it is the policy of SWVMHI to control access to and from sensitive areas by requiring that all personnel ensure interior/exterior doors are locked at all times when not in use unless prohibited by Life Safety Codes.

In addition, it is everyone's responsibility to have strict control of your facility keys in order to maintain a high

level of security while at SWVMHI. Policy 2062 informs us that all lost, damaged or stolen keys will be immediately reported to the Security Department to conduct an extensive search to locate or establish the disposition of the keys with staff assistance.

We have had several unfortunate instances recently regarding lost keys. This is a reminder to never lay your keys down on a desk or countertop where they could be taken by anyone walking by the area. Please keep your keys in your hand, in your pocket or fastened to your waist

band. Facility policy also requires that staff have a TD I-I key and a Fire Alarm Key in their possession at all times while on duty at SWVMHI.

Remember, the safety and security of facility keys and locking of doors is everyone's responsibility.

**~Thomas B. Cullop III
Security Manager**



I would like to say thank you to everyone for their support, kind words, and prayers for me and my family during the recent loss of our home.

Thank you

*Sincerely,
Christy, Bradin, and Haley Hall
Robert and Sharon McNew
(Christy Hall is a Ward Clerk on Ward J)*

Human Rights Advocacy

Nan Neese, Regional Human Rights Advocate, has retired effective 2/24/16.



Nan Neese (middle) is shown with Virginia Highlands LHRC members B.B. Derian (left) and Denton Staley (right).

Mr. Dwayne Lynch, Human Rights Advocate, who is stationed primarily at Catawba, will be providing coverage in the interim, with the assistance of B.J. McKnight (stationed primarily at SWVTC).

Please continue to contact and to refer individuals to the Advocate's extension, 219. Mr. Lynch and Ms. McKnight will be checking the voicemails on a regular basis. From an external number, the direct dial number is 276-783-1219.

The phone number listed on the Human Rights posters on the units should still be correct.

May your days be many and your troubles be few.
May all God's blessings descend upon you.
May peace be within you may your heart be strong.
May you find what you're seeking wherever your roam.

~ Irish Blessing





Southwestern Virginia Mental Health Institute

Address: 340 Bagley Circle
Marion, Virginia 24354
Phone: 276-783-1200
Fax: 276-783-9712



Comments, Suggestions or Ideas?

SHARE THEM!

Please send any comments, suggestions, or ideas you have regarding the newsletter to the Office of the Director.



This Month's Word Search Answer Key



Please submit articles for the next newsletter to Cheryl Veselik by March 20, 2016.

The next newsletter will be published April 1, 2016.