



OCT / NOV 2017

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Hidden

There Fall leaves on every page in this edition, just like the one pictured here. Can you find all of them?



From the Director

Employees of the Quarter

Tynee Miller, RNCA, J Team Nurse, was nominated for consistently demonstrating on a daily basis a level of caring and compassion with the individuals we serve that goes above and beyond her requirements. She advocates for patients' rights, addresses needs for medication adjustments, always relays important information to treatment team and other shifts,. She has developed a trusting relationship with of the patients on Ward J because of her honesty and willingness to be straight forward with them. She is always ready and willing to help the medication nurse distribute meds as well as help the PCTs with difficult patients in addition to helping the nurses on Ward H and I and other units during behavioral crises. She exemplifies leadership by leading by example. She is always a pleasure to work with and can always be seen with a smile on her face and heard with cheerfulness in her voice. Tynee makes coming to work a little easier because staff are all working together.

Thank you Tynee!

Karen Null, LPN, Ward H, was nominated because she does an excellent job in her role as LPN on Ward H. She is dedicated and dependable; she is consistently punctual and has regular attendance. She gets along excellent with all her co-workers, fostering a positive work environment. Karen takes time to get to know the patients on the unit, developing a therapeutic rapport with them. She works very well with difficult patients, often being able to get them to take medications when they are refusing. She takes the time to talk to the patients, explain their meds, and answer questions. Karen monitors the individuals we serve for changes in functioning and for pain monitoring and promptly reports to the charge nurse. She performs very well in crisis situations utilizing least restrictive interventions. Karen is very knowledgeable and confident in her position, and she understands the needs and requirements of her job. She is self-motivated: doing things without being told, accepting her assignments without complaint, and completing them in a

timely and professional manner. Karen is flexible with her work schedule to provide coverage for the unit. She has agreed to change her weekends off several times to provide needed coverage. Karen takes pride in her job and she is willing to take on and complete extra tasks as requested. She maintains an excellent quality of work. She demonstrates the SWVMHI Mission, Vision, and Values in her day-to-day tasks and interactions. You can count on her to be where she is supposed to be doing what she is supposed to be doing! Karen goes above and beyond her job expectations.

Thank you Karen!

Debbie Sadler-Butts, RNCB, Ward C/D, was nominated because she is an important part of the glue that holds third shift together. There have been a number of new staff members on C/D on third shift, and during this time Debbie has assisted with the training of all the new staff. This has increased her workload with lots of added documentation and challenges in building a

Continued on page 2



From the Director, *continued*

strong, high functioning team. Debbie has picked up extra shifts to help cover the schedule on second shift. She has been very flexible with her schedule. She rarely calls-in: she makes her schedule and works that schedule. When a staff member has a birthday and when new staff first come to work, Debbie prepares a meal for them. She often brings these meals in on her night off. She attends RNCB meetings each month and the Staffing Committee monthly. The PCTs state that she does the schedule so it is fair and equitable among all the staff. Even with this added work, Debbie has maintained a pleasant approachable personality. No matter how busy things get, Debbie has the ability to remain calm, stay focused, and bring order to the chaos around her. Debbie lives by the Mission, Vision, and Values of the hospital, and does all she can to make a difference for each individual she cares for as well as the staff who work for her. What she expects of others is also what she expects of herself. Ward C/D is what it is on third shift due to the guidance and leadership of Debbie.

Thank you Debbie!



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Betty Sheets, Psychiatric Care Technician, Geriatrics Ward E/F, was nominated by because she is the embodiment of a team player. She consistently consults with nursing staff to aid in completion of tasks. She nev-

er refuses a request for help but may have to defer to a more pressing job. If she does have to defer, she will take it upon herself to find a solution for staff needs and follows up to make sure the job is done. Betty is unfailingly on-time for shift. She is present in her seat at team meeting consistently at 1430, listening quietly and providing appropriate, edifying feedback about individual interactions and experiences. Betty is attentive to her duties. When she is sitting with an individual on constant observation, her focus is on that individual and not on external matters. She is quick to aid peers when needed, and maintains a professional demeanor during challenging circumstances. She actively listens to all. She uses a calm and well-modulated voice to avoid escalation of crisis situations. Betty is aware of motivational interviewing techniques and makes use of these during interactions with others. Betty is one of the PCTs most often requested by members of the nursing staff to assist because she is a willing helper and shows enormous concern for members of the team. Individuals tend to gravitate towards Betty because she is approachable, friendly, and shows appropriate professional concern. During the holiday season at year-end, Betty collects donations from nursing staff and uses these to maintain the famous second shift goody bag throughout the year. She searches out and buys a variety of candy treats (she knows our faves!) during the year and brings this out each shift she works. She is generous in giving of her time and her own money to do this for her peers. Betty brings in baked treats for staff and is known for the delicious preacher's cookies and snickerdoodles she makes. She also spearheads and/or is very involved planning and providing dishes for on-unit employee celebrations and weekend meals. When Betty is assigned a task

