



AUGUST 2019

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**From the Director**

**A Special Note from Governor Northam on The Passing of Dr. Hughes Melton**



family and friends. We also extend our prayers and sympathies to the family of Hailey Green, a young woman from Staunton who was killed in the accident.

Dr. Melton was a fellow veteran and physician. In 2018, I appointed Dr. Melton to

proving the medical profession, health policy, and addiction treatment.

Dr. Melton, for many years, made his home in Southwest Virginia, where he built a well-respected career as a family physician and addiction expert.

Not only was Dr. Melton a devoted public servant and physician, I considered him a friend.

Our thoughts are with all who knew and loved both Hughes Melton and Hailey Green.

~ Governor Northam

<https://www.hillandwood.com/obituary/dr-samuel-melton>

We are deeply saddened by the death of Dr. Hughes Melton, Commissioner of the Department of Behavioral Health and Developmental Services.

Dr. Melton passed away Friday, August 2, 2019 from injuries sustained in a car accident that occurred on Wednesday July 31.

We extend our thoughts and prayers to Dr. Melton's wife, daughters, and

serve Virginia as our DBHDS commissioner, a role he filled ably and with enthusiasm. His public service also included his previous appointment as Deputy Commissioner of the Virginia Department of Health, as well as service on a number of boards and groups devoted to im-



**Hidden**

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



(Continued on page 2)

# From the Director, *continued*

## Employees of the Quarter



**Stan Frye, Carpenter, Maintenance Dept. and**



**Jeff Hanshaw, Carpenter, Maintenance Dept.**

During the months of January - March, 2019, three staff members in Physical Plant Services /Power Plant had to take time off, making it hard to maintain coverage. During this time, other personnel had to fill in to keep the Power Plant Boilers running, including the Fire Alarm System, and monitoring the daily operations and emergent calls. Stan Frye and Jeff Hanshaw assisted tremendously during our time of need by stepping up to provide the coverage needed to keep the facility operating.

Thank you Stan and Jeff for a job well done. We appreciate all you do!



**Kristen Gillespie, RN I Nursing, Ward CD**

Kristen covers the team as relief nurse as assigned, and will volunteer to do it if she can. She completes all of the team nurse duties. Kristen goes nonstop on a daily basis. It is not uncommon for Kristen to put in the 24 hour nurse report and complete the daily summary information in the computer when the PCT staff has finished entering it. If the ward has a code you can be sure if Kristen is on duty, she is going to enter the Sig. and FER into the computer.

Whenever an RN has to be pulled, Kristen always volunteers and works wherever there is a need and never complains. She always demonstrates excellent nursing skills. She is soft spoken and very patient and comforting with the individuals we serve.

Kristen is a team player and truly demonstrates our facility's mission, vision, and values statement on a daily basis. Thank you, Kristen, for everything you do for the individuals we serve and the staff!

**Wanda Hounshell, PCT Nursing, ERS, Ward J**

Wanda is super in every way imaginable. She has extremely compassion for everyone she comes in contact with, including the individuals we serve, staff and visitors. Wanda gives 100 percent plus more, in everything she does.

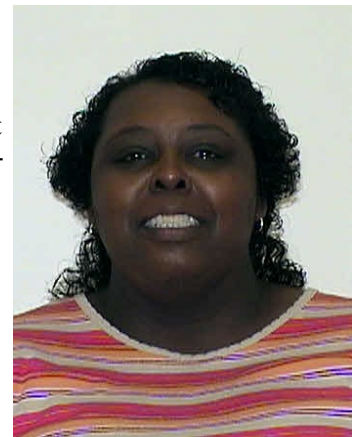
She has self-initiative; if anything needs to be done, or if anyone needs help, Wanda is right there, without having to be asked. She also has a way of making everyone feel welcome, valued, appreciated, and special. SWVMHI is very fortunate to have Wanda on staff.

Wanda has a positive impact on the facility's mission, vision, and values. Her values include communication, honesty with compassion, trust, teamwork, self initiative, leadership, and honoring the day-to-day tasks.

Thank you, Wanda, for the care and compassion you share with the staff and all the individuals we serve.

Congratulations to all for contributing to our SWVMHI Mission, Vision and Values! Job well done!

~ Cynthia McClaskey





# AMANDA CURRIN, ADA, RETIRES FROM SWVMHI

July 31, 2019 was Amanda Currin’s last day at SWVMHI, retiring after nearly 11 years of service with us. Amanda has had such a positive effect on those she has touched here at SWVMHI. Cynthia McClaskey stated, “I remember her first day at work with us in 2008. A delivery truck was arriving at the storeroom and I sent Amanda down to meet the folks in the storeroom and help unload the truck. Steve Kiley, the department head, called me to ask, “Can we keep her?”— and we did!”

Amanda never stopped working to improve the lives of the employees at SWVMHI and for the benefit of the individuals we serve. She initiated a new era in Emergency Planning at SWVMHI and was a living example during times of snow or other inclement weather. She was our lead person during the implementation of OneMind in 2016 and continued up to the day of her retirement to work tirelessly whenever there is a computer outage, downtime, or issue.

