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From the Director

Managing the COVID-19 Virus

As you are likely aware, the current, worldwide, coronavirus risk assessment is rated as “very high” by the World Health Organization. Controlling the spread of the coronavirus continues to be a major focus of the Centers for Disease Control and both the local and state health departments across the country. While the immediate risk remains low, the situation is rapidly evolving and much remains unknown about the threats posed by COVID-19. We take our responsibility very seriously to stay on top of the situation and make prudent decisions for the wellbeing of the individuals we serve and our staff.

Cindy Jones, Infection Control, is in almost daily contact with the regional Department of Health, including their epidemiologist. In addition, the SWVMHI Infection Prevention and Control Committee and the Emergency Management Committee are meeting regularly to share information in real-time and discuss our ongoing preparedness. In addition, DBHDS is also convening regular weekly telephone conference calls with all facilities specifically regarding COVID-19.

Many of the individuals served at SWVMHI have particular health vulnerabilities and are at higher risk for serious illness. Therefore, we are taking precautions to safeguard their health and the health of all employees.

Because international travel and travel to areas of high transmission is a known risk factor for the transmission of the COVID-19 virus, SWVMHI is implementing the requirement that staff or supervisors inform Ms. Jones of international travel or travel to areas with high transmission rates.

Employees returning to work after international travel or travel to an area with high transmission will be required to notify Cindy Jones on their return to the U.S. or the local area and prior to beginning work. The Virginia Department of Health guidelines will be followed at that time.

Please see the memo from me dated 3/10/2020 (or any more recent memo) for the current directive regarding travel.

In addition, we are installing more signage at the main doors, requiring the MODs to discuss potential COVID-19 risks with emergency room physicians, and implementing protocols designed to determine if visitors have traveled.

And as always, our best protection against disease is to follow healthy habits for sneezing/coughing, handwashing, and avoid touching our faces! Please see pages 6 and 7 for more reminders. Thank you for your vigilance on behalf of the individuals we serve.

~ Cynthia McClaskey, Ph.D.

Hidden

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



The 2020 U.S. Census is almost here



The census happens only every ten years and it is important because it determines how political representation and federal tax dollars are distributed.

Facts about the census:

- * It does not include a citizenship question. This is because total numbers of individuals count and should be counted.
- * Households should expect to receive information by the middle of March, although some areas (parts of Alaska) received their census information in January.
- * The census does not count only U.S. citizens. It counts every person living in the country on Census Day (April 1), including unauthorized immigrants and green card holders ever since [the 14th Amendment](#) was ratified after the Civil War.



- * [Federal law](#) restricts access to information identifying individuals until seventy-two years after it is collected (so 2092). Until then, the Census Bureau can release information about specific demographic groups at a level as detailed as a neighborhood.

- * The 2020 census is set to be the [first primarily online count to allow all U.S. households to reply through the Internet](#). The bureau is also collecting responses on paper, over the phone, and in person.
- * Federal law requires that U.S. residents age 18 and older answer questions for the census. But one person can answer questions on behalf of other members of the same household.
- * The census does not consider "Hispanic or Latino" a race, but rather an ethnicity to allow Latinx people to identify with any race.
- * The census does not ask about your religion, political affiliation, or income.



- * Federal funding is guided by census data. Estimates range from 675 billion to 7.5 trillion dollars.
- * The census is not the American Community Survey. Both are conducted by the Census Bureau. The census goes out to every household once a decade, while the ACS goes out to about 1 in 38 households every year.

~ From National Public Radio, 10 Census Facts That Bust Common Myths About The 2020 U.S. Head Count, 3/6/2020



Daylight Savings begins on at 0200 hours on **Sunday, March 8, 2020**. Don't forget to set your clocks **AHEAD** one hour before you go to bed Saturday night!

Staff working on Saturday night will show only 7 hours on your timecard and will need to sign for one hour of leave if you are short for the week!

Recognition and Thanks



SOCIAL WORKERS
generations
STRONG

The official theme for Social Work Month in March, 2020, is "Social Workers: Generations Strong."

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.

