



MARCH 2019

From The Director

Excerpts from History



In this Issue

Employee Stress First Aid	3
March in Safety	5
VRS - Starting a New Job?	6-7
Improving Safety by Reducing Falls	9-10
Birthday Lottery	11
Training Calendar	14

1885- 1887 Building the Hospital in Marion

This article is Part 2 in a SWVMHI History series with excerpts from "A Brief History of Southwestern State Hospital 1887 - 1987." The words in italics below were written by Joan Tracy Armstrong, a Smyth County historian for the occasion of the Centennial Celebration of Southwestern State Hospital on May 31, 1987. You can view this document in its entirety on the SWVMHI Intranet and on the webpage.

In June, 1885, a bid of \$96,000 was accepted from a contractor from Indiana. The contract was for a main building with a right and left wing. Construction was to begin in fifteen days and to be completed by January 1887.

Even the beginning of the asylum's construction had a revitalizing effect on Smyth County.

The boom and blast and clatter of wagons indicates that business is reviving. The builders of the Asylum are employing a good force of hands. There has been a considerable influx of laborers to this place.

In September, the following progress report was made in the local paper.

The building committee is having an excellent road made to the point where the buildings are to be erected. The

contractors are actively at work getting their brick-yards ready to make bricks on next Monday. They will manufacture about thirty-thousand a day.

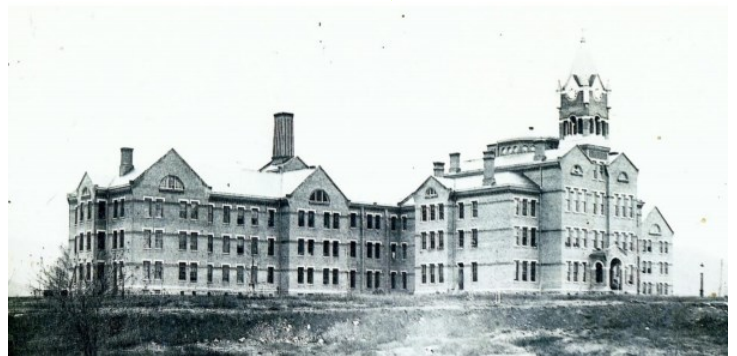
Note that the Henderson Building is composed of these original bricks, manufactured on site in 1885!

By August 6th, the contractors had employed about seventy-five hands, which was considered a blessing in those difficult times. In September, the paper was pleased to announce that 'the Asylum people pay out more than \$1,000 every Monday evening to their hands. All cash too. No orders.

Work resumed in March of 1886 and by mid-August, the exterior of the building as almost complete with plans being made for the interior work. The Building Committee decided to use the electric light in the Asylum Buildings and grounds. During the summer of 1886, as work progressed, Asylum hill became a Sunday resort for visitors.

By the end of 1886, the building was close to completion. The construction deadline was missed by only a few weeks.

The Southwestern Asylum was considered the most modernized and convenient institution



A final report for 1885 provided the following information. Work on the Asylum will close for the winter in about ten days. The foundation will be finished, about one and a half million of bricks made by that time.

as well as the most economical in cost that has yet [been] built.

A local reportedly described the building as a magnificent structure.

Continued on page 2

Hidden

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



From the Director, *continued*

Continued from page 1

Massive walls with grand spires and lofty domes are rarities here in these mountain wilds, and you must not blame us if we get a little enthusiastic in praise of our one big public building. God seems to have designed the very spot for the purpose it has been chosen, and surrounded it with every advantage needed.

~The Conservative democrat (newspaper)
February 3, 1887

The [Henderson] administration building was four stories high with a lofty dome and tower 118 feet high. You enter this building over a beautiful tiled floor in large vestibule or porch and at once you find yourself in a grand octagonal rotunda, light by heavy plate glass in the dome.

The main building and two wings contained offices, a kitchen, laundry, bakery, two dining rooms (one for men and one for women), a sewing room, an elevator, and patient and attendants rooms. There was a steam heating system (with some original pipes and steam pipe tunnels remaining today!) and the incandescent electric system designed by Westinghouse provided lighting for both the building and grounds. An extra \$280,000 had been appropriated for the electrical system. The asylum could accommodate 280 patients.

The entire project was considered a wise and judicious expenditure of the state's money. A final tribute was paid to Mr. W.G. McDowell, the supervisor for the construction project. It is said that he watched every brick and every piece of timber that went into the building and required every thing that was defective to be taken out.

The Southwestern Lunatic Asylum was completed on February 12, 1887, one month short of being three years since the Act to establish it was passed.

To be continued.

~Cynthia L. McClaskey, Ph.D.



Honoring Day-to-Day Tasks: Psst, Did You Hear About . . .

Gossip. Psst, this is just between you and me, ok?

