



In this Issue

DSP Career Ladder Graduation	3
SWVMHI Welcomes Commissioner Melton	5
Admission Guidelines Changed	7
“Nurse I Am” Head Nurse Retreat/Workshop	8
Lead Psychiatric Care Technician Retreat	12
New Hires	13
Dr. Crisp Retires as Medical Director	13
Rehab Dept. News	16
ACES Update - Understanding the Impact of Trauma	17

Hidden

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



Appreciating You! **From the Director**



You may not realize the number of employees who receive recognition through the **Employee Recognition Committee** each month.

Each employee or group of employees is nominated by supervisors, co-workers, and other team members for a variety of helpful and above-the-ordinary actions that follow and are inspired by the SWVMHI Values of Communication, Honesty with Compassion, Trust with Accountability, Teamwork, Self-Initiative, Leadership, and Honoring Day-to-Day Tasks. The Employee Recognition Committee, composed of employees from many areas of the hospital, reviews all nominations at their meeting each month. As an example for one month’ worth of nominations, on June 8, I reviewed and signed off on the following awards for the committee:

Employees of the Quarter/ Team Award: individual cash awards for the Carpentry Shop staff: Stan Maloskey, supervisor; Stan Frye, Jeff Hanshew, & Terry Crockett, Carpentry Tradesmen; Freddie Varney, P-14 Painter; Adam Hester & Justin Blevins, Grounds-workers. These individuals were nominated for their outstanding collaborative, and cost efficient work to correct ligature risks in the hospital. They went above and beyond to use their expertise to identify doors, hinges, hardware, etc., and worked with the Skyline door representatives to ensure procurement. They also identified and measured the handrails, endcaps, and corners to replace the handrails in patient care areas. The efforts of these staff, under the direction of Mr. Maloskey and Shaun May, not only enhanced the safety of our patient care areas, but also saved the facility money. They accomplished this work with the support of unit staff and with minimal impact. In addition, no employee injuries were incurred and their assigned preventive maintenance work orders and

emergent work requests also were completed in a timely and professional manner.

Four Team Awards:

- ERS Nursing Staff Third Shift March 24, 2018: In spite of the inclement weather, the staff made an extra effort to make it to work that night and there were no call-ins for ERS.
- A/B Nursing Staff Third Shift, April 2018: Only two call-ins for the entire month and only one on the weekend!
- ERS Nursing Staff All Three Shifts: No deficiencies in the Environmental Rounds – this is the first time that we remember no deficiencies!
- Geriatrics Nursing Staff Third Shift: During a Code Blue event on 4/26/18, staff responded promptly and using all of their skills and training to respond to this difficult situation.

Other Awards:

- Cash Award to Kim Tarter, Housekeeping, for

(Continued on page 2)



From the Director, continued

(Continued from page 1)

responding appropriately to a set of “commercial scissors” left by a contractor. No patient was harmed due to her prompt actions!

- Cash Award to Ashley Hall, LPN, for noting and retrieving a sharps container that had been placed in the regular trash. Her efforts ensured the proper disposal of this item following the regulated medical waste procedures. SWVMHI is liable for big fines if medical waste is improperly disposed of!
- Geriatric Day Shift working 4/12/18: Staff working with the individuals we serve who experienced behavioral events, serious medical issues, and increased acuity were recognized with modest gift cards. Staff handled this day with competence and good teamwork!

Making a Difference Awards: 67 total! These included:

- staff who rearranged their schedules to help with coverage,
- staff who provided training at the Lead PCT retreat,
- staff who stayed with an individual in his last hours,
- those who drove 90 – 120 minutes one way to get to work during inclement weather,
- staff who re-organized messy storage areas and a messy notebook,
- staff who helped orient and train new staff or served as preceptors,
- those who volunteered to be a Fire Responder and attended training,
- those who stepped up in the absence of a co-worker to assure important duties were completed, and
- staff who assisted a colleague learn a new skill.



Staff Recognition Spotlight

All the staff listed below were recognized for demonstrating one or more of the SWVMHI Values.

As a result, the individuals we serve can recover and continue their recovery from mental illness in their chosen communities and in their chosen roles. They leave the most restrictive treatment settings within the shortest possible time. SWVMHI is the region’s center of excellence for people who are most challenged by serious behavioral health disorders.

I encourage EACH of you to notice and recognize when other staff, in your department or another department, step up and **Make A Difference**. The MAD form has been streamlined and can be found on SharePoint under Forms (HR) Employee Recognition – Making a Difference Form. The success of our Employee Recognition program and our hospital depends on you noticing the positive work efforts of others!

~Cynthia McClaskey, Ph.D.