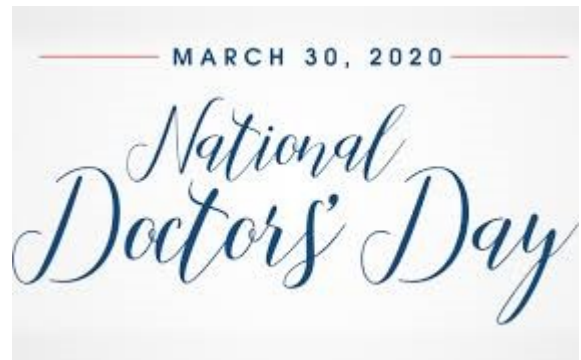
Our nation's almost 700,000 social workers have amazing tenacity and talent.

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.

Retirement Planning Offered VRS Offers Retirement Prep for Members at Regional Locations This Spring

Making a plan for life after work usually becomes a priority for employees when they get within five years of retirement. This spring, VRS will take its [Nearing Retirement Workshop](#) on the road to regional locations, and we need your help to make employees aware of these opportunities. The half-day workshops feature industry professionals who will provide insights and practical information to help members prepare for the transition to retirement. Contact Human Resources for more information on how to sign up

The session will run from 8 a.m. to 12:30 p.m. at: [Wytheville Community College](#), April 7



National Doctors' Day is held every year on March 30th in the United States. It is a day to celebrate the contribution of physicians who serve our country by caring for its' citizens.

The first Doctor's Day observance was March 30, 1933, in Winder, Georgia. Eudora Brown Almond, wife of Dr. Charles B. Almond, decided to set aside a day to honor physicians. This first observance included the mailing of greeting cards and placing flowers on graves of deceased doctors. On March 30, 1958, a Resolution Commemorating Doctors' Day was adopted by the United States House of Representatives. In 1990, legislation was introduced in the House and Senate to establish a national Doctor's Day. Following overwhelming approval by the United States Senate and the House of Representatives, on October 30, 1990, President George Bush signed S.J. RES. #366 (which became Public Law 101-473) designating March 30th as "National Doctor's Day."



Mike Jones Celebrates 40 years of Service

Dr. Mike Jones, Unit Programs Director for the Geriatrics and Acute/Admissions Unit, marked 40 years of service at SWVMHI. Clinical Services and other staff members surprised Dr. Jones with cake and Dr. Cynthia McClaskey, Director, and Matt Woodlee, Clinical Director, presented Dr. Jones with a 40 year service award.

CONGRATULATIONS!





Slips, Trips, and Falls

Little changes can make BIG differences

The Dangers of Slips, Trips, and Falls: Falls are one of the leading causes of unintentional injuries in the United States. In 2014, these falls caused 32,000 deaths (NSC Injury Facts). Most people have a friend or relative who has fallen, or maybe you've fallen yourself. Falls are the second leading cause of unintentional death in homes and communities. The risk of falling and fall-related problems rises with age, and is a serious issue in homes and communities. Unfortunately, SWVMHI is not immune to slips, trips, and falls. We need your help to minimize them! Below are several work and home safety tips and reminders.

Fall Prevention Tips:

- Clean up all spills immediately.
- Stay off freshly mopped floors.
- Secure electrical and phone cords out of traffic areas.
- Remove small throw rugs or use non-skid mats to keep them from slipping.
- Keep frequently used items in easily reachable areas.
- Wear shoes with good support and slip-resistant soles.
- Arrange furniture to provide open walking pathways.
- Keep drawers and cabinet doors closed at all times.
- Install handrails on all staircases on both sides.
- Remove tripping hazards (paper, boxes, books, clothes, toys, shoes) from stairs and walkways.
- If you have young children, install gates at the top and bottom of stairs. Unlatch the gates in order to pass – don't climb over them.
- Ensure adequate lighting both indoors and outdoors.
- Remove debris from exterior walkways.
- Adjust gutter downspouts to direct water away from pathways.
- Periodically check the condition of walkways and steps, and repair damages immediately.
- Never stand on a chair, table, or other surface on wheels.



Ladder Safety:

- Place the base on a firm, solid surface.
- Always keep at least three points of contact with the ladder (two hands and one foot or two feet and one hand).
- A straight or extension ladder should be placed one foot away from the surface it rests against for every four feet of ladder height.
- When you climb, always face the ladder and grip the rungs, not the side rails.
- Climb down a ladder one rung at a time.
- Do not climb with tools in hand – use a tool belt.
- Keep your body between the ladder side rails when climbing.
- Do not lean or overreach; reposition the ladder closer to the work instead.
- Tie down a ladder when using it outdoors and do not use it in windy or inclement weather.



~ Safety Committee

“Safety isn't expensive, it's priceless.”



What you need to know about Coronavirus Disease



Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. It was first identified in an outbreak in Wuhan, China. As of today, the US has had 53 cases. All of these cases had either visited China or had close contacts who visited China.

Patients with the COVID-19 have mild to severe respiratory illness with symptoms of fever, cough, and shortness of breath. Many patients have progressed to pneumonia.

The greatest risk at this time is to those who have visited China. But because it is spreading to other countries, we must be prepared. SWVMHI and the DBHDS Emergency Planning are reviewing daily all new guidelines set forth by the Centers of Disease Control and Prevention (CDC) and

the Virginia Department of Health (VDH). Research is currently being conducted on medications and vaccines for this virus.

COVID-19 and other respiratory viruses, such as the influenza, are spread through respiratory droplets. The best way to avoid these respiratory illnesses are to:

- ◆ Avoid close contact with people who are sick.
- ◆ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ◆ Perform hand hygiene often with soap and water or alcohol-based hand sanitizer (at least 60% alcohol).
- ◆ Stay home when you are sick.
- ◆ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ◆ Clean and disinfect frequently touched objects and surfaces.
- ◆ Maintain a healthy lifestyle with healthy food, exercise, and plenty of rest.

Influenza continues to be widespread in Virginia. It's not too late to get a flu vaccine!!

~ Cindy Jones
Infection Prevention and Control Coordinator



The Dietary Department struggles to find qualified candidates to fill its open positions. To help remedy this situation, The Dietary Department, in conjunction with the Human Resources Department, coordinated our second ever Job Fair on January 22, 2020. We advertised locally on the radio, printed flyers that were posted around the facility and in town, and worked with local organizations to get the word out.

And what a successful event! A total of 18 candidates interviewed, 9 offers of employment were made, and 7 new staff members began their

orientation on February 10, 2020. All of this could not be done without the efforts of the HR Department, members of Dietary Department, and the Administrative Staff in the Henderson Building. Thanks to all for helping us on our journey towards becoming fully staffed!

~ Robbie Horne
Food Services Manager

Pictured is Pam Howell, Administrative Assistant for the Dietary Department, ready for the first applicant.



Know the Difference

SYMPTOM CHECKER

How COVID-19 Compares With Other Illnesses

What does being sick with COVID-19 look like compared with a cold or the flu? Check what types of symptoms show up for each illness and how often in the chart below.








NOTE: If you have not been to a country or area with an outbreak of COVID-19 or have not had contact with someone who has, the Centers for Disease Control and Prevention says the risk of getting the disease is low.

	COVID-19		COLD/UPPER RESPIRATORY INFECTION		ALLERGIES/HAY FEVER		INFLUENZA	
	Is it a Symptom?	How Common?	Is it a Symptom?	How Common?	Is it a Symptom?	How Common?	Is it a Symptom?	How Common?
Fever	✓	Common	✓	Rare			✓	Common
Fatigue (Tiredness)	✓	Common	✓	Sometimes	✓	Sometimes	✓	Common
Dry Cough	✓	Common			✓	Sometimes	✓	Common
Difficulty Breathing	✓	Severe			✓	Sometimes		
Aches and Pains	✓	Sometimes	✓	Rare			✓	Common
Sneezing			✓	Common	✓	Common	✓	Sometimes
Runny Nose	✓	Sometimes			✓	Common	✓	Sometimes
Stuffy Nose			✓	Common	✓	Common		Sometimes
Watery Eyes					✓	Common		
Sore Throat	✓	Sometimes	