Gossip as a term originated from the conversations in the bedroom at the time of childbirth. Giving birth used to be a social (ladies only) event, in which a pregnant woman's female relatives and neighbors would gather. As with any social gathering there was chattering and this is where the term gossip came to mean talk of others. (The word gossip is derived from terms that mean godparent.)

Gossip is not one of the Values at SWVMHI. In fact, gossip can be counter to all of the SWVMHI Values. Gossip can communicate real and important information through informal channels, but it can also isolate and harm others. When gossip is of this type, it is essentially a form of attack.

It is difficult to know how much of gossip communication is true because many gossip communications have partial truths. How do you know when gossip is occurring? It is hard to know for sure, but if the communication stops when you enter a room, it may be a sign of gossip.

Despite their center stage position, individuals who are perceived to engage in gossiping regularly are seen as having less social power and being less liked. Even though gossip can be good or bad, it is bad for the person who gossips. A number of recent psy-

chological studies all conclude, regardless of gossip type (positive versus negative) or relationship type (friend versus stranger) the gossipers were rated as less trustworthy after sharing the gossip.

The best prescription for gossip is to refuse to listen. Psst, rise above it.

~ James Moon, Ph.D.
Retired Psychology
Supervisor
Reprinted from *The News From the Hill*, January, 2014



“The other day I got out my can-opener and was opening a can of worms when I thought, ‘What am I doing?!’”
~ Jack Handey, *Deepest Thoughts* from “Saturday Night Live”



Employee Stress First Aid



Stress First Aid at SWVMHI is designed to reduce the risk for unhealthy stress reactions caused by situations in the work setting.

Stress First Aid is a nation-wide program first designed for emergency responders. It has been adapted to other situations where people may be exposed to stressful situations with potential of emotional trauma.

The model provides a common, standard framework with core essential elements to quickly recognize reactions to a wide range of stressors and helps identify the need for interventions to promote healing.

The Stress First Aid model is a helpful tool for communication and support between employee peers; It is also helpful with identifying when outside professional assistance may be needed.

Stress First Aid helps promote the great resilience our staff members demonstrate constantly

In stressful situations while supporting the facility mission to promote mental health recovery for people in Southwestern Virginia. To be an effective caregiver for others means that one also must ensure self-care.

Roots of SWVMHI Stress First Aid started growing after an employee workplace safety survey in 2016 indicated that staff wanted recognition and interventions to help with the workplace stress they were encountering. The Chief Nurse attended a presentation in 2016 by a Social Worker from a Community Service Board near Richmond about Stress First Aid. Arrangements were made in March 2017 to host an onsite, day-long class taught by the Director of Public Safety Resilience Center for about 20 of our staff members. From this core group, a six-hour long SWVMHI training was developed.



Stress Continuum Model			
READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
DEFINITION ✦ Optimal functioning ✦ Adaptive growth ✦ Wellness	DEFINITION ✦ Mild and transient distress or impairment ✦ Always goes away ✦ Low risk	DEFINITION ✦ More severe and persistent distress or impairment ✦ Leaves a scar ✦ Higher risk	DEFINITION ✦ Clinical mental disorder ✦ Unhealed stress injury causing life impairment
FEATURES ✦ At one's best ✦ Well-trained and prepared ✦ In control ✦ Physically, mentally and spiritually fit ✦ Mission-focused ✦ Motivated ✦ Calm and steady ✦ Having fun ✦ Behaving ethically	FEATURES ✦ Feeling irritable, anxious or down ✦ Loss of motivation ✦ Loss of focus ✦ Difficulty sleeping ✦ Muscle tension or other physical changes ✦ Not having fun	FEATURES ✦ Loss of control ✦ Panic, rage or depression ✦ No longer feeling like normal self ✦ Excessive guilt, shame or blame	FEATURES ✦ Symptoms persist and worsen over time ✦ Severe distress or social or occupational impairment
	CAUSES ✦ Any stressor	CAUSES ✦ Life threat ✦ Loss ✦ Moral injury ✦ Wear and tear	TYPES ✦ PTSD ✦ Depression ✦ Anxiety ✦ Substance abuse

Ginny Moorer-Shields, Training and Development Coordinator taught a class in 2018 for 16 employees who became Stress First Aid Champions. They have a blue heart on their ID badges to identify that they have the training and are available for staff to contact for Stress First Aid support. Another class will be held later this year.

During 2018, the Employee Accident Review and Prevention Committee included Stress First Aid development as a standing agenda item. Some of the enhanced processes include a new optional referral form that can be completed by an individual staff member or by a Stress First Aid Champion. These forms are available in the SNC office or from a Champion and can be put in a locked box in the SNC office for pick up by Jim Lundy, Admissions AB Unit Nurse Coordinator, or put in the interoffice mail addressed to Ginny Moorer in Training.