She was the interface between our staff, medical and other contracted services, and quality care for our patients. She always advocated for her staff: Fiscal, Food Services, Environmental Services, Storeroom/Procurement, Lab, Radiology, and Physical Plant Services, and worked to hire the best department staff possible.

Amanda could always be found wherever there were celebrations and fun to be had; at the annual Henderson Building Christmas party, Employee Recognition Committee events, birthday parties, and retirements. She also cooked and brought gifts of food to many shut-ins and bereavements that will always be remembered with gratitude.

Amanda declined the opportunity for us to hold a big celebration on her behalf, as we would have like to do to honor her many accomplishments, instead taking pleasure in the many lunches and smaller visits that she has had with staff in her last month.

**Amanda, you are one of a kind** and we will always be grateful that you chose to spend the last years of your career in your hometown, with us. What we wish for you in retirement is many good things, time with friends and family, kayaking, bird-watching, cooking, and traveling. We hope you never change—always be a flamingo!



All the best to you from your friends and colleagues at SWVMHI!  
~Cynthia McClaskey





# SWVMHI IS PREPARED!



SWVMHI participated in tornado drills on March 26 and again on June 28<sup>th</sup> on two different shifts to ensure that we are all prepared in case of an emergency.

Here are steps to remember:

When there is a **tornado watch**, it means conditions are favorable for a tornado to occur. If SWVMHI is under a tornado watch, a **CODE ECHO will be announced and the watch notice will be e-mailed.**

A **tornado warning** means a tornado has been sighted or indicated by weather radar. When a tornado warning is announced, **TAKE ACTION IMMEDIATELY.** The time between the announcement of a warning and the *arrival of a tornado can be less than a minute.*

If you are in your normal work location, respond as you have been trained. If you are not in your work area, **take cover where you are** and when it is safe, **notify your supervisor of your location.**

On the nursing units, **do not take the chart racks** to the shelter location.

**DO TAKE the radios.**

**Stay away** from windows, doors and outside walls.

Put **mattresses over the end doors** of the units.

Use **blue painters' tape** to designate a **patient room has been checked and is empty.**

**Crouch and use your hands and arms to protect your head.**



**\*A tornado can form within seconds and YOU could be the first one to spot sight of one.**

**Here are tips for recognizing a potential tornado:**

According to the **National Oceanic and Atmospheric Administration**, the following are tips for recognizing that a tornado is approaching so that you can quickly take cover:

- Day or night:
- Strong, persistent rotation in the cloud base
- Whirling dust or debris on the ground under a cloud base (Remember, tornadoes sometimes do not have a funnel)



(Continued on page 8)



On Saturday, July 20, the town of Marion held its 33<sup>rd</sup> Annual Chili Cook Off. This year for the first time, SWVMHI was represented in the Chili Cook Off by a team from our Dietary Department. Master Planner, Jennifer Armstrong, and Master Chef, Beka Croson manned the chili pot and represented our facility proudly. Also representing SWVMHI was our very own Amanda Currin, Retired Assistant Director Administrator who obtained approval for the event, handled the licensure, and assisted at the event.

After a decision was made to enter the competition, an open invitation was sent out to all employees to prepare, and bring in samples of their own best chili. The winner of the facility competition was none other than our Dietitian, Julie Woods, who prepared a chili that was deemed the favorite of the facility. In fact, fifteen of the eighteen judges voted for Julie's recipe. Using Julie's recipe, the ladies took it from there.

After working their normal jobs that Saturday, Jennifer and Becka showed up downtown with tent, tables, propane burner, cooking implements, and raw ingredients. They were accompanied by Amanda and Becka's husband Tyler. They then proceeded to chop, slice, dice and cook their way into chili history. Later in the day the cooking crew received more assistance from Richard Taylor (another Dietary crew member). Their theme was a Western one with their chili named **Chili Chili Bang Bang**. The day was *scorching hot*, the competition was fierce, and our ladies gave it their all. After all was said and done, they handed out over 200 samples with many people coming back for more. Unfortunately, they didn't win, however, they did a great job of representing the facility, and had a lot of fun doing it!

**Many thanks to Jennifer, Becka, Amanda, Richard and Tyler!**





# The TOVA Toolbox

## #4 Standing Restraint

The Side body restraint is the preferred method for managing a person whose behavior has become **emergently** a danger to self or others. Again in most instances, this will require two staff members, but there may be circumstances where a restraint must be maintained by a single staff person. **However, a team work approach is always best when dealing with emergency behavior.**

For instance, if the individual being restrained has injured someone or created an environmental hazard that must be managed immediately, one of the staff involved in the Side body restraint may transition to a one-person **Standing Restraint** while the other staff person manages the secondary emergency.

The **Standing Restraint** may also be applied directly to a person without first applying the Side body restraint. Generally, though, the Side body restraint is the preferred method because of its simplicity and effectiveness.

The **Standing Restraint** may be applied from the right or left sides.



### To directly apply the Standing Restraint from the right side:

Stand behind the individual with your left foot forward. Without touching the individual, hold your left hand behind the individual's left arm.