May Making A Difference Award Winners

Kendra Addison
 Kimberly Alexander
 Morgan Armstrong
 Ellen Bear
 Amanda Blevins
 Robert Blevins
 Tammy Blevins

Teresa Blevins
 Kayla Brewer
 Sean Carrigan
 Vicki Celozzi
 Connie Cook
 Sandra Copeland
 Rhonda L. Cress
 Donna Crockett
 Nancy Doss (2)
 Katelyn Fife
 Whitney Funk
 Brenta Gerasimova
 Dawn Griffith
 Kevin Gobble
 Christie Hayton
 Judith Harris
 Cynthia Harvey (2)
 Cynthia Jones
 Regina King
 Crystal Kroening
 Candy Lampkins
 Corey Lester
 Brandi Marchant
 Tammy Markle
 Sarah Ruiz Martinez
 Bobby McGhee
 Kenneth Miller
 Tyyne Miller
 Janice Morris (2)
 James Moon
 Patricia Moore
 Ginny Moorser-Shields
 Caroline Norris
 Dawn O’Neal (2)
 Melissa Beth Paschal
 Rheba Pennington
 Clifford Pickle
 Jean Pierce
 Erin Powers
 Tiffany Repass
 Nancy Riegel
 Freddie Rouse
 Angela Routh
 Penny Russell
 Christy Schiffer
 Elizabeth Smith
 Julie Stoots
 Ashley Stroupe
 Angela Sykes
 Connie Tester
 Sarah Vines
 Josie Wade
 Heather Ward
 Bethany Weddle
 Christine Woods (2)



DSP CAREER LADDER GRADUATION

SWVMHI, through the Department of Behavioral Health and Developmental Services (DBHDS), offers all Psychiatric Care Technicians (PCT) the Direct Support Professional (DSP) Career Pathway. SWVMHI and DBHDS recognizes the essential role that each PCT contributes to deliver high quality service to the individuals and families served, and the DSP Career Pathway provides a method to assist PCTs improve client services through experience, training, and development opportunities. Through a structured three-tier, educational program, PCTs are provided career growth opportunities that improve the overall competency level of staff, lead to a more positive work place environment, raise morale, and improve both recruitment and retention measures. SWVMHI has a very active participation in this program, and wishes to recognize and congratulate those PCTs who recently completed a tier of study.

The following PCTs completed a DSP Career Pathway tier and submitted their DSP portfolio to qualify for the bonus payout issued in June 2018:

Level I: Kayla Brewer, Karen Puckett, Katie Sexton

Level III: Julie Garrick, Rheba Pennington

The annual DSP graduation ceremony for all DBHDS students was held on Friday, June 1, 2018, at Wytheville Community College. SWVMHI had three graduates complete all six DSP Level III classes and earn the Career Studies Certificate in Human Services with Specialization in Integrated Discipline; they are: Karen Branson*, Rheba Pennington*, April Wyatt**.

On June 7, 2018, a reception was held on all three shifts to promote the DSP Career Ladder program, and to recognize all participants. Approximately one hundred staff members attended the receptions and enjoyed pizza, fruit, sweets, and lots of DSP goodies.

A DSP Career Ladder table displayed a picture board that highlighted graduates, and recognized all nursing staff members who have completed at least one level of the DSP Career Ladder. Completed Levels I, II, and III portfolios, and college class information were also available for staff to view. A special thanks to Kayla Brewer, Katie Sexton, and Rheba Pennington for their willingness to share and display their portfolios for the benefit of other staff members.

Nursing staff members who have completed a level of the DSP Career Ladder are:

DSP Level I

Linda Aistrop	Patsy Greatorex	Vicki Melvin-Keen	Betty Reynolds	Kaitlyn Tickle
Elizabeth Atwell	Burnell Gregory	Ashley Kirk	Jared Riley	Marie Turley
Amanda Blevins	Josh Hale	Crystal Kroening	Karla Robinson	Patsy Venable
Teresa Blevins	Sarah Haley	Samantha Leedy	Katie Sexton	Betty Walk
Robert Blevins	Pam Harrington	Beth Lykins	Betty Sheets	Bethany Weddle
Kayla Brewer	Judy Harris	Bobby McGhee	Jenny Smith	Karen Weddle
Louetta Carnell	Tina Hayden	Patricia Moore	Jennifer Snow	Michelle Widener
Michelle Clatterbuck	Wanda Hounshell	Debbie Osborne	Jennifer Stamper	Rochelle Wymer
James Colgate	Kathy Huff	Tanya Owens	Carrie Sykes	
Rhonda D. Cress	Jackie Hughes	Andrea Poe	Bryan Taylor	
Rhonda L. Cress	Chase Joines	Karen Puckett	Linda Taylor	
Clay Dolinger	Shelly Jones	Denise Rashad	Rita Thompson	

*Graduated with *Summa Cum Laude* honors (GPA 3.80 – 4.0)

**Graduated with *Cum Laude* honors (GPA 3.2 – 3.49)

(Continued on page 11)



Library Corner: Food in July



In the calendar of observances, July is all about food. July is national picnic month, national grilling month, national culinary arts month, and the national month for blueberries, baked beans, hot dogs, pickles, and ice cream. That’s a lot of food! Food makes summer that much more enjoyable, though, because it gets us together for picnics and cookouts and it helps get us outside.

The first recipes were found on three tablets in Mesopotamia dating to around 1700 BC. Cookbooks are thought to go back nearly as far with the earliest ones that are still available today coming from Roman times. The printing press allowed for more detailed cookbooks and wider distribution. In the late 14th century, cooks for England’s Richard II published a book of their favorite recipes. In the 16th and 17th century, competition grew among the cooks for the royal families of England and Holland of who could cook the best feast and some of the best became famous and published books of their recipes, much like celebrity chefs today. The first American cookbook, “American Cookery” by Amelia Simmons, was published in Hartford, Connecticut, in 1796 and in 1845 Eliza Acton published “Modern Cookery for Private Families,” which was the first cookbook aimed at housewives and not professional chefs.