During 2019, Julie Stoots will be leading an interdepartmental, interdisciplinary workgroup to re-vitalize a broader plan for the SWVMHI Employee Peer Support Program of which Stress First Aid will be a part.

Welcome Aboard!

February 10, 2019 - New Hires



Front Row: Jordin Stull, P14, Food Service Tech; Tiffany Pruitt Carbarry, PCT, E/F, 1st shift; Jennifer Collins, RNII, Ward F, 3rd shift; Caitlin (Caty) Reed, RNI, Ward J, 2nd shift.
Back Row: Brittany Anderson, PCT, E/F, 2nd shift; Alex Van Hoyt, PCT, Ward J, 2nd shift; Ryan Williams, PCT, Ward H, 1st shift; Shannon Doby, RNII, C/D, Weekend RN, Q-36; Colton Smith, Electrician Senior, Building & Grounds; Justine (Renee) Blevins, Ward F, RNI, 2nd shift.



The **Wellness Fair** will take place in G Courtyard (weather permitting) or as a back-up, the Gym, on March 28, 2019, from 1:30 - 3:30 pm. (Drop in for Staff)

All (staff and the individual's we serve who are approved to attend) are welcome to attend and participate in activities that will assist us all in being mindful about our overall wellness.

Various departments from the facility will be participating by offering information and/or activities focused around each of the Eight Dimensions. Snacks will also be available.

A prize drawing will be held for all staff who attend the event! We will draw several names for winners at the end of the event.

March in Safety

March can roar in like a lion and we must be prepared. The month of March has many safety awareness issues. These include Brain Injury Awareness Month (biausa.org); National Nutrition Month (eatright.org); Workplace Eye Wellness Month (preventblindness.org); National Patient Safety Awareness Week, March 10-16, (npsf.org); National Poison Prevention Week, March 17-23 (piosonhelp.hrsa.gov); among others.

Patient safety is a public health concern. Patient Safety Awareness week seeks to improve safety for all healthcare personnel, as well as for individuals they serve. This is through understanding the role health care professionals have in patient and staff safety.

Obviously, patient safety is important for many reasons, as some estimate that harm to patients is the leading cause of death worldwide. Errors and safety lapses include medication errors, adverse drug reactions (among the most common errors); hospital acquired infections (1 in 31 hospitalized individuals); and, diagnostic errors (5 percent of US adults in outpatient settings).

These types of errors and safety lapses can result in patient emotional distress such as anxiety and depression for missed or inaccurate diagnoses, financial hardship for individuals and their families, family disruption, and legal troubles for clinicians.

The Joint Commission's 2019 Hospital National Patient Safety Goal is to improve patient safety and focus on problems in health care safety and how to solve them. Examples of ways to improve patient safety are using two ways to identify individuals served, i.e., the right individual gets the right treatment. Making sure the appropriate person receives the correct testing results on time; labeling medicines to be used during procedures, etc. With individuals served on blood thinners, extra precautions should be taken. Home medications should be reconciled with newly prescribed medications and ensure the individual understands their medications, side effects, how and when to take, etc. Additionally, staff should respond to all alarms promptly.

Other ways to improve patient safety include always using appropriate hand hygiene. Use proven guidelines to prevent difficult to treat infections, post-surgical infections, and CAUTIs (Catheter Acquired Urinary Tract Infections). And, particularly for behavioral health facilities, determining which individuals served are most at risk for suicide.

Enjoy a safe March!

~Submitted by Becky Barker,
Safety Committee





Starting a New Job? Make the Most of Your Money

Are you starting the new year with a new job? Welcome to VRS!

Although your priority right now may be learning your new responsibilities, making a commitment to build your retirement savings should be next.

If you are a **Hybrid Retirement Plan** member, start by saving as much as possible through the defined contribution component of your plan. You contribute a mandatory 1 percent of your creditable compensation each month to your Hybrid 401 (a) plan account and your employer contributes 1 percent. You can save more by making additional **voluntary contributions**, up to 4 percent of your creditable compensation to your Hybrid 457 plan. And, your employer will match up to 2.5 percent of your contribution, increasing your savings. Don't miss out on the match!

Want help on setting financial goals early in your career or need tips on reducing debt and building retirement income mid-career? VRS has a number of courses to help you save wherever you are in life. Check out courses like **Starting Point: For Early Career Inventors** and **Looking Ahead: Prioritizing Saving for Retirement**.

Participate in Other Savings Plans

School Division and Political Subdivision Employees

If you are a school division or political subdivision employee, check with your employer to see what supplemental plan may be offered, such as a 457 or 403 (b) plan.