Place your right hand on the individual's right arm *above the elbow*. Holding the individual above the elbow prevents the individual from striking back at you with it. Keep your fingers together and your elbow down, cupping the individual's arm with your hand.

Step forward with your right foot forward as you move the individual's right hand across his stomach, placing your right foot beside the person's left arm and grasp the person's right wrist.

When grasping the wrist, remember to keep your thumb alongside your fingers, with the thumb and fingers forming a unit that hooks around the individual's wrist.

As soon as you have secured the individual's right wrist, let go of the right elbow, reach under the right armpit and grasp the individual's right forearm, again keeping your thumb and fingers together as a unit (cupped hands).

Tuck in your head as shown in the photo to decrease the chance of being hit by the individual's head.

When it is safe to do so, release **the Standing Restraint in reverse order**, one step at a time. First release the wrist, then the forearm. As you let go of the forearm, place your right hand above the right elbow before completing the release. This will prevent the individual from striking you with the elbow as you step away.

(Continued on page 8)





## LISA H. MOORE COUNSELING CENTER DEDICATION and OPEN HOUSE



On June 24th, a dedication, ribbon cutting, and open house was held at the new Lisa H. Moore Counseling Center, 216 Hospital Ave., Marion, VA. Named in honor and appreciation of Ms. Lisa H. Moore, retired Executive Director of Mount Rogers Community Services, the Counseling Center is a state of the art facility serving individuals with mental health, developmental disability, and substance use needs in Smyth County. Individuals will receive counseling, psychiatric, primary care, case management, and many other services under one roof. The Center will also include an in-house pharmacy through the Agency's partnership with Genoa Healthcare.

Mount Rogers Community Services Executive Director Sandy Bryant thanked Ms./ Moore and welcomed everyone, announcing a ribbon cutting following the dedication, as well as facility tours and refreshments. Jason Kan, Vice President of Operations, Genoa Healthcare (with a specialty in behavioral health, customizing services to meet the need of the individual) extended gratitude to MRCS for the new partnership.

Cameron L. Wolfe, Jr., architect of the new facility, shared his joy in the completion of the building and his honor to have been chosen to design and oversee the new Counseling Center. Anna Csaky-Chase, MRCS Deputy Director of Clinical/Program Development, introduced Ms. Moore. Ms. Chase, having worked with Lisa Moore for 25 years, praised her superb leadership and knowledge of services.

As Executive Director for 12 years, with a total of 40 years at MRCS, Ms. Moore is honored, not only for her leadership, but for her vision for years to come in Smyth County where she first began her career.

Ms. Moore offered inspirational words, highlighting a brief history of the evolution of the agency and underscoring how MRCS has been innovative, blazing trails, as witnessed in the new building which represents compassion, recovery and resiliency. She stated that this was a pivotal time - something new with all services under one roof. During her 40 year career with MRCS, Ms. Moore stated that she had worked side-by-side with Charlot Berry, who was in attendance. One of the first employees of MRCS, hired in 1972, Berry retired in 2003 but continued to work part time until 2019. Ms. Moore lauded Ms. Berry's dedication, and concluded by saying it was the same dedication that the MRCS employees bring to those they serve. Ms. Moore's family was in attendance to witness her honoring.

Ms. Bryant concluded the dedication with the announcement that MRCS would be opening a crisis care center in Smyth County in the fall. The Center will be open seven days a week to those in crisis, the homeless, and those experiencing trauma. The Smyth County Chamber of Commerce coordinated the ribbon cutting. Also in attendance were Smyth County administrators and MRCS Smyth County Board members, Joanne Groseclose, Susie Jennings, Beverly Mountain, Susan Sneed, Mr. Kan, and Mr. Wolfe. Ms. Moore, her grandson Cade, Ms. Bryant, Mr. Kan, Mr. Wolfe, and Board members cut the ribbon.

Welcome to our new neighbors!



**#4 Standing Restraint (continued from page 6)****Guide to the Floor**

If, during a standing restraint or side body restraint, the person you are supporting begins to drop to the floor, allow him do so. If possible, maintain the hold and follow his motion, guiding him to the floor to minimize his risk of injury.

It is important to keep your spine erect and bend at the knees so that you do not injure your back while supporting the person.

As you guide the person safely to the floor, place **your lead-leg knee on the ground and have your other knee up with that foot flat on the floor. This will allow you to move quickly away if you decide it is safe to let the person go and provides you a secure base if you need to continue holding the person.**

Always look for opportunities to discontinue the restraint. Again, knowing the person well will assist you to make good assessments.

***Stay tuned for next month's TOVA  
Tool # 5: Hair Pull Management***



(Continued from page 4)

- Hail or heavy rain followed by either dead calm or a fast, intense wind shift - many tornadoes are wrapped in heavy precipitation and cannot be seen
- Loud, continuous roar or rumble (i.e., nearby freight train or whooshing sound) that does not fade in a few seconds like thunder
- Night only:
  - Small, bright, blue-green to white flashes at ground level near a thunderstorm - these indicate that power lines are being snapped by very strong wind, potentially a tornado
  - Persistent lowering from the cloud base, illuminated or silhouetted by lightning



~Submitted by the Safety Committee





# MUD RUN

## The “Dirty” Work from Rehab

The Rehab Department not only works as a team during the day, but some get together to make a difference in the community too!