or picks one up, she is thorough. You can rely on her to follow things



through to completion. She is able to think things through to logical conclusions and therefore considers not just the task, but the overall effect of what she is doing. Betty is able to see the "big picture" and to understand the relationships of all staff efforts towards the common goal of providing safety, security, and excellent patient care for all of the individuals we serve. She is also aware of internal and external customer relationships and is helpful and pleasant on the telephone, aids visitors to the ward, and offers assistance to nursing staff or others as needed. Betty maintains a positive attitude throughout, and is liked and respected by all of her peers. You know that it will be a better shift if she is working that day. If you were establishing a high performance team of PCTs and had the choice of anyone on the hill, Betty would be a first round draft pick!

Thank you Betty!



Staff Development, Training and Chief Carrigan Working Together

Staff Development & Training and Chief Carrigan have been working together to update the annual training for Emergency Management, the emergency codes, classes of Code Orange, and the appropriate response to each Code for staff members of SWVMHI. A new area that has changed in the CAI is that the facility is now using Avoid | Deny | Defend™ (A.D.D.) instead of Run, Hide, Fight. There are several reasons for this change. A person with disabilities may not be able to run, leading to a feeling of helplessness. Hide also seems to denote a game of hide-and-seek. This would be a dangerous mindset to have in an active shooter event. The rest of this article contains information that explains the goals of A.D.D.

Since 2002, the Advanced Law Enforcement Rapid Response Training (ALERRT)™ Program at Texas State University has been used to train law enforcement officers across the nation in how to rapidly respond to dangerous active threat situations. Over the years we've seen response times shorten and the capabilities of law enforcement increase. As a result of increased public awareness, many citizens have asked what individuals can do protect themselves and reduce the dangers faced during one of these events. Avoid | Deny | Defend™ has been developed as an easy to remember method for individuals to follow. As we've seen that hiding and hoping isn't a very effective strategy.

AVOID starts with your state of mind.

- Pay attention to your surroundings.
- Have an exit plan.
- Move away from the source of the threat as quickly as possible.
- The more distance and barriers between you and the threat, the better.

DENY when getting away is difficult or maybe even impossible.

- Keep distance between you and the source.
- Create barriers to prevent or slow down a threat from getting to you.
- Turn the lights off.
- Remain out of sight and quiet by hiding behind large objects and silence your phone.

DEFEND because you have the right to protect yourself.

- If you cannot Avoid or Deny be prepared to defend yourself.
- Be aggressive and committed to your actions..
- Do not fight fairly. THIS IS ABOUT SURVIVAL.

CALL 911 when you are in a safe area.

The new CAI has been updated to include the new information, and includes a video reenactment of an active shooter, which demonstrates how such a scenario may play out in a hospital environment and how staff should respond. This article and the CAI will hopefully increase employee awareness and not scare our employees,

but provide all civilians with knowledge that will empower and instill confidence to survive an active shooter attack whether at work, church, the movie theater or anywhere else they may be. It is not intended to frighten, but to empower and strengthen the ability to survive.

Avoid | Deny | Defend™ is designed as an awareness tool that will empower and instill confidence to civilians of all ages and abilities, helping them understand that "What You Do Matters™" in an ac-



tive shooter event. In the near future, we hope to offer drills and training on A.D.D., and Chief Carrigan looks forward to working with all staff. If anyone has questions pertaining to A.D.D., please contact Chief Carrigan.

We live in a world where bad things happen in the workplace. As much as we fear the acts and despise the perpetrators, the reality is that these events have become commonplace. In addition to these acts of terror, the safety of your team can be at risk due to natural disasters and other unexpected events.

And yet few people ever really think it will happen to them. As a leader, you are responsible not only for your own safety, but for the security and safety of those you lead. It can happen in your workplace. A perpetrator can be someone you know or a complete stranger. Living in denial is the riskiest strategy of all. Post-tragedy interviews prove the point: "I could never imagine it happening here."

~ Chief Sean Carrigan



Mike Jones, Ph.D., Unit Program Director, Admission & Geriatrics, reflects on the day's seminars with Secretary Bill Hazel, MD, Virginia's Secretary for Health and Human Services at the September Virginia Care Association (VHCA) meeting in Richmond.

Movie Making in the Process!