Here in the library we have a wide assortment of cookbooks to get you started celebrating these national cooking months. Also, we have many magazines to give you cooking ideas. These include *Taste of Home*, *Everyday Rachel Ray*, *Martha Stewart Living*, *Quick Cooking*, *Simple and Delicious*, *Food and Family*, and women’s magazines like *Family Circle*, *Better Homes and Gardens*, *Southern Living*, *Woman’s Day*, and *Good Housekeeping*.



Donations



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

- | | |
|-----------------|-------------------|
| Karen Branson | Melanie Smith |
| Caroline Norris | Ashley Privett |
| Jan Barrom | Dr. Stephen Moore |
| Alicia Alvarado | Leiann Smith |
| Linda Lester | Sharon Winebarger |
| Sheila Thomas | |

We are very thankful for the many anonymous cards, magazines, and books and anyone I may have accidentally left off the list.

New Books: These are some exciting new summer reads that have just been donated. Thank you again to everyone who gave us these great new books:

Title

- Mermaids in the Basement
- Mercy’s Rain: An Appalachian Novel
- The Woman in Cabin 10
- Traveling Light
- Dark Places
- Sharpshooter: A Novel of the Civil War
- American Boys: True Story...Vietnam
- Leap of Faith
- The House of Broken Angels
- It’s Not Really about the Hair
- Middlesex

Author

- Michael Lee West
- Cindy Sproles
- Ruth Ware
- Max Lucado
- Gillian Flynn
- David Madden
- Louise Esola
- Danielle Steel
- Luis Alberto Urrea
- Tabatha Coffey
- Jeffrey Eugenides



~Submitted by: Christina Quillen, Librarian

SWVMHI Welcomes Commissioner Melton

Commissioner Melton visited our facility on June 29, 2018. He was anxious to talk with our staff and to tour our facility. We were pleased to host the first DBHDS Commissioner with ties to Southwest Virginia. He well knows the challenges of limited resources, of limited outpatient mental health and ID/DD services in our communities, and of staff recruitment. These challenges were communicated to him, as well as highlighting the Caring, Courage, and Commitment of our SWVMHI team members.

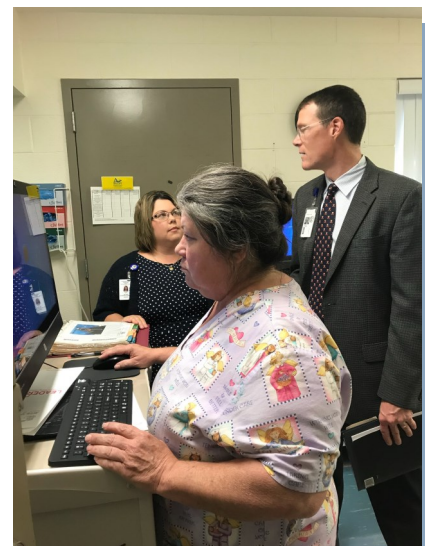
Thank you for the care you provide our individuals, particularly when times are challenging as they are now with high admission/discharge rates, high census, and high medical and psychiatric acuity. Thanks to all for representing us so well!



With Commissioner Melton are:
 Left: Sarah Vines, Gerry Moore, and Beth Smith talking about therapeutic treatment.
 Right: Cynthia Harvey, Leiann Smith and Mary Dotson describing the Geriatric Unit.



Left: Herb Firestone, 2007 Governor's Innovation Award winner, and Shaun May proudly showing off the Power Plant.
 Right: Julie Stoots and Thelma Rouse demonstrating the MAK and OneMind Electronic Health Record.



Dr. Jeff Gordon Accepts the Position of Medical Director

I am pleased to announce that Dr. Jeff Gordon has accepted the position of Medical Director, effective June 10, 2018. Dr. Gordon received his medical degree from Virginia Commonwealth University School of Medicine (Previously MCV), Richmond, VA, in 1997, and is boarded in both General Adult Psychiatry and Addiction Psychiatry. He started his career at SWVMHI in July, 2006, as Attending Psychiatrist on Ward D. He served as Attending Psychiatrist on ERS from March, 2015, until February, 2018, at which time he moved back to Ward D as Attending Psychiatrist. Prior to his service at SWVMHI, Dr. Gordon served as the Attending Psychiatrist at Snowden of Fredericksburg on their acute inpatient psychiatric care unit as well as their outpatient psychiatric care unit.

Dr. Gordon has provided coverage to every unit at SWVMHI during his tenure, and has also provided coverage for the Medical Director for over ten years.

Please join me in wishing Dr. Crisp well in his retirement, and in welcoming Dr. Gordon to his new position as Medical Director!