Please congratulate these ladies on a tough and dirty job well done!

Tammy Markle, Ashley Privett, and Becky Buskill competed in the **Gritty Chix Mud Run** to help support the *Women’s Resource Center* in West Virginia, which provides support services for victims of domestic violence, and the *First Descents* program that provides free outdoor adventure to young adults (ages 18-39) impacted by cancer and other serious health conditions.

*Together* they conquered the 5K course which involved steep terrain, lots of mud, water, and a numerous obstacles. Communication, trust, teamwork, self-initiative, and leadership skills were required to navigate the course safely, with an emphasis on TEAM WORK!!

“We definitely came out stronger as a team than when we began!” ~ Ashley Privett

“To be a team, you have to work together. There is no other way. When one is stuck in the mud, you go back for them and offer a helping hand. When someone is behind, you stop and wait until the team is together again. When your teammate needs a lift up, you all rise together. When a teammate is scared or not so sure of the next move, the team gives encouragement and words of affirmation together to keep on going. You make it through together!!” ~ Tammy Markle

Way to Go!!!! We are so proud of the work you do both at SWVMHI and to benefit the community!



Above: Tammy Markle, Recreation Rehab Specialist, Ashley Privett, Vocational Rehab Specialist, and Becky Buskill, Recreation Rehab Specialist.

# meet our NEW HIRES

Please welcome the newest additions to the SWVMHI Team!

## New Hires for 6-10-19

**Christopher "Tyler" Bell**, PCT, 3rd shift, AB  
**Kaloni Clark**, Cook, P14 to P3, Rehire  
**Nikki Hurt**, PCT, 3rd shift, Float  
**Katie Jackson**, Patient Registrar, P14  
**Denise Mance**, Psychologist, P14, Rehire  
**Bonnie Mitzel**, RN, 3rd shift, EF  
**Anna Pauley**, Medical Lab Tech., P14  
**Alexis "Kara" Queen**, PCT, 2nd shift, EF, Rehire  
**Steven Snodgrass**, PCT, 1st shift, EF  
**Julie Townsend**, RN, 2nd shift, CD

## New Hires for 7-8-19

**Derek A. Goff**, Psychiatrist, Team D

## New Hires for 7-10-19

**Michael Caudell**, PCT, 1st shift, J  
**Hannah Compton**, Rehab. Spec.,  
**Ashley Frye**, Scheduler/Timekeeper, 3rd shift  
**Jennifer McGillivray**, Training & Development Coordinator  
**Lisa "Kate" Perdue**, Office Specialist III, Quality/Risk Management  
**Sierra Phelps**, RN, 1st shift, F  
**Ashley Sutherland**, PCT, 2nd shift, E

## New Hires for 7-25-19






**Regina Farmer**, Env. Services  
**Christian Hylton**, Env. Services, P14,  
**Adam Rouse**, Food Service, Cook,  
**Amber Tuggle**, Food Service