You may remember that in early July a film crew from Winston-Salem filmed in the Harmon and Henderson Buildings. The filmmakers produced a short film for the movie that they named P27 with the highlights of their script that is shown to potential investors in order to raise enough money to make the entire film. This short film was shown on October 21 at the Lincoln Theatre at 6:30 and 8:00 pm. Admission for the event was canned goods that were donated to the local food pantry. A number of staff and townspeople attended the event, which included a question and answer session after each showing. Dr. McClaskey, SWVMHI Director, was invited to say a few words, which are excerpted here: "For 27,000 years, since the first cave painting, telling stories has been one of our most fundamental communication methods. When we are told stories,

our whole brain gets involved, lights up, and gets put to work. The best stories use personal tales to teach, to engage, to motivate, and to entertain. And some stories need to be told so that they never happen again. The events in this film did not happen at SWVMHI, but how many of you heard while you were growing up, 'If you don't behave, I'm going to send you up on the hill?' Just as we don't want to perpetuate the myth that people with mental illness are dangerous, harmful, and weird, we don't want to perpetuate the myth that the people who work with those individuals who have a mental illness are dangerous, unprincipled, and weird. Today your mental hospital is staffed by 600 dedicated, trained, hard-working and immensely caring employees. Smyth County has a dedicated mental health work force that knows that TREATMENT WORKS! As much as we celebrate the success of the P27 project, I urge you to share with your friend and family that your mental health treatment

providers are educated, dedicated, and fair. We would never want someone to fail to seek treatment because they were afraid. Telling stories is fun and you can still have fun while taking the opportunity to educate ourselves and others about mental illness. Thank you." You can also follow "P27" on Facebook to stay up-to-date on the making of the movie.

In addition, SWVMHI, through contacts at the Virginia Film Commission, hosted LaRisa Girard, a student at Liberty University. She was at our facility the week of October 4th filming part of her senior thesis in the Harmon Building.



I got my FLU SHOT, did YOU? Don't forget!

AND THE WINNER IS...

The winner of the \$25 Gift Card is Morgan Kimberlin! Congratulations!

Thank you all for participating in and/or supporting the blood drive Tuesday, August 29, 2017. We were very pleased with the drive overall, and the willingness of the donors to share this life saving gift! With what is happening in Texas, Louisiana and Florida, this drive is more important than usual. The efforts of Southwestern Virginia Mental Health Institute have always been greatly appreciated and their support of the community blood program will go a long way toward replenishing blood supplies and ultimately saving lives.

You may be interested to know that 45 donors registered, 2 donors were deferred and 42 units were collected! We also registered 9 first time donors!

Again, thank you for your contribution and ongoing support of this important community program.

The CVC Campaign is gearing up! There are many ways you can be a part of the SWVMHI Campaign!

CVC= Commonwealth of Virginia Campaign:

The CVC is the annual charity drive of the employees of the Commonwealth of Virginia.

Here are just a few ways you can participate in 2017:



Donate A Dollar (or more!) – sign up to have \$1 (or more) per paycheck to be automatically sent to the CVC charity of your choice (or increase your last year's pledge by 1 percent!) Our goal is to have 300 payroll deductions for 2017.

Check out the CVC website (<http://www.cvc.virginia.gov/>) or contact a member of the Training Department to get your Payroll Deduction form and find your favorite charity. Every dollar counts!

Candy Sale & Donate A Dollar Sign-up

We will have candy for sale with all proceeds going to CVC charities. Staff will be present to assist with payroll deduction slips.

Tuesday, November 14th	6am-9am – Bagley Lobby
Tuesday, November 21st	2pm-4pm – Bagley Lobby
Tuesday, November 28th	6am-9am – Bagley Lobby
Tuesday, December 5th	2pm-4pm – Bagley Lobby

Theme Basket & Handmade Items Silent Auction – December 6th through 13th - Ward G

Share your talent — let your gift serve others!

This year in addition to the themed baskets we will be accepting donations of handmade items, arts, and crafts for the silent auction. There will be something for everyone!

How to create a themed basket:

- Choose a theme for your basket (ex: Car Wash, “Night at the Movies,” “Sweet Treats,” Lotions and Scents, Christmas Decorations, etc.).
- Gather items pertaining to the theme.
- Put all collected, made, or bought items into any type of basket (or other container like a bucket, etc.) baskets may be as big or small and as extravagant or simple as you like.
- Label the basket so The CVC Committee will know who created the basket, and place an approximate value on the total items in the basket, bucket, etc.
- Let us know you will be participating as soon as possible and bring your basket to Ward G on Wednesday, December 6th before 3pm.