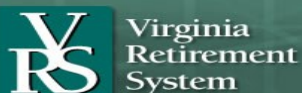
State Employees

All state employees, including higher education employees, can add to their retirement savings by participating in the **Commonwealth of Virginia 457 Deferred Compensation Plan**. If you contribute at least \$10 per pay period to the Commonwealth's 457 Plan, you are eligible for an employer match through the **Virginia Cash Match Plan**, equal to 50 percent of your contributions, not to exceed \$20 per pay period. Hybrid Retirement Plan members must contribute the maximum 4 percent voluntary contribution to the hybrid plan before qualifying for the cash match in the Commonwealth's 457 plan.

Learn how the 457 Deferred Compensation and Cash-Match Plans work, the details of investing and what happens when you leave your job or retire, through **workshops, webinars, and individual counseling**.

Plans From Other Employers

Perhaps you have a 401(k) or other supplemental savings account with your previous employer. You can roll over money from other plans to your Hybrid 457 Deferred Compensation Plan, Commonwealth of Virginia 457 Deferred Compensation Plan, or Virginia 401(a) Cash Match Plan account, if you participate. A rollover is a transfer of a pre-tax, lump-sum contribution to another qualified plan. A rollover allows you to move the money to another qualified plan and continue to defer income taxes until you withdraw the money from your plan. To learn more about deferred compensation options available for after-tax or Roth rollovers, please visit your plan's website at www.varetire.org/dcp.



Virginia
Retirement
System

Helping Members Plan
for Tomorrow, Today

(Continued from page 6)

There are advantages to rolling over plans into your hybrid 457 or cash-match plan:

- Low administrative fees and investment products that are competitively priced compared to other similar investment options.
- The plans offer a variety of investment options.
- You have easy access to your account 24 hours a day, seven days a week, and specialists are available to answer questions at no cost.

You can roll over any of the following plans:

- 401(a) plan other than the Hybrid 401(a) Cash Match Plan (you cannot roll over money from other plans to your hybrid 401(a) plan.
- 401(k)
- 457(b) and 403(b) plans
- Federal Thrift Savings Plan
- Traditional Individual Retirement Account (IRA)



Whether you are beginning your career, at the midpoint, or closing in on retirement, it's smart to take advantage of every opportunity to save for the future.

IRS Increases 2019 Deferred Compensation Limits

There's good news if you contribute to the Commonwealth of Virginia 457 Deferred Compensation Plan or other tax-deferred savings plan. The Internal Revenue Service (IRS) has increased the amount participants may contribute annually.

457 Deferred Compensation Plan Contribution Limits	2019
Annual deferral limit for participants younger than 50	\$19,000
Pre-retirement Standard Catch-Up <i>(not to exceed participant's catch-up credit)</i>	\$19,000 <i>(\$38,000 total)</i>
Age 50+ Catch-Up Limit	\$6,000 <i>(\$25,000 total)</i>

~Excerpt from VRS Member News 2019 Quarterly Issue, February, 2019

February in History

March 1, 1961 - President John F. Kennedy established the Peace Corps, an organization sending your American volunteers to developing countries to assist with health care, education, and other basic human needs.

March 4, 1681 - King Charles II of England granted a huge tract of land in the New World to William Penn to settle an outstanding debt. The area later became Pennsylvania.

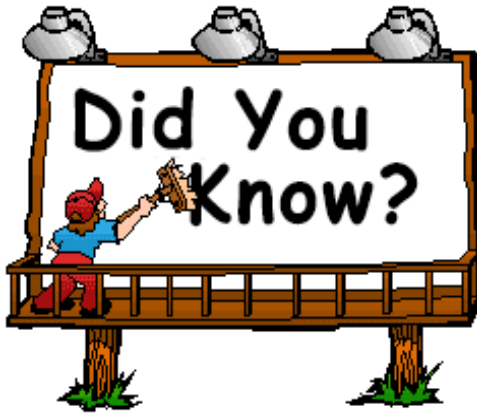
March 10, 1862 - The first issue of U.S. government paper money occurred as \$5, \$10, and \$20 bills.

March 10, 1880 - The Salvation Army was founded in the United States. The social service organization was founded in England by William Booth and operates today in 90 countries.

March 23, 1775 - Patrick Henry ignited the American Revolution with a speech before the Virginia convention in Richmond, stating, "I know not what course others may take; but as for me, give me liberty, or give me death!"

March 31, 1933 - The Civilian Conservation Corps, the CCC, was founded. Unemployed men and youths were organized into quasi-military formations and worked outdoors in national parks and forests.