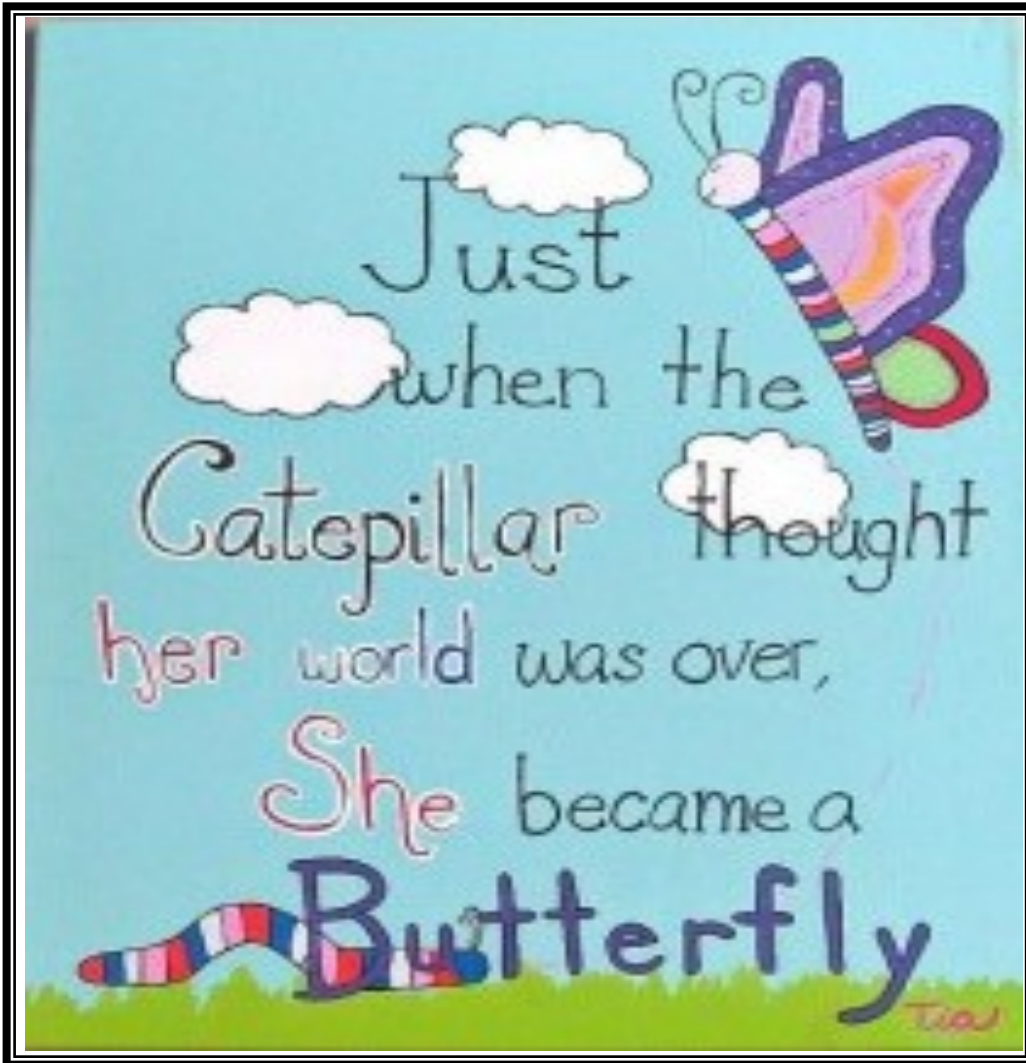


## New Hires for 6-25-19

**Sierra Garzon**, Food Service Tech.  
**Duane Know**, Food Service Tech.  
**Judy Britt**, Psychologist, P14, Rehire

# August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chapel 6:15-8pm	2 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	3
4 	5 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	6 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	7 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	8 Chapel 6:15-8pm	9 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	10 
11	12 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	13 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	14 <b>MOVIE NIGHT!</b> 6:00- 8:00 All units together	15 Chapel 6:15-8pm	16 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	
18 	19 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	20 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	21 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	22 Chapel 6:15-8pm	23 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	24
	26 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	27 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	28 <b>Birthday Party &amp; Gameroom</b> 6:15- 8pm	29 No Afternoon Groups 1:30-3:30 Special Event Gameroom ERS & E/F- 5:45-6:35	30 <b>Gameroom</b> ERS & E/F- 5:45-6:35 ADMISSIONS- 6:40-7:45	31 



**Congratulations**

to our

**June Birthday Winners!**

**Rebecca Buskill**

and

**William Whitt**

&

**July Birthday Winners!**

**Michelle West**

And

**Berry Reynolds**

Each received a \$25 gift card to Walmart!



**History from the Month of August**

**August 2, 1776**—In Philadelphia, most of the 55 members of the Continental Congress signed the parchment copy of the Declaration of Independence.

**August 5, 1861**—President Abraham Lincoln signed into law the first Federal income tax, a 3% tax on incomes over \$800, as an emergency wartime measure during the Civil War. However, the tax was never actually put into effect.

**August 7, 1990**—Just five days after the Iraqi invasion of Kuwait, President George Bush ordered Desert Shield, a massive military buildup to prevent further Iraqi advances.

**August 9, 1974**—Effective at noon, Richard M. Nixon resigned the presidency as a result of the Watergate scandal. Nixon had appeared on television the night before and announced his decision to the American people. Facing possible impeachment by Congress, he became the only U.S. President ever to resign.

**August 14, 1935**—President Roosevelt signed the Social Security Act establishing the system which guarantees pensions to those who retire at age 65. The Social Security system also aids states in providing financial aid to dependent children, the blind and others, as well as administering a system of unemployment insurance.