How to donate a handmade item:

- Bring a handmade item, art, or craft that you made (paintings, soaps, canned goods, knitted items, carvings, quilts, pottery, etc.) to donate to the auction.
- Let us know you will be participating as soon as possible and bring your item(s) to Ward G on Wednesday, December 6th before 3pm.

(see Page 9CVC Campaign)

Omnicell AccuDose-Rx Project

- ◆ AcuDose-Rx is a computerized, automated medication dispensing cabinet that will be used to replace the Documed. Nurses will be able to obtain medications after pharmacy hours using technology that enhances medication safety and security.
- ◆ Core Team Training was held in Cranberry Township, PA September 18th to 20th. It was a two-day training for nurses and a three-day training for Pharmacists.
- ◆ Attending were: Gale Leonard, Pharmacist, Jean Pierce, SNC, Angela Routh, UNC, and Julie Stoots, UNC.
- ◆ Online Interactive Tutorials will be loaded onto the Virginia Learning Center for staff to complete prior to classroom training. Each Nurse will attend a 1 1/2 to 2 hour training session. Gale and Jim Suhrbier, Pharmacy Director, will be working to train pharmacy staff.
- ◆ Weekly Project Status Reports are being held via telephone with core team members and Pharmacy Directors.

So What's Happening Now?

Currently Sr. Project Implementation Manager Donna Booth is working to finalize the configuration of site specific software and handling interface/firewall issues. Once these have been resolved, the AcuDose -Rx will then be setup for Expert and End User Training. This is planned for Mid-October- November.



November in History

History of Thanksgiving - After the first Thanksgiving, the observance was sporadic and almost forgotten until the early 1800's. It was usually celebrated in late September or October. In 1941, Congress made it a national holiday and set the date as the fourth Thursday in November.

November 4, 1842 - President Abraham Lincoln married Mary Todd.

November 8, 1889 - Montana became the 41st State.

November 10, 1775 - the United States Marine Corps was created.

November 10, 1969 - Sesame Street premiered on PBS television.

November 11, 1918 - the armistice agreement is signed at the eleventh hour.

November 11, 1918 - President Wilson declares this day to be commemorated as Armistice Day.

November 11, in 1954 - President Eisenhower proclaimed that Veterans Day be commemorated on November 11.

November 13, 1942 - the minimum draft age was lowered from 21 to 18.

November 18, American teacher and journalist Noah Webster was born in West Hartford, Connecticut. His name became synonymous with "dictionary" after he compiled the first American dictionaries of the English language.

November 22, 1963 - President John F. Kennedy, the youngest person to become a U.S. President is assassinated in Dallas, Texas, as his motorcade traveled through the city.

November 28, 1925 - the "Grand Ole Opry" debuts on the radio.

SIX PILLARS OF BRAIN HEALTH

Did you know that your lifestyle choices have a profound impact on your brain health? What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all critically important.

So what can you do today to protect your brain down the road? Start by learning about the 6 pillars of brain health:

1. **Physical Exercise**—Get your body moving! People who exercise regularly have a lower risk of developing Alzheimer’s disease. Exercise improves blood flow and memory; it also stimulates chemical changes in the brain that enhance learning, mood, and thinking. Be fit. Be smart.
2. **Food & Nutrition**—Eat smart to think better. Making smart food decisions every day is important to brain health. As you grow older, your brain is exposed to harmful stress that results in a process called oxidation, which can damage your brain cells. Food rich in antioxidants can help fend off the harmful effects of oxidation.
3. **Medical Health**—Control your medical risks. Hypertension, diabetes, obesity, depression, head trauma, higher cholesterol, and smoking all increase the risk of dementia. You can control and reduce these risks. Get your annual check-up, follow your doctor’s recommendations, and take medications as prescribed. A brain-healthy lifestyle benefits your body and your mind.
4. **Sleep & Relaxation**—Rest well. Sleep energizes you, improves your mood and your immune system, and may reduce buildup in the brain of an abnormal protein called beta-amyloid plaque, which is associated with Alzheimer’s disease. Practicing meditation and managing stress may help fend off age-related decline in brain health. Stay positive. Be happy.
5. **Mental Fitness**—It’s your mind: Use it or lose it! Mental exercise is just as critical as physical exercise in keeping your brain fit and healthy. Exercises for your mind improve your brain’s functioning and promote new brain cell growth, decreasing your likelihood of developing dementia. Just like your muscles, you have to use your brain or you’ll lose it.
6. **Social Interaction**—Stay connected. Engaging in an active social life can protect against memory loss. Spending time with others, participating in stimulating conversation, and staying in touch and connected with family and friends are all good for your brain health. Studies have shown that those with the most social interaction in their community experience the slowest rate of memory decline.