TOP 5 PIZZA SALES DAYS IN THE UNITED STATES

1. Super Bowl Sunday
2. New Year's Eve
3. Halloween
4. The night before Thanksgiving
5. New Year's Day



Census

MONTHLY PATIENT

CENSUS

FEB 2019

Admissions - 85

Discharges - 63

Passes - 9

Average Daily Census - 160

100 Years Ago . . . U.S. Food Prices in 1919

Bacon, 34 cents per pound
 Oranges, 35 cents per dozen
 Peanut Butter, 33 cents per pound jar
 Flour, \$1.75 per 24-pound sack
 Postum cereal, 25 cents for 2 boxes

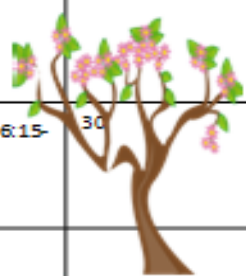


Patient Activity Calendar



March 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Gameroom 6:15-8pm	2
3	4 Gameroom 6:15-8pm	5 Gameroom & Wii Night 6:15-8pm	6 Gameroom 6:15-8pm	7 Chapel 6:15-8pm	8 Gameroom & Just Dance Night 6:15-8pm	9
10 Daylight Savings Time Begins - Spring forward 1	11 Movie Night 6:00-8pm	12 Gameroom 6:15-8pm	13 Gameroom & Scavenger Hunt 6:15-8pm	14 Chapel 6:15-8pm	15 Gameroom & Karaoke Night 6:15-8pm	16
1 Happy St. Patrick's Day!	18 Gameroom 6:15-8pm	19 Gameroom & Board Game/Cards Night 6:15-8pm	20 Gameroom 6:15-8pm Frist Day of Spring	21 Chapel 6:15-8pm	22 Gameroom 6:15-8pm	23
24	25 Movie Night 6:00-8pm	26 Gameroom 6:15-8pm	27 Birthday Party & Gameroom 6:15-8pm	28 1:30-3:00 Special Event No Afternoon Groups Chapel 6:15-8pm	29 Gameroom 6:15-8pm	30 
31						

Improving Safety by Reducing Falls: Admission Unit Workgroup Takes Action!

At the January 2019 Falls Prevention Committee, Diane Tucker, RN Team Nurse, presented a report she prepared with input from Kelsey Blevins, Lead PCT and Courtney Quinley, PCT. The three nursing staff members formed a workgroup to investigate the third quarter 2018 increase in patient falls on the AB and CD Admission units. The data showed that the primary causes were related to falling in the shower, falling in the gym, losing balance, jumping on the floor, tripping on a rug, seizure activity, and sitting on the floor.

The data demonstrates a positive impact of the focus on fall prevention on the Admission Unit.

Comparison of Admission Unit Fall Data			
Year	Quarter	Number of Falls	
2018	1	26	Workgroup convened and acted during Third Quarter 2018. Note the improved results on Fourth Quarter 2018 and January 2019, which support the success of the workgroup and all the staff members' fall prevention efforts on the Admission Unit.
	2	30	
	3	42	
	4	22	
2019	January: 7 falls for the month. At this rate, 21 falls are projected for the quarter, the lowest number in over a year.		

The workgroup took actions connected to reinforcing, reminding, or recommending aspects of:




- A. **The rubber backed rugs going out to the courtyards must lie flat without the corners curled up or “bumps” rolled in the middle that people then trip over.** The rugs are important to keep because they absorb moisture from shoes when coming inside to the tile hall floor, which decreases fall risk.
- B. **Standard prevention considerations for any individual as soon as fall risk is identified include:**
 - ⇒ Ensure placement of bed alarm, chair alarm, and wheelchair alarm so assistance can be obtained quickly when an individual wants to get up or needs help.
 - ⇒ Have adequate supplies on the unit for quick access and adequate supply of shower chairs, walkers, and other assistive devices. Ensure education for use has been provided and documented, with staff following up to observe proper use and to reinforce education as needed.
 - ⇒ Ensure safe shoes and foot wear are used. Flip flops and “slides” are prohibited. A supply of shoes and non-skid socks are available for those who do not have adequate or safe footwear.
 - ⇒ Physical Therapy consults and Occupational Therapy assessments should be considered and ordered as indicated to reduce fall risk.
- C. **Shower Safety can be promoted by decreasing the likelihood of sliding on the slippery floor.**
 - ⇒ Individuals should never wear flip flops in the showers. We have shower shoes available in the storeroom from sizes S (5-6); M (6-7; L (8-9); XL (10-11); 2XL (12-13). They are bright orange and provide infection prevention measures from standing barefoot on a shared shower as well as having grips to help prevent slides. It is recommended to write in a permanent marker on each shoe top “shower use only.” A picture of an orange shower shoe is at the end of this article.
 - ⇒ Housekeeping investigated shower mats; however, these were not purchased due to problems with cleaning, storage, and infection control. Individuals may use a towel to lay on the floor outside the shower to step on for water absorption.

(Continued on page 10)

(continued from page 9)

- ⇒ Remind individuals to step over the sealant strip from inside the shower to the outside floor as it can be tripped over.
- D. **People can get dizzy when rising from one level to a higher level which may contribute to falls.**
 - ⇒ Orthostatic blood pressure and heart rate assessments should be made upon admission and throughout a hospital stay as indicated.
 - ⇒ Provide education to move slowly when moving from one position to a higher position.
- E. **Personal Identification of Fall Risk:**
 - ⇒ The UPPPPP! Sign, when placed outside of a room with two beds, should be by the name of the individual for whom it pertains. If both individuals in the room are high fall risk, two signs should be outside the room. The bed of an individual with fall risk should also have an UPPPPP! Sign.
 - ⇒ Individuals outside of their bedrooms have no personal identification of fall risk. When we begin use of arm bands, having an identification factor on the arm bands is recommended and being considered.
- F. **Equipment is available to help prevent fall risk.**
 - ⇒ Gait belts are available on each unit and are stored in labeled drawers. Staff have been trained in use of gait belts and a medical order is not required.
 - ⇒ Helmets may be indicated to protect from head injury in event of a fall. General type helmets are available at all times if needed at the time of admission, regardless of the time or day of week of the admission. If helmet use will be ongoing, an individual should be assessed and evaluated by PT for specific needs.
 - ⇒ Medical restraints to protect against falls such as side rails or chair trays if an individual is not involved in an activity using the tray may be used according to medical restraint policy.
 - ⇒ Medical beds that can be lowered near the floor or mattresses on the floor may be appropriate for some fall risk prevention.
- G. **Environmental considerations help prevent fall risk.**
 - ⇒ Night lights or bathroom lights at night may be left on for better visibility to the bathroom.
 - ⇒ During hall rounds each shift, staff members should look for fall risk and take appropriate preventative measures, such as removing clutter, making sure proper footwear is being used, or bed alarms are in place.
- H. **Policy 9406, Fall Risk Program, is being revised to be effective March 2, 2019, and included new information prompted as a result of this workgroup.** The annual nursing training and competency assessments starting this month as part of the STARS has incorporated the revised policy procedures.

	<p>The workgroup brought to awareness that no one was using these shower shoes which are available from the storeroom for individuals to wear when taking showers to reduce fall risk from slipping. It seems people forgot about them, but they are now being used.</p> 
---	---

Safety for individuals served and safety for staff members is a priority as we work within our facility mission. Workgroups formed by direct care providers are valued and recognized for the ideas, recommendations, education, revisions, and reminders of essential practices.

Many thanks to Ellen Bear, Chair of the Fall Prevention Committee, the interdisciplinary members of this active, enthusiastic committee, and to the workgroup of Diane Tucker, Kelsey Blevins, and Courtney Quinley.

~Submitted by Alicia Alvarado, Chief Nurse

BIRTHDAY LOTTERY

Early in 2018, the Employee Recognition Committee began a new recognition activity. A list of all full- and part-time staff and wage employees' names are put into a monthly drawing during their birth month. The birth month only is used, no specific date is disclosed. Two winners are selected through a random drawing at the Recognition Committee meeting each month, and each receives a \$25 gift card. This has turned out to be a popular activity.

It is the Recognition Committee's honor to celebrate February's birthday winners - Mechelle O'Neal, Head Nurse on Ward I, night shift, and Kendra Addison, LPN on night shift. Each will receive a \$25 gift card. The next random drawing from the birthdays in March will be held at the meeting on Monday, March 11.

If you have feedback about this activity, or any other activity or event the Recognition Committee sponsors, please email Joey Sword at joey.sword@dbhds.virginia.gov, Chair of the Recognition Committee. We also welcome all ideas for ways to make recognition activities more meaningful to you. We appreciate the contribution that you each make to SWVMHI!

Submitted by Joey Sword,
Human Resource Manager



March Days to Celebrate

"Off the cuff" March holidays to celebrate:

March 1
National Peanut Lovers Day

March 6
Oreo Cookie Day

March 11
Fill Our Staplers Day

March 16
Corn Dog Day

March 20
Snowman Burning Day

March 31
National Crayon Day



Word Search



Just for fun, how many of the following words can you find related to St. Patrick's Day?

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

"I'm a great believer in luck, and I find the harder I work, the more luck I have."
 Thomas Jefferson

- CATHEDRAL
- CELTIC
- CHARM
- CLOVER
- DUBLIN
- GOLD
- GREEN
- HARP
- IRISH



- JIG
- LEPRECHAUN
- LUCKY
- MARCH
- PATRICK
- PARADE
- RAINBOW
- SAINT
- SHAMROCK



CELEBRATE SOCIAL WORK

Celebrated each March, National Professional Social Work Month is an opportunity for social workers across the country to turn the spotlight on the profession and highlight the important contributions they make to society.

Our nation’s more than 680,000 social workers have amazing tenacity and talent.

They confront some of the most challenging issues facing individuals, families, communities, and society, and forge solutions that help people reach their full potential and make our nation a better place to live.

Social workers are trained to examine and address life’s problems in a holistic way. They elevate and empower people, giving them the ability to solve problems, cope with personal roadblocks, and get the resources they need to succeed.

Social workers also bring together individuals with other people, their communities, local and state government, and agencies to address wider problems in our society, including lack of affordable housing, hunger, and equal rights for all.

You can find social workers literally everywhere - including in schools and colleges, hospitals, veteran centers, mental health facilities, local and federal government, the corporate world, and in agencies that help children find new families through adoption and protect children from abuse and neglect.

We celebrate the contributions of all social workers and especially SWVMHI’s very SPECIAL Social Work staff during National Social Work Month.



A Special Note from Robyn Anderson:

Happy Social Work Month! Have you ever wondered, “why does social work matter?” Social work matters because not only is it’s mission to improve the well-being of individuals, families, and communities, but to do so with a concurrent commitment to social justice. All while taking into account the environmental conditions that contribute to challenges that individuals, families, and their communities experience.

This month’s theme is Elevate Social Work. Social Workers lift people up - through advocacy, education, protection and through instilling hope. The Social Workers at SWVMHI bring these values to the table every day.

Moon Phases March 2019



March 6 - New Moon

March 14 - First Quarter

March 20 - Full Moon

March 28 - Last Quarter

Some things you may or may not have realized about our social workers - we are passionate and will fight for what is right for all involved, but especially for our individuals we serve. We are a team first - we have each others backs. We know what it is like to feel like we are spinning our wheels, but persevere none the less and end up seeing progress from our actions, even if just baby steps.

I want to say to every social worker both here and in the communities - **THANK YOU!** Thanks for showing up, being who we are, and for speaking your mind, even when your voice shakes.

“I think the purpose of life is to be useful, to be responsible, to be compassionate. To stand for something, and to have made some difference that you lived at all.”

~Leo Rosten





Training Calendar

MAR 2019

CAI: Fire, Safety & Security

Call Patricia @ x 854 to REGISTER D = Dogwood Room; C = Commonwealth Room; CL = Computer Lab; AB = AB Classroom

MON	TUE	WED	THURS	FRI
March 10th 	March 17th 		Nursing STARS Training: <ul style="list-style-type: none"> 5-7th: 1st Shift 12-14th: 2nd Shift 19-21th: 3rd Shift 	1 For Supervisors Only ALL SUPERVISORS ARE WELCOME! MUST sign up (HR) 9-12 – MVP & Performance Mgt.
4	5 (C) 8:30-12:30 CPR Comp / 1:30-5 TOVA Recert	6 (C) CPR Comp / TOVA Recert > 10:30pm-7am (3 rd shift)	7 (C) CPR Comp / TOVA Recert > 2:30-11 (2 nd shift)	8
11 (D) 8:30-5 Human Resource / Training Dept Orientation	12 √ (C) 8:30-11 TOVA Recert Housekeeping (12) √ HISTORY TOUR 3 PM-Meet in Bagley Bldg, Lobby	13 (C) CPR Comp / TOVA Recert > 6:30-3 (1 st shift) (D) 8:30 – 12n Human Rights (C) 1-2 -Ethical Relationship-Policy 1018 (C) 2:15-4 pm CLC	14 (D) 8:15-10:30 Fire, Gen Safety & Security (D) 10:45-12:15 Infection Control (D) 1-3 Hazard Com (D) 3:15 – 5 Risk Assess/Mgmt	15 (C) 8:30-5 Healthcare Provider CPR
18	19 (C) 8:30-12 Intro to Mental Illness (C) 1-2 Intro to Substance Use Disorder (D) 2:15-3:30 - REVIVE! Opioid Education/Naloxone Administration Class √ (C) 8:30-11 TOVA Recert Housekeeping (13)	20 (C) CPR Comp / TOVA Recert > 6:30-3 (1 st shift) (D) 8:30 – 12 Recovery & Wellness (RAFT) (D) 1-3 Intro to ID/DD	21 (C) 8:30-4:30 TOVA Part 1	22 (C) 8:30-2:30 TOVA Part 2
25 (D) 8:30-5 Human Resource / Training Dept Orientation	26 (CL) 8:30-11:30 OneMIND Overview (D) 11:30-12:15 IT Security	27 (D) 8:30 – 5 MHFA	28 (D) 8:30-10:30 Director's Orientation (D) 10:45 - 11:30 HR Wrap Up	29

MARCH CAI - 2019 - Fire, Safety, and Security

The March training called *2019 Fire, Safety, and Security CAI* is now available in the Virginia Learning Center. This is a required training for all staff at SWVMHI. Please complete the training by March 31, 2019.

To access the CAI, go to the Virginia Learning Center:

<https://covic.virginia.gov>

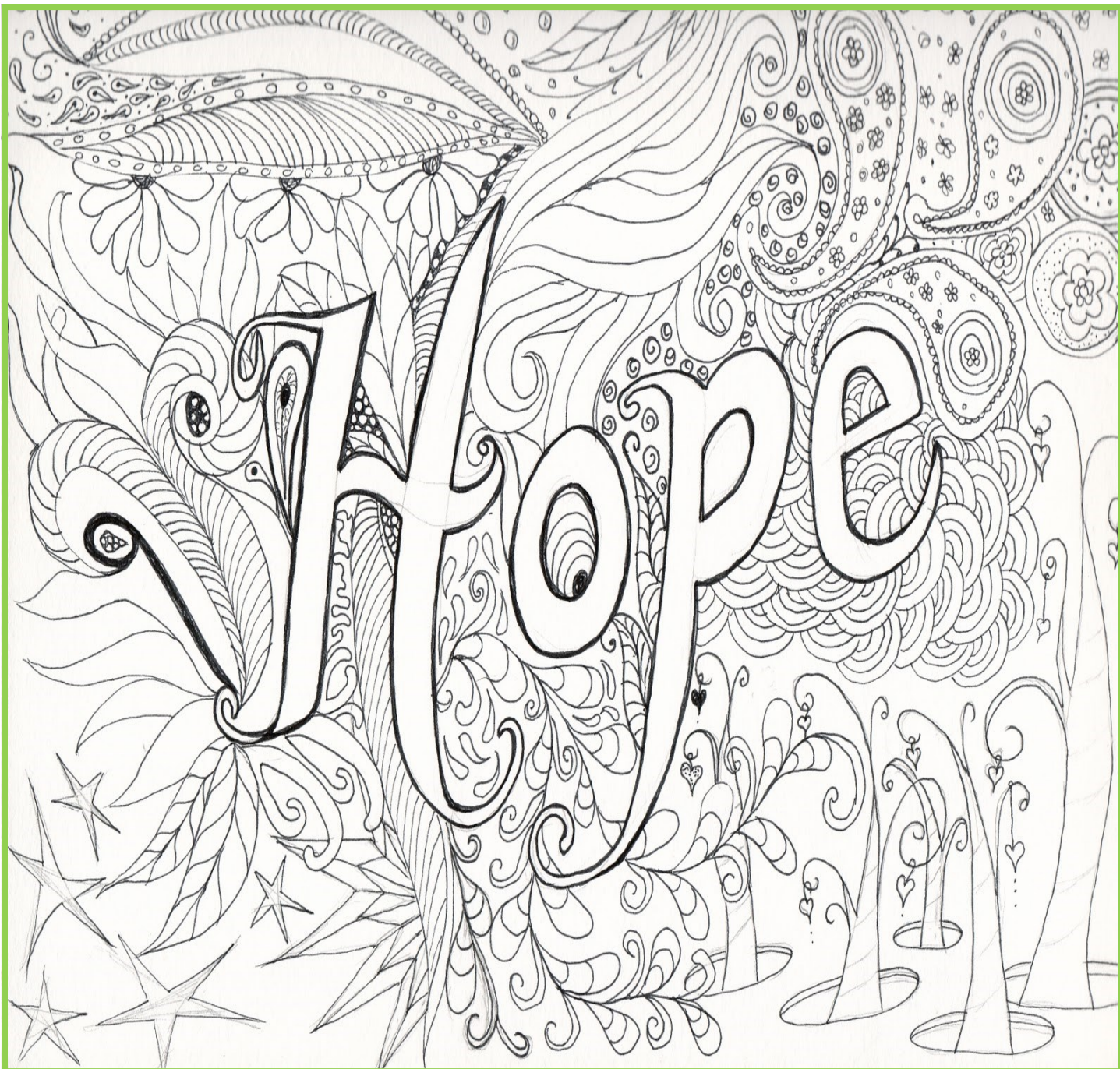
Log in and search for the course using keywords *2019 Fire*



Note: This course works in both Internet Explorer and Chrome. There are no special “technical tricks” to follow in order to access this course (as were necessary with last month’s *Civility* training). However, if you need any assistance, please contact a member of the Training Department at x854



RELAX AND COLOR



Need a Little Stress Relief?

Coloring has shown great benefits for adults. It generates wellness, quietness, and mindfulness. And nowadays, recognized as the latest creative trend. It brings us back to a simple time like childhood. It can take you out of your present worries and let your brain have much needed rest and relaxation.

Take some time for yourself and unwind with the picture of "Hope" Coloring page we've provide for you.



**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

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



Please submit articles for the next newsletter to Teri Townsend by March 25, 2019.