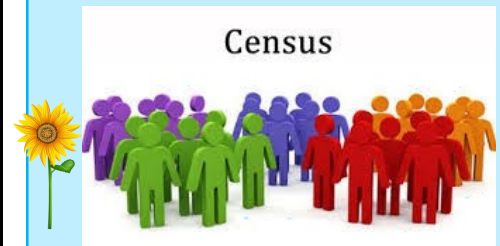
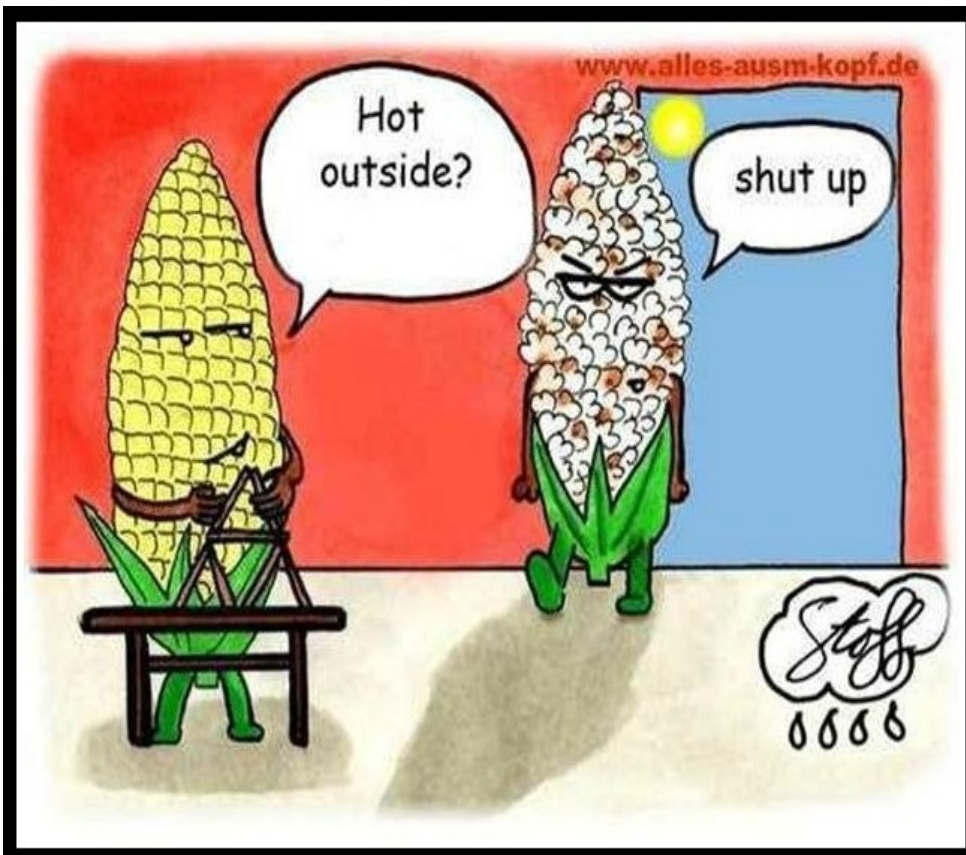
**August 15, 1969**—Woodstock began in a field near Yasgur's Farm at Bethel, New York. The three-day concert featured 24 rock bands and drew a crowd of more than 300,000 young people. The event came to symbolize the counter-culture movement of the 1960's.

**August 16, 1977**—Elvis Presley was pronounced dead at the Memphis Baptist Hospital at 3:30 pm, at the age of 42.

**August 18, 1920**—The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

**August 21, 1959**—President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state.





Census

**MONTHLY PATIENT CENSUS**

**June 2019**

Admissions - 84  
 Discharges - 90  
 Passes - 10  
 Average Daily Census - 170

**July 2019**

Admissions - 69  
 Discharges - 66  
 Passes - 12  
 Average Daily Census - 165

**Publications Offer Members Assistance During Difficult Times**

Dealing with the death of a loved one is challenging, and organizing personal assets and records in advance of death or incapacitation can be a daunting task.

VRS offers two companion publications that employers can use to help members and their families experiencing these life transitions.

**Losing a Loved One: Guide for Families**, a brochure for survivors of deceased or incapacitated VRS members, has been updated. The brochure provides basic guidance for both newly bereaved families and those preparing for a loss. It includes instructions on who to contact if the VRS member was active, retired, or died in the line of duty, and a list of documents that loved ones may need when claiming benefits. Active members may wish to include the brochure with their personal records.

**Get Organized** is a new electronic four-page document designed to help VRS members create a secure inventory of personal assets, expenses and records to review with trusted persons. It lists important items to include, points to consider, and offers a quick-reference guide for locating assets and records. **Get Organized** is available for download on the VRS website.

These and many other valuable pieces are available at VRS's website: [www.myvrs](http://www.myvrs).

# Safety News & Updates

Staff Safety is one of our facility's highest priority, and is an ongoing process that involves extensive evaluation, implementation of new processes, and review. The Safety Committee as well as Accident Review and Prevention Committee work together to review safety issues involving both the individuals we serve and all staff employed at SWVMHI, along with our visitors, vendors and contractors who service our facility in any function.



## Recent new areas to highlight, and important to remember are:

- ◇ **Code Silver** - to alert staff of an active shooter on the premises. The current Emergency Management CAI provides more detailed information for staff to follow.
- ◇ **Code Green** - to alerts staff that an individual we serve has eloped.
- ◇ **Tornado Drills** - We have had two Tornado Drills, one on 1<sup>st</sup> shift and one on 2<sup>nd</sup>. There were many positives noted by the Safety Committee Observers. Staff did move quickly to clear rooms, used blue painters tape to mark the cleared rooms, moved individuals out of harms' way, and conducted a quick accounting of the individuals on the units.
- ◇ Areas that will need improvement are knowledge of staff responsibilities on specific units, **taking a radio to the designated safe area, and communicating with the radio to the Shift Nurse Coordinator** and Security that everyone was accounted for and in their proper place.