Source: Cleveland Clinic; <http://www.clevelandclinicwellness.com/body/healthymemory/Pages/6-Pillars-of-Brain-Health-that-Can-Change-Your-Life.aspx>

www.comonhealth.virginia.gov

Census



MONTHLY PATIENT

CENSUS

Aug 2017

Admissions 95

Discharges 95

Passes 15

Average Daily Census 165

Sept 2017

Admissions 83

Discharges 79

Passes 15

Average Daily Census 172

Oct 2017

Admissions 62

Discharges 61

Passes 17

Average Daily Census 173



Food Safety at Thanksgiving



Preventing Fires while cooking your Thanksgiving bird:

According to the U.S. Fire Administration, there are approximately 2,000 Thanksgiving Day home fires each year. Thanksgiving is the leading day for home fires involving cooking equipment, with three times the national average, followed by Christmas Day and Christmas Eve. Over the last few years, the rise in fires during Thanksgiving has been attributed to leaving food unattended on the stove and in the oven, and celebrating the holidays by deep frying turkeys.

The National Fire Protection Agency's (NFPA) Thanksgiving recommendations for kitchen cooking are:

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy, or coffee can cause serious burns.

NFPA considers turkey fryers that use cooking oil, to not be suitable for safe use by even a well-informed and careful consumer. These turkey fryers use a substantial quantity of cooking oil at high temperatures and pose a significant danger that hot oil will be released at some point during the cooking process. In addition, the burners that heat the oil can ignite spilled oil. The use of turkey fryers by consumers can lead to devastating burns, other injuries, and the destruction of property. NFPA urges those who prefer fried turkey to seek out professional establishments, such as grocery stores, specialty food retailers, and restaurants, for the preparation of the dish, or consider a new type of "oil-less" turkey fryer.

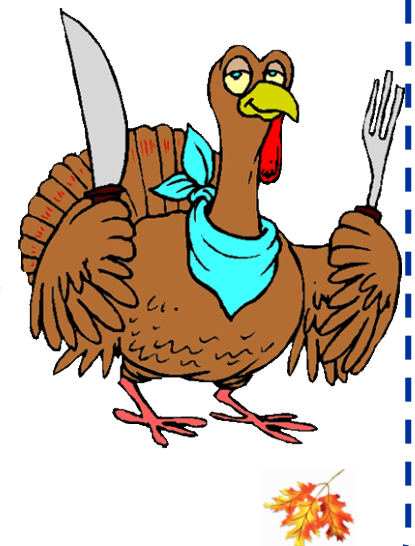
The National Safety Council also discourages the use of turkey fryers but for those who don't heed this advice, they provide [these precautions](#):

- ✓ Set up the fryer more than 10 feet from your house and keep children away.
- ✓ Find flat ground; the oil must be even and steady to ensure safety.
- ✓ Use **a thawed and dry turkey**, as any water will cause the oil to bubble furiously and spill over .
- ✓ Use pot holders as the fryer lid and handle can become very hot and cause burns.
- ✓ Keep a fire extinguisher ready at all time.

Don't Give the Gift of Food Poisoning:

The U.S. Department of Health and Human Services provides some [Thanksgiving holiday food safety tips](#):

- ✓ Do not rinse raw meat and poultry before cooking to avoid cross contamination of bacteria that can escape from the juices and spread to other foods, utensils and surfaces.
- ✓ Use a food thermometer to make sure meat is cooked to a safe temperature.
- ✓ Refrigerate food within two hours.
- ✓ Remember that Thanksgiving leftovers are safe for four days in the refrigerator.
- ✓ Bring sauces, soups, and gravies to a rolling boil when reheating.
- ✓ When storing turkey, cut the leftovers in small pieces so they will chill quickly.
- ✓ Wash your hands frequently when handling food.



A NOTE OF



Judy, Cynthia, Ginny and Angie~

Thank you all for sharing your dogs (and Angie, for keeping up with Gus) today at the Emotional Wellness event. They were a big hit and appeared to relish all the attention and treats showered on them. They are such a blessing to our patients (and staff) and I can't express enough how grateful I am to have you share their love with us all. To me, they are the best of "emotional wellness."

Thanks again for taking the time to spread the dog love.



Lesu

(CVC Campaign Cont. from Page 5)

Participation in the Donate-A-Dollar Challenge or making a one-time donation of at least \$24.00 will qualify you for a prize drawing for comp time (full-time staff) or a gift certificate (part-time staff).

If you have any questions, please contact a member of the Training Department. Hope to see you all at one of these events!