~Cynthia McClaskey



Congratulations to Shaun May New Director of Physical Plant Services

We would like to congratulate Shaun May on accepting the position of Director of Physical Plant Services and Power Plant effective June 25, 2018. Shaun has been employed with SWVMHI since 12/10/05 as a Plumber, Pipefitter, and Steamfitter and later as a Supervisor for these positions. In his spare time, Shaun also works on his own as a Machinist in rebuilding gasoline and diesel engines. We would all like to welcome Shaun!

Shaun has given us an update for the CCTV/Staff Duress System. He states that "all CAT 5 and Fiber Optic Cable have been pulled above the ceiling throughout the buildings. The plan is to start installing cameras and transmitting devices very soon. "We still have a lot of work that needs to be completed before the system will be operational."

Shaun also reported the replacement of the water pipes is nearing completion, probably within the next 30 days. Testing will begin soon to ensure that water quality remains high.

A Big Thanks from Region Ten CSB

In the past several weeks, SWVMHI has taken a number of individuals in diversion from other state hospitals when other state hospitals (and their overflow beds) were full. Recently, Jennifer Lewis, CSB liaison from Region Ten CSB (the area around Charlottesville), stopped one of our staff, Ali Medlin, Case Manager, to pass along a message. The Region Ten supervisors wanted her to thank us on their behalf for taking their diversions and for working so well with them throughout the process.

Thank you staff for living our SWVMHI values with our CSB customers, including CSBs across the Commonwealth. And thank you, Ali, for passing along this great message!

**EVERY DAY
MAY NOT BE
GOOD...
BUT THERE IS
SOMETHING
GOOD IN
EVERY DAY.**



Admissions Guidelines Changed to Enhance Safety

There have been two main areas of focus on the Adult Acute Admissions Unit. One is in response to The Joint Commission findings related to ligature (hanging) risks. As I'm sure everyone has observed, our Physical Plant Services Department has been hard at work removing or replacing everyday items that may be used as a ligature point. This has been an enormous task, involving re-fitting handrails, and replacing door knobs, and paper towel and soap dispensers in all patient care areas. In order to further reduce the risk of individuals harming themselves, the Acute Admissions Unit Guidelines were also recently updated, effective June 6, 2018. These changes include removing all belts, shoe strings, cords in the waist bands of sweat pants, and any other personal items that pose a ligature risk. These items will not be allowed on the Adult Acute Admission Unit. Individuals currently on the Admission Unit were provided alternate shoe and clothing options.



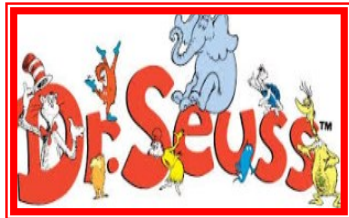
The second area of focus was designed and implemented to stop the introduction of contraband into the patient care environment on the Acute Admissions Unit. In recent months, contraband items such as sharps, tobacco, non-prescribed medications, and illegal drugs have been discovered in food and personal hygiene items. Recommended changes to the Admission guidelines given to patients were thoroughly reviewed and approved by the Local Human Rights Committee. The Acute Admissions Unit Guidelines were changed to prohibit visitors from bringing in any food items, drinks, candy, chewing gum, or personal hygiene products such as aerosol spray cans, toothpaste, deodorant, shampoo, body wash, and lotion brought in to individuals in our care. Individuals will be provided with personal hygiene items and/or they will be able to purchase these items with their own funds from the canteen. These changes will not impact the Geriatric Unit or Extended Rehabilitation Services.

SWVMHI is dedicated to providing a safe, therapeutic, and respectful environment for all those we serve, and our staff. The Safety Committee members would like to express our gratitude to all staff who work hard every day to ensure every person is safe and secure at our facility.

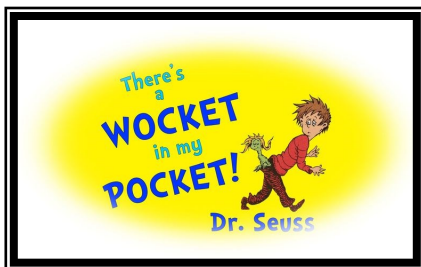


**Staff
Safety**

~Submitted by: Jim Lundy, RN MSN / MBA
Unit Nurse Coordinator, Ward A/B
Safety Committee Member

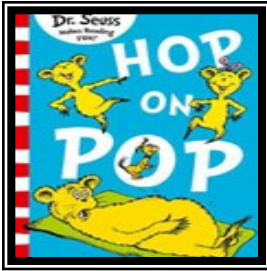


A Head Nurse Retreat in a workshop style was held on Tuesday, June 5, 2018 in the festively decorated Dogwood Room. While nursing is a serious job, sometimes we can be too serious and it leads to burnout. By having fun with a theme, we uncovered profound truths that nurses and leaders encounter. Through discussion and interaction, learning was fun and we discovered there was more to do. Key components of the workshop included:



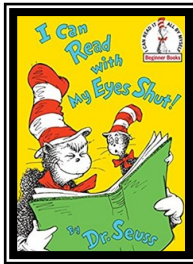
**Positively Impacting the Workplace:
Filling your and others' buckets with positivity.**





Putting **STOP** to work when you meet with an employee on a difficult topic:

- ✓ **State** the situation/problem;
- ✓ **Tell** the person what you want;
- ✓ **Offer** an opportunity to respond;
- ✓ **Provide** closure (summarize, thank).



Leadership Styles: Leading with Integrity



Oh the Places You Will Go Head Nurses when completing your assignments on *How Full is Your Bucket* and other work to be done



**The comments for the day:
Say what you think:**



“Fun and Uplifting, very creative.”

“Comfortable and beautiful! Bright and positive.”

“Enjoyed the content, very informative.”

“Lots of needed information! Can’t wait to share.”

“Loved getting everyone involved - it made the day very interesting.”

“Liked scenarios to enhance critical thinking skills.”

“All information valuable.”

“Excited to implement with coworkers.”

“Special thanks to all involved in making this a special day! I appreciate the education provided, treats, and t-shirt, and above all, thanks for this retreat!”

Head Nurse Retreat Workshop Fun Times, Learning, Sharing, Interacting, and Discovering



History from the Month of July

HISTORY



July 1, 1862 - The beginning of the Battle of Gettysburg during the American Civil War.

July 4, 1776 - The Declaration of Independence was approved by the Continental Congress.

July 6, 1885 - Louis Pasteur gave the first successful, anti-rabies inoculation to a boy who had been bitten by an infected dog.

July 16, 1945 - The experimental Atomic bomb, "Fat Boy," was set off at 5:30 a.m. in the desert of New Mexico desert, creating a mushroom cloud rising 41,000 ft. The bomb emitted heat three times the temperature of the interior of the sun, and wiped out all plant and animal life within a mile.

July 18, 1947 - President Harry Truman signed an Executive Order determining the line of succession if the president becomes incapacitated or dies in office. Following the vice president, the speaker of the house and president of the Senate are next in succession. This became the 25th Amendment to the U.S. Constitution, ratified on February 10, 1967.

July 19-20, 1848 - A women's rights convention was held at Seneca Falls, New York. Topics discussed included voting rights, property rights, and divorce. The convention marked the beginning of an organized women's rights movement in the U.S.

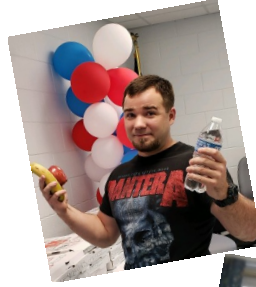
July 20, 1969 - A global audience watched on television as Apollo 11 astronaut Neil Armstrong took his first step onto the moon. As he stepped onto the moon's surface, he proclaimed, "That's one small step for man, one giant leap for mankind" - inadvertently omitting an "a" before "man" and slightly changing the meaning.

(Continued from page 3)

DSP LEVEL II

Morgan Armstrong
Ellen Boothe
Karen Branson
Kathy Church
Donna Crockett
Jennette Hurd
Marcy Meadows

Janice Morris
Cindy Osborne
Johnnie Overbay
Drusilla Parks
Betty Reynolds
Tina Woods
April Wyatt



DSP LEVEL III

Lorene Blevins
Debra Buchanan
Terri Buchanan
Connie Cook
Julie Garrick
Donna Goodpasture

Irma Osborne
Beth Paschal
Rheba Pennington
Lynn Skidmore
Donna White
Elizabeth Stamper

Congratulations to DSP participants and graduates!!

Census



MONTHLY PATIENT CENSUS

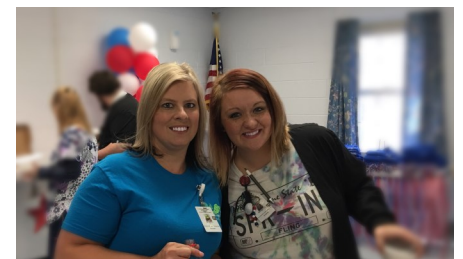
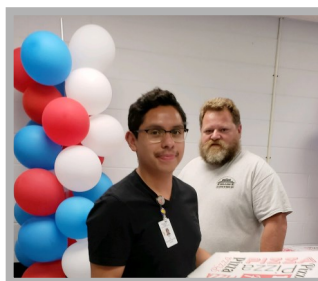
June 2018

Admissions - 88

Discharges - 80

Passes - 6

Average Daily Census - 166



Lead Psychiatric Care Technician Retreat was a Great Success!



On April 11, 2018, an all-day Lead Psychiatric Care Technician (LPCT) Retreat was conducted to enhance their already advanced knowledge, skills, and abilities. Many topics were taught, and every person played an active role in group discussions. Some of the topics included: General Duties and Responsibilities of a LPCT by Ellen Bear, Unit Nurse Coordinator; How to Build Ownership by Jim Lundy, Unit Nurse Coordinator; Effective Negotiation and Conflict Management by Julie Stoots, Unit Nurse Coordinator; and Empowerment and Effective Communication by Angie Routh, Unit Nurse Coordinator. While these topics were presented by the Nurse Managers, other managers and disciplines were also involved in doing presentations. Dr. Jim Moon presented an excellent program on the Dynamics of Borderline Personality Disorder. Sean Carrigan, Chief of Safety and Security, discussed the Forensic Mindset. Another section was entitled Quick Updates in which the topics included Dysphagia by Occupational Therapists, Beth Smith and Sara Roe; Infection Control Update by Cindy Jones, Infection Control Coordinator; and College of Direct Support information was presented by Josie Wade, Nursing Staff Development Coordinator.

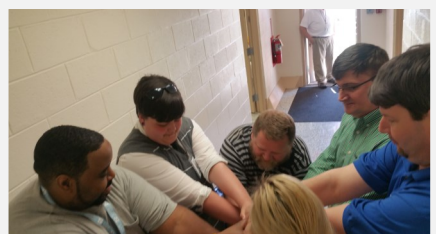
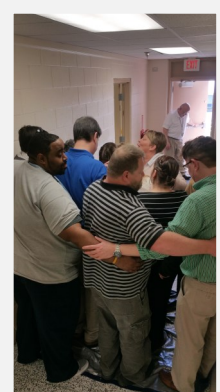


Some of the positive comments from the evaluations included, “Great day. I learned many things that will help me in my new position.” “I want to say Thank-you for taking the time to teach us so many excellent topics. Can we do this every year?” “The topics were spot on for what we need. Especially about empowerment and how to deal with staff issues.” “We need more time on Dr. Jim Moon’s presentation on Borderline Personality Disorder and Sean Carrigan’s presentation on the Forensic Mindset. This really helped me a lot.” “Can we have additional opportunities in the future for Dr. Moon and

Sean Carrigan?” In response to the input obtained, I have scheduled Dr. Jim Moon to do his presentation on Borderline Personality Disorder on July 12th and July 19th from 1500 to 1600 in the B-Activity room on Ward AB. Anyone interested is welcome to come and participate. In the near future, I have plans to schedule Sean Carrigan to present his program on the Forensic Mindset.

The day ended with a Team Building presentation and a Team Challenge by Jean Pierce, Shift Nurse Coordinator. A tarp was spread out on the floor. All of the LPCTs were instructed to step onto the tarp. The tarp was to be turned over so that the side currently touching the floor was to be facing upwards, with no one stepping off of the tarp and no one using their hands. Let us say everyone learned to get up close and personal, but in the process learned to process information, communicate, and work through problems as a team.

As the person who was responsible for coordinating the LPCT Retreat, I wanted to extend my sincerest **thank-you** to everyone who took part in presenting and the LPCTs who were such a joy to be with for the day!



~Submitted by: Jim Lundy, RN MSN / MBA
Unit Nurse Coordinator , Ward A/B

meet our NEW HIRES



Please welcome the
newest additions to
the SWVMHI Team!

New Hires for 6/10/18



First Row: Hope Cox, RN, P-14, Float, 1st shift; Ari Statzer, Food Services, P-14, 2nd shift; Logan Gregory, PCT, 2nd shift, Ward C/D; Tiffany Odum, RN, 3rd shift, Ward A/B; **Second Row:** Sue Ashlin, Executive Secretary, Physical Plant; Amy Miller, PCT, 1st shift, Ward H; Tina Gross, PCT, 3rd shift, Ward A/B; Melanie Harvey, LPN, 2nd shift, Ward C/D; Chastity Kirk, PCT, 3rd shift, Ward A/B; Julia Vasquez-Herrera, PCT, P-14, 2nd shift, Ward A/B; **Third Row:** Linda Richardson, RN, 3rd shift, Ward C/D; Dallas Thompson, Food Service, 2nd shift; Rich Shuler, PCT, 3rd shift, Ward C/D; Austin Thomas, P-14, Pharmacy Tech

New Hires for 6/25/18

Dr. Crisp Retires as Medical Director

Dr. Jonathan Crisp began his service at SWVMHI as the Geriatric Psychiatrist beginning 6/25/2006 and then was promoted to SWVMHI Medical Director on 6/3/2010. Effective 6/30/18, he is stepping down from this role.

As Coach Vince Lombardi said, "It is time for us to stand and cheer for the doer, the achiever, the one who recognizes the challenge and does something about it." Dr. Crisp was a doer.

We've had many transitions and changes over the years. There's an entirely new Medical Professional Staff from when Dr. Crisp first started here and many new faces. Throughout this time, he has been an important part of the continuity of excellent care and transition.

For us, Dr. Crisp has been forthright, trustworthy, tactful, and kind. He has been a strong leader: consistent, clinically skilled, and giving his all to make SWVMHI and Southwest Virginia a better place.

He has treated his co-workers, his staff, and his patients with dignity and respect. People like to talk with him, they come to him with their problems. He is generous with his time, both here and outside of work.

I think that the word that best describes Dr. Crisp's personal leadership style is integrity. "Without it, no real success is possible," according to Dwight D. Eisenhower, "no matter whether it is on a section gang, a football field, in an army or in an office" – or in a busy psychiatric hospital.

(Continued on Page 14)

(Continued from page 13)

After years of long hours and hard work, a new chapter in his life is about to begin. As he approaches new opportunities and experiences, we wish Dr. Crisp only the best in his retirement.

Dr. Crisp's work as a doctor has left the world a better place -- he changed the world because of all the lives he touched. He changed us for the better as well and we are grateful!

~Submitted by Cynthia McClaskey, Director





Rehab Department News



The warmest season officially graced us on Thursday, June 21st, with the arrival of 2018's summer solstice. This month, groups have taken every opportunity to enjoy gorgeous weather and beautiful flora and fauna by utilizing the many outdoor areas our facility offers. This is not only an improvement for our environmental wellness, but studies have shown that being outside can improve one's memory, stress, and inflammation levels, energy, mental health issues, blood pressure, focus, and much more!

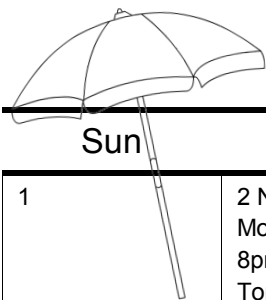
Since the beginning of April, the Rehab Department has worked closely with the Cultural and Linguistic Competency Committee (CLC) to educate and encourage the participation in physical wellness for both staff and the individuals we serve. Many group sessions have concentrated on the importance of enough sleep, proper nutrition, and the amazing benefits of exercise.

As a culmination of this quarter's efforts, both the CLC and Rehab teamed up to host a special event, "Physical Wellness: Let's Get Physical, Physical," which occurred on Thursday, June 28th, from 1330 to 1500. It was a time filled with varied activities that entertained, exercised, and informed our many participants using the principle aspects of physical wellness. Healthy and delicious snacks were also offered, helping us become more aware of what we consume.

Group members continue to be hard at work, crafting items to sell at this year's annual Hungry Mother Arts and Crafts Festival. Mark your calendars for July 20 through July 22. Please come and support our Rehab Department and the individuals we serve, by looking out for great pieces next month!

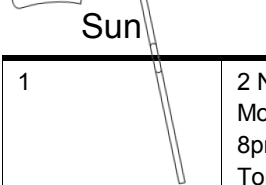
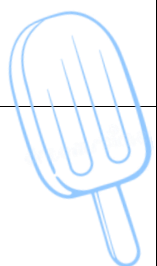

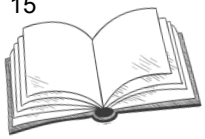
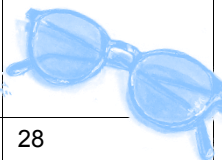
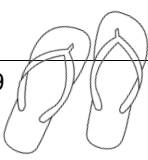
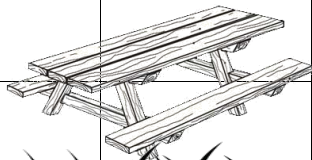

Lastly, please help the department in congratulating Stacie Jackson, formerly a Recreation Rehab Specialist. She will soon begin her new role, as Rehab Resource Coordinator on H Team. We wish her the absolute best and know she'll do a fabulous job.

~Submitted by: Emily Lockhart, Wellness Rehab. Coordinator



JULY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 NDC 6-6:30pm Movie Night 6:30-8pm (Lara Croft: Tomb Raider)	3 NDC 6-6:30pm Movie Night 6:30-8pm (Lara Croft: Tomb Raider)	4 No CRS Groups No Gameroom/ NDC	5 NDC 6-6:30pm Chapel 6:30-8pm	6 NDC 6-6:30pm Gameroom 6:30-8pm	7 
8 	9 NDC 6-6:30pm Movie Night 6:30-8pm (Lara Croft: Cradle of Life)	10 NDC 6-6:30pm Movie Night 6:30-8pm (Lara Croft: Cradle of Life)	11 NDC 6-6:30pm Gameroom 6:30-8pm	12 NDC 6-6:30pm Chapel 6:30-8pm	13 NDC 6-6:30pm Gameroom 6:30-8pm	14
15 	16 NDC 6-6:30pm Movie Night 6:30-8pm (Peter Rabbit)	17 NDC 6-6:30pm Movie Night 6:30-8pm (Peter Rabbit)	18 NDC 6-6:30pm Gameroom 6:30-8pm	19 NDC 6-6:30pm Chapel 6:30-8pm	20 NDC 6-6:30pm Gameroom 6:30-8pm	21 
22 	23 NDC 6-6:30pm Movie Night 6:30-8pm (Tomb Raider (2018))	24 NDC 6-6:30pm Movie Night 6:30-8pm (Tomb Raider (2018))	25 No NDC Birthday Party 6:30-8pm	26 NDC 6-6:30pm Chapel 6:30-8pm	27 NDC 6-6:30pm Gameroom 6:30-8pm	28 
29	30 NDC 6-6:30pm Movie Night 6:30-8pm (Get Smart)	31 NDC Only 6-7:30pm				



ACEs Update - Understanding the Impact of Trauma

When we talk about ACEs in the mental health field, we are not speaking of playing cards; we are talking about a prestigious longitudinal study about the effects of trauma on individuals. ACEs stands for Adverse Childhood Events. Here is an article written by Mike Wade of New River Valley Community Services on “Understanding the impact of trauma.”

While trauma may not be at the root of all health issues, researchers have found it can have a significant impact on our overall mental and physical well-being.

A study by the U.S. Dept. of Health and Human Services’ Office on Women’s health indicates that between 55 percent – 95 percent of women receiving treatment for substance use disorders and 85 percent - 95 percent of women in the public mental health system report a history of trauma.

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening. These events or circumstances may have lasting adverse effects on the person’s functioning and mental, physical, social, emotional, and spiritual health.

For many, these issues can frequently be traced back to childhood. Adverse Childhood Experiences (ACEs) are when a child is either a victim or witness to emotional, physical, or sexual abuse, and/or household dysfunction.

Exposure to ACEs can put individuals at a higher risk for mental, physical, and emotional problems as adults. The more someone is exposed to ACEs, the more likely it is they will also engage in behaviors that result in chronic disease or injury, such as risky sexual behavior or drug, alcohol, and tobacco use.

Trauma can occur from a variety of sources and the issue is made even more complex by our seemingly constant exposure to traumatic events that happen locally, nationally, or even globally – thanks to 24-hour news coverage and the growing presence of social media.

“Understanding the huge role that trauma plays in what we do really changes the game in a lot of ways,” declares Rebecca Stuart, an Integrative Health Liaison with NRVCS. “The events that occur in people’s lives really do impact the way they function.” Stuart says she sees the signs of trauma regularly in her position as a clinician providing behavioral health support and consultation to a local pediatric practice.

“Trauma crosses all barriers and affects all age groups,” she adds, “and people can either bounce back or they can be pulled down by it.”

(Continued on page 19)

July Days to Celebrate

“Off the cuff” July holidays to celebrate:

July 2 - I Forgot Day

July 6 - Fried Chicken Day

July 11 - Don’t Step On a Bee Day

July 13 - Be a Dork Day

July 20 - National Lollipop Day

July 25 - Red Shoe Day

July 31 - National Mutt Day





No bought potpourri is so pleasant as that made from ones own garden, for the petals of the flowers one has gathered at home hold the sunshine and memories of summer, and of past summers only the sunny days should be remembered.”
~Eleanor Sinclair-Rhode

Word Search

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



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

AMERICA

BALLOONS

BARBECUE

BASEBALL

CARNIVAL

CELEBRATION

FESTIVALS

FIREWORKS

FLAG

FREEDOM

HOLIDAY

INDEPENDENCE

LEMONADE

NATIONAL ANTHEM

PARADE

PATRIOTISM

PICNIC

RED WHITE BLUE

STREAMERS

USA

Staff Development

Take advantage of Upcoming
Training Opportunities

CAI Reminders for July

All Staff:

**2018 Emergency Management CAI
Nursing/Clinical/Medical Staff
Suicide Risk Assessment and Management**

7/6/18 - Intro to Supervision @ SWVMHI 0900 - 1200 (This class is offered on the first Friday, each month)

7/18/18 - Recovery and Wellness, 0830-1430 Dogwood Room

7/18/18 - ID/DD - 1445-1645 Dogwood Room

7/24/18 - One Mind Overview 0830-1130

**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 leading zeros) and your Knowledge Center password. Only access through Internet Explorer and not Chrome.

July Lunar Phases

July 6 — Last Quarter

July 12 — New Moon

July 19 — First Quarter Moon

July 27 — Full Moon



(Continued from page 17)

“So, it’s really important for us to help people work through the same that’s typically associated with trauma and then find ways to move forward,” Stuart adds. “Traditional approaches to delivery of services – particularly in the area of substance use disorders – can exacerbate the vulnerability or triggers of trauma, so we have to take a more supportive approach to avoid re-traumatizing our clients.”

In order to better address the needs of those affected, NRVCS has dedicated significant energy and resources over the past two years toward the trauma-informed care (TIC) initiative. Essentially, becoming a TIC organization means NRVCS structures its programming and services to recognize and respond to all types of trauma.

Early on, agency officials worked closely with trauma expert and consultant Dr. Allison Sampson-Jackson, to provide trainings to NRVCS leadership, as well as representatives from community partner agencies and parents. Since that time, NRVCS has developed a core committee to focus on TIC and to also train each of the agency’s nearly 800 employees on Trauma Informed Care Basics and Resiliency. NRVCS staff have also provided a number of TIC trainings in the community to local school systems, Head Start programs, and the Women’s Resource Center of the New River Valley, among others.

“Becoming trauma informed is important for both our clients and our staff because it impacts both on a person level,” Stuart explains. “Research has shown that if we develop a basic awareness of trauma and how it impacts our community, this model leads to better practices, stronger relationships, and higher standards of care.”

“It’s not that trauma informed care is really a new initiative,” Stuart continues, “but it does give us a common language that puts everyone on the same page.” Despite the profound challenges trauma presents, Stuart says resilience in young people can minimize negative outcomes.

Resilience has been described as “the ability to return to being healthy and hopeful after bad things happen.” Parents, teachers, and caregivers can have an impact on a child’s resilience by helping them identify feelings and manage their emotions, while creating safe physical and emotional environments at home, as well as at school, and in their neighborhoods.

“Life events affect us both mentally and physically,” adds Stuart. “The earlier we can recognize and address this, the better chance we have to develop healthy coping strategies.”

~Reprinted from “NRVCS 4x, A quarterly report from New River Valley Community Services.”



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

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

Please submit articles for the next newsletter to Teri Townsend by July 25, 2018.