## Recent individual safety concerns have also been discussed and addressed:

- ◇ Reinforced the knowledge that the glass in the Unit's Dayrooms are safety glass: staff do not have to be concerned that large, dangerous pieces may result if windows were to be struck and broken.
- ◇ While it is very important when a Code Alert (Behavioral Code) or Code Blue (Medical Code) is called that everyone responds rapidly, staff are encouraged to move briskly, but not run. Running increases the risk for falls, and significant injury.
- ◇ In a behavioral event between two individuals who are having an altercation, staff are not expected to step in between them. Press your Emergency Duress Fob to call a Code Alert and use verbal re-direction skills until additional assistance arrives.
- ◇ In a behavioral crisis, no person is ever expected to address dangerous behavior alone. Always use your Emergency Fob, use verbal de-escalation skills, give the individual space and allow time for additional assistance to arrive before attempting to intervene.

**Supervisors**, it is important when you do have an employee injury to thoroughly review the Employee Incident Form before submitting it. Please ensure that page 1 and 2 are complete. This includes items such as individual's MRN, accurate dates, adequate details of the event, pictures of the scene, Panel Physician is selected, documentation of your observations, and findings of your investigation, and original copy is submitted to the Shift Nurse Coordinator's Office before the end of the shift. Supervisors must make a copy of the entire incident form and submit the copy to your supervisor for additional follow-up. Creating a safe work environment and reduction of employee injuries starts with reviewing what occurred, assessing for process problems, evaluating the environment, and processing the event in a non-judgmental, and compassionate manner with the employee.

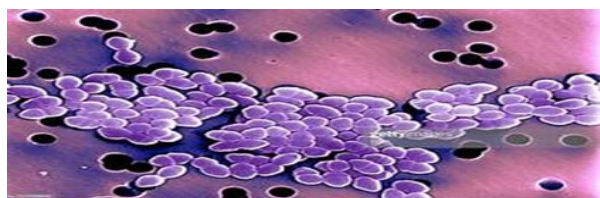
Working together with a focus on safety first, we can achieve the safe and recovery oriented environment we all desire.

## Safety is everyone's responsibility



Jim Lundy, RN MSN/MBA  
Unit Nurse Coordinator Ward AB  
Safety Committee / Chair ARPC

# Infection Control Update



## Bug of the Month

### Warfare Against an Antibiotic is in Our Name

Our clan's claim to fame is resisting the enemy; in this case, it's an antibiotic that is used very commonly in hospitals. Wouldn't you like to know which one? Sorry, you'll have to figure that one out on your own!

We call the human intestines and the female genital tract our home-sweet-home, but we like to get around; you'll also find us in the environment, because, well, we have an affinity for great real estate. The Pilgrims aren't the only colonists; I think we invented the concept first, and you'll know when we've set up camp -- we can cause infections of the urinary tract, the bloodstream, or of wounds associated with catheters or surgical procedures.

We don't colonize just anyone; we prefer patients be part of an exclusive club, including those who have been previously treated with antibiotics for long periods of time, and those who have weakened immune systems such as patients in intensive care units, or in cancer or transplant wards. We especially like to prey upon patients who have undergone surgical procedures such as abdominal or chest surgery, and those with indwelling medical devices that stay in for some time such as urinary catheters or central intravenous (IV) catheters.

But back to the colony; we're sly little devils, as we can be present but offer up no symptoms of an infection. But if and/or when we do create mayhem, the infections we cause can be treated with antibiotics other than the one famous therapeutic that shall remain nameless. But you'll have to be willing to conduct some laboratory testing so you can better determine which antibiotics will work.

Just because I like you, I'll give you a little piece of friendly advice; for people who get infections in their bladder and have urinary catheters, removal of the catheter when it is no longer needed can also help get rid of the infection.

But don't get too cocky on us; we are very effective at being passed from person to person by the contaminated hands of healthcare personnel, because, well, you guys just won't wash your hands like you're supposed to. We can hitch a free ride onto a caregiver's hands after they have contact with other people who are infected with us, or after contact with contaminated surfaces. We can also be spread directly to people after they touch surfaces that are contaminated with us, but there's good news -- we can't fly through the air by coughing or sneezing. That's a shame, because it seems like it would be so much fun; the influenza virus gets all the great assignments.

If you don't want us hanging around (which is hard to believe), there are a few things you can do to try to cut down on our population. The biggest threat to our survival is when people keep their hands clean. You can bump us off by always washing your hands thoroughly after using the bathroom and before preparing food. Clean your hands after contact with persons who have us, and wash with soap and water (particularly when visibly soiled) or use alcohol-based hand rubs -- ouch, that stings!

Frequently clean and decontaminate areas that may become contaminated with us. And wear gloves if your hands may come in contact with body fluids that may contain us, such as stool or bandages from infected wounds. I can't believe I'm telling you this, as my survival depends on you not doing it, but always wash your hands after removing gloves.

I shouldn't have to tell you any of this, as your institution should already employ special precautions to help prevent our spread to others. Who am I???