-The Training Department

PAYROLL DISCUSSIONS

SHIFT, WEEKEND, AND HOLIDAY DIFFERENTIAL

Several people have recently called the Fiscal Office about questions they have about how to read the pay stub. It is fairly complicated and I agree that it can be very confusing. Common English words have a different meaning when used on your pay stub!

As background, remember that you are paid a consistent salary amount for all 24 checks you receive in a year when you are working. If you are on short term disability, your salary will be determined by The Reed Group, which manages the short term disability for the Commonwealth of Virginia. If you go on leave without pay, your salary will be reduced by however many hours you did not work in that pay period.

If you are receiving a differential for a shift (evening/night) or for weekend/holiday differential, the start time of your shift differential, the end time, and the amount of differential



differs by department. Be sure you understand the rules for your department. It is also important to know that if you are in a department that is eligible to earn shift differential, you must work four hours into the premium shift in order to be paid the differential.

The number of hours listed on the various lines of your pay stub may be confusing. First, recall that differentials are paid a pay period behind. For instance, any work that earns a differential that is worked during the 9/10—9/24 pay period is paid on your 10/16 pay, and not on 10/1. Second, your pay stub will show "Second Shift" and/or "Third Shift." "Second Shift" hours are for the actual hours you worked for which you were paid shift differential and it is a pay period behind. For example, shift differential worked between 9/10-9/24 will be paid on the 10/16 paycheck and shows up under "Second Shift" no matter what shift it was on. "Third Shift" hours represent

the sum of weekend and holiday differential hours combined that you worked and it is also a pay period behind.

Your pay stub will also show Regular hours. If you are a person who works 8:15 am to 5 pm or another day shift schedule, the total under regular hours will be 86.67. This is because 86.67 is 2080 (the number of work hours in a year) divided by 24 (the number of pay period in a year). For you, Regular hours are the total number of hours you worked minus overtime.

If you are a person who earns shift or weekend/holiday differential, Regular hours on your pay stub is the sum of Second Shift Pay (shift differential) and Third Shift pay (weekend/holiday differential). If you work some hours during a pay period that are not eligible for shift differential and some hours that are eligible for shift differential, only your differential hours show up on the line on your pay stub "Regular pay."

~ Melissa Castle, Fiscal Director

Welcome Aboard!



September 10, 2017

Front row: James Story, P-14 Security Officer Senior; Second Row: Alice Dipple, Geriatric Mental Health Specialist (hired 8/25); Jodi Aker, PCT second shift, Ward C/D; Dr. Henrike Brinker, Psychiatrist Ward C/Associate Medical Director; Brandi Barker, P-14 PCT first shift float; Nora Ruiz, PCT third shift, Ward C/D; Third row: Shauna Scott P-14 Patient Registrar(hired 8/25); Amanda Jackson, PCT, third shift, Ward C/D; Roger Blevins, P-14 Security Officer; Abigail Coley, Food Service Technician;
 Not pictured: Shandi Mullins, P14 Pharmacist.

Please welcome the newest additions to the SWVMHI Team!



October 10, 2017

Front row: Melinda "Charlene" Kirk, Payroll Office; Michelle Kell, P-14 Console Operator; Kaylee Keesee, PCT, third shift .Ward EF; Back row: David Richard, RNCA, second shift Ward H; Kari Roberts, PCT, third shift Ward CD; Loretta "Desiree" Sykes, P14 Pharmacy Tech.



October 25, 2017



From left to right: Kimberly Snead, Food Service Technician; Tracy Gobble, Inventory Control Clerk; Rebecca Aker, P14 Pharmacy Tech.

SWVMHI Mission

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

Rehab Department News



Autumn has taken a while to get to us, but the cold weather, the smell of crisp air, and the rustle of leaves has finally arrived. We are thrilled for the change of season and will use the opportunities Fall delivers in our recovery-oriented groups and sessions.

This month began the Cultural and Linguistic Competency Committee's fourth quarter in its Wellness Initiative. These three months will spotlight the importance, benefits, and creative ways of Environmental Wellness. The Rehab Department is excited to incorporate this theme into our groups, events, and

everyday activities/interactions.

The next special Environmental Wellness event is Thursday, November 16.

One special event was held on Thursday, October 26th, in celebration of Halloween. It was a bash full of monster fun and spooky diversions, lasting from 13:30 until 15:00 in the gym of the Auditorium building.



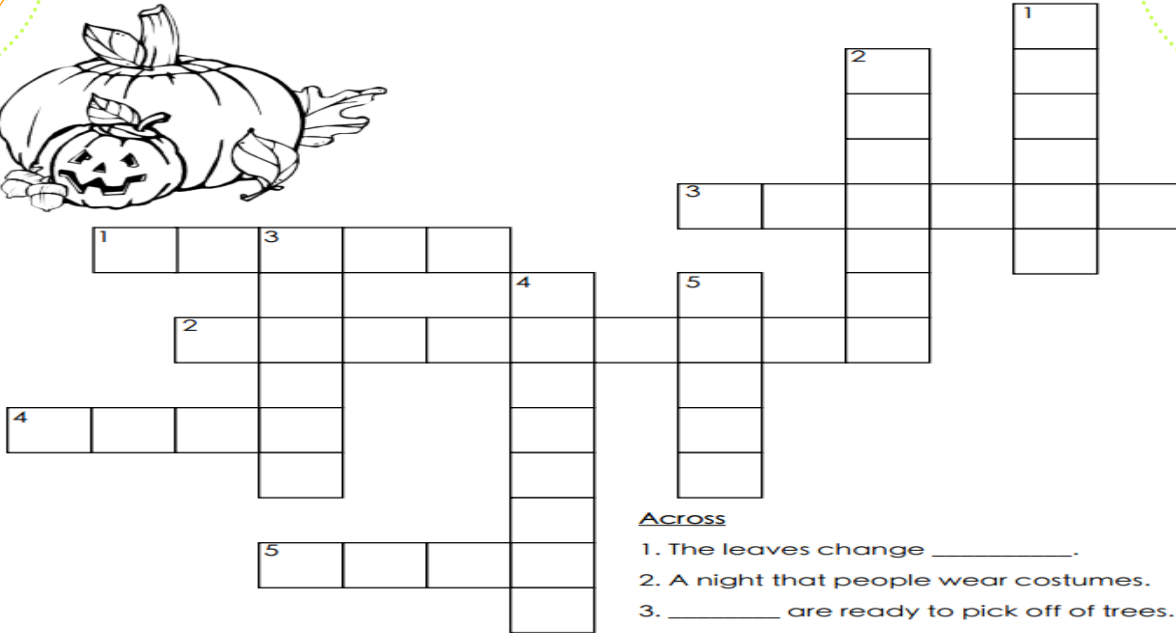
Also, on November 8, a Veterans Day celebration was held with the VFW Post 4667 Color Guard presenting the flag, special speakers Dr. Tim Graham, Marion Mayor David Helms, and Dr. Cynthia McClaskey, and the Marion Senior High Choral Group, which sang three moving and patriotic numbers. SWVMHI staff Veterans, patient Veterans, community Veterans, and Veteran's families were honored.

~ Emily Lockhart,
 Wellness Rehab Coordinator



Crossword Puzzle

Complete the crossword puzzle by filling in a word to match each clue.



Down

1. On Thanksgiving day, many people eat _____.
2. A large, orange vegetable.
3. The _____ fall from the trees.
4. People will watch _____. A sport played with a brown ball.
5. _____ will fly south for the winter.

Across

1. The leaves change _____.
2. A night that people wear costumes.
3. _____ are ready to pick off of trees.
4. Use this to clean up leaves.
5. Another name for autumn.

Answer Key on Page 15

Donate A Dollar For the CVC Campaign



The SWVMHI CVC Campaign is making an effort to have every staff member donate at least one dollar per paycheck to any CVC Charity of their choice. While we probably won't even notice that a dollar (or a few dollars) is missing from our check, it can make a huge positive impact on the charity that receives it.

Please come visit us at the CVC table in the Bagley Lobby on November 14 and 28 from 6 am to 9 am, or on November 21 and December 5 from 2 pm to 4 pm. Or contact a member of the training department to get a donation form. You may also invite us to speak at your next department or unit meeting.

You Can and Do Make a Difference!

Preceptors: A Vital Role

Each new employee that joins the Nursing Department has an assigned primary preceptor and a secondary preceptor. Webster's dictionary defines a preceptor as a teacher or tutor. Here at SWVMHI, Nursing Department preceptors are that and so much more. In addition to demonstrating the facility's Mission, Vision, and Values, preceptors demonstrate competence in their role, model professional behavior, have a positive attitude and practice organized and focused work habits.

Preceptors are vital to the success of new nursing staff by helping new staff to apply classroom learning with on-ward clinical practice and to develop skills and abilities. Studies have linked effective preceptors with reduced staff turnover and increased patient safety.

Two preceptor classes were held in October. Here are the nursing staff members who participated in preceptor training:

Reba Bise, LPN	Jose Montes, PCT
Amanda Blevins, PCT	Tyichelle Morris, PCT
Lorene Blevins, PCT	Dawn O'Neal, RNCA
Angie Campbell, RNCA	Danielle Perry, RNCA
Mary Chandler, LPN	Erin Powers, RNCA
Emily Coalson, RNCA	Lori Reeves, RNCA
Daniel Eastridge, RN	Melina Ruiz, Driver/PCT
Kristen Gillespie, RN	Penny Russell, PCT
Dawn Griffith, RNCA	Michelle Smith, RNCA
Lisa Horton, RNCA	Angela Sykes, RNCA
Morgan Kimberlin, PCT	Bryan Taylor, PCT
Corey Lester, PCT	Crystal Thompson, PCT
Alexa Mabe, PCT	Brittany Wilson, PCT
Celise Mills, RNCA	

A personal mission statement acts as a personal guide and helps to identify core values and beliefs. These statements have been defined as "what you're all about and what success looks like to you." While in preceptor training, each staff member was asked to write their personal mission statement and some are shared below:

- ⇒ Provide the best patient care and help make people's lives better.
- ⇒ Be the best version of yourself and help others see their best.
- ⇒ Work hard, have fun, love everyone, go home. Come back tomorrow and start again.
- ⇒ Be the solution, not the problem.
- ⇒ Be positive towards patients and coworkers – help both when you see it's needed.
- ⇒ Learn and grow to be a better person while helping others.
- ⇒ Accept everyone for the way they are.
- ⇒ Be an upstander, not a bystander.
- ⇒ Care for others in a way that is all encompassing.
- ⇒ Be truthful and helpful.
- ⇒ Make a difference and continue to learn.

The role of preceptor is vital to a successful and effective orientation and the partnership between the preceptor and new employees helps to set the foundation for success. Congratulations to all staff members who completed preceptor training and thank you for your willingness to accept additional duties and responsibilities to assist others.

The Nurse Managers are continuing to look at ways to improve the Preceptor process and training. Thank you

~ Submitted by Josie Wade



Special Gym/Game Room Activities

Special Event
Nov. 11, 2017
Veterans' Day



Movie Nights
Nov. 6, 7, 13, 14, 20, 21,
2017
1830 to 2000



Nov. 23, 2017
Thanksgiving Day

No Game Room activities for the following dates:
Nov. 22, 23, 24, 29

Birthday Party
Nov. 29, 2017
1830 to 2000



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

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.

"In the garden, Autumn is, indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil. And at no season, save perhaps in Daffodil time, do we get such superb colour effects as from August to November."

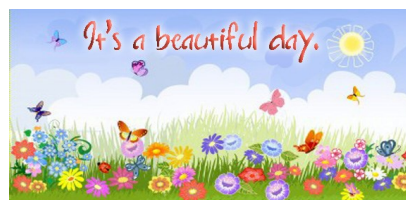
- Rose G. Kingsley, *The Autumn Garden*

November

November Days to Celebrate

"Off the cuff" November holidays to celebrate:

- November 2**
Deviled Egg Day
- November 7**
Election Day
- November 11**
Veterans day
- November 17**
Take a Hike Day
- November 20**
Beautiful Day
- November 24**
Black Friday
- November 28**
French Toast Day
- November 29**
Square Dance Day





Word Search

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

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

FALL

AUTUMN

PUMPKINS

OCTOBER

BON FIRE

LEAVES

HALLOWEEN

SCARY

APPLES

HAUNTED

ORANGE

COSTUME

COLUMBUS

RAKING

SCARECROW

HARVEST

FOILAGE

ACORN

FESTIVAL

MOON

What lies behind us and what lies before us are tiny matters compared to what lies within us.
 Ralph Waldo Emerson





Staff Development

November Lunar Phases

Take advantage of upcoming Training Opportunities

Sign up in advance with Patricia Evans
Call ext. 854 or send an email!

Log onto the new Virginia Learning Center (VLC) by going to <https://covlc.virginia.gov>. Use your Employee ID (minus the proceeding zeros) and your Knowledge Center password.

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

NOVEMBER 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



TRAINING NEWS: Environmental Wellness—Good health by occupying pleasant, stimulating environments that support well-being

During this quarter (October, November, & December) we will be focusing on the Environmental Dimension for the Wellness at SWVMHI Initiative.

Be on the lookout for more information about these upcoming activities and events (and more):

- Environmental Wellness Craft
- Financial Wellness CAI
- Environmental Wellness In-Person Event in the Gym

We will be looking more at each of these in the coming months.

Crossword Answer Key

Across	Down
1. Color	1. Turkey
2. Halloween	2. Pumpkin
3. Apples	3. Leaves
4. Rake	4. Football
5. Fall	5. Geese





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

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



Please submit articles for the next newsletter to Cheryl Veselik by November 21, 2017.