**Vancomycin-resistant enterococcus**



# Training Calendar for August, 2019

## CAI: Hazard Communication

Call Patricia @ x 854 to REGISTER

D = Dogwood Room; C = Commonwealth Room; CL = Computer Lab; AB = AB Classroom; HR = Human Resources

			1 (C) CPR Comp / TOVA Recert ➤ 2:30-11 (2 <sup>nd</sup> shift)	2 <b>For Supervisors Only</b> ALL SUPERVISORS ARE WELCOME! <b>MUST</b> sign up  (HR) 9-12 - MVP & Performance Management
5	6 8:30-12:30 /1:30-5 TOVA Recert  (D) 3 pm T&D Committee	7 (C) CPR Comp / TOVA Recert ➤ 6:30-3 (1 <sup>st</sup> shift) ➤ 10:30pm-7am (3 <sup>rd</sup> shift)	8 (C) 8:30-12:30 CPR	9
12 (D) 8:30-5 Human Resource / Training Dept. Orientation	13 (D) 8:30-12 Intro to Mental Illness  <b>HISTORY TOUR</b> 1-3 PM-Meet in Bagley Bldg Lobby	14 (C) CPR Comp / TOVA Recert ➤ 6:30-3 (1 <sup>st</sup> shift)  (D) 8:30 – 12n Human Rights (D) 1-2 -Ethical Relationship-Policy 1018 (D) 2-2:45 IT Security (D) 3-5 CLC	15 (D) 8:15-10:30 Fire, Gen Safety & Security (D) 10:45-12:15 Hazard Com (D) 1-3 Infection Control (D) 3:15 – 5 Risk Assess/Mgmt	16 (C) 8:30-5 Healthcare Provider CPR  (D) 10-12 SW BOARD
19 (D) 8:30 – 5 MHFA	20 (D) 1-2 Intro to Substance Use Disorder (D) 2:15-3:30 - REVIVE! Opioid Education/Naloxone Administration Class	21 (D) 8:30 – 12 Recovery & Wellness (RAFT) (D) 1-3pm – Intro to ID/DD (D) 3-5pm Trauma Informed Care	22 (C) 8:30-4:30 TOVA Part 1	23 (C) 8:30-2:30 TOVA Part 2
26 (D) 8:30-5 Human Resource / Training Dept. Orientation	27 (CL) 8:30-11:30 OneMIND Overview	28 <b>HISTORY TOUR</b> 1-3 PM-Meet in Bagley Bldg Lobby	29 (D) 8:30-10:30 Director's Orientation (D) 10:45 – 11:30 HR Wrap Up	30

**REMINDER!!!** CAI's for the month of August are: 2019 Hazard Communication AND Back Injury Prevention

TOVA Recert / CPR Renewal for Nursing Staff with a birthday this month.

Employees scheduled for Healthcare Provider CPR Classes need to review the manual available in the Library prior to class.

### Upcoming Training Events for Supervisors:

September 5—Engagement/Stay Interviews 1—5pm Dogwood Room

September 6—Performance Management for New Supervisors

September 27—STEP FORWARD 8:15—5pm—Dogwood Room

## August Days to Celebrate

“Off the cuff” July holidays to celebrate:

**Aug. 2 - National Water Balloon Day**

**Aug. 7 - Lighthouse Day**

**Aug. 10 - S'mores Day**

**Aug. 17 - I Love My Feet Day**

**Aug. 24 - Sand Castle Day**

**Aug. 28 - National Bow Tie Day**

**Aug. 31 - National Cowgirl Day**





# Word Search

**Just for fun, how many of the following words can you find related to the month of July and August?**

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

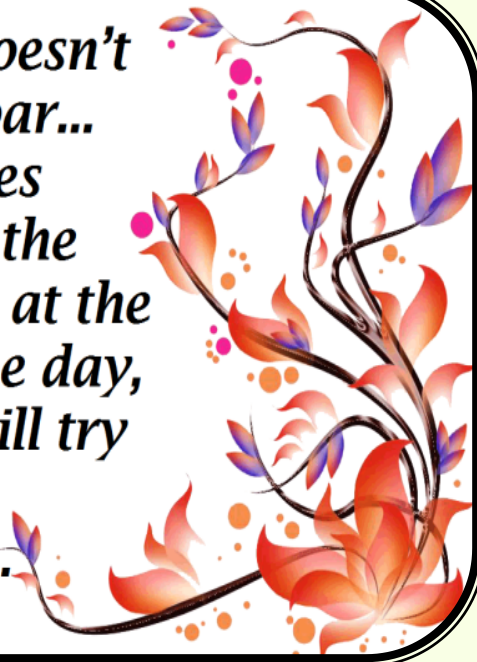
STREAMERS

USA

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



*Courage doesn't  
always roar...  
Sometimes  
courage is the  
quiet voice at the  
end of the day,  
saying, I will try  
again  
tomorrow...*



## August Lunar Phases

Aug. 7 — First Quarter

Aug. 15 — Full Moon

Aug 23 — Last Quarter Moon

Aug. 30 — New Moon



**Congratulations** to Stan Frye who received his 20 year service award this month. Pictured above is Shaun May, Director of Plant Operations, Stan Frye, Carpenter, and Stan Maloskey, Supervisor.



## 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 the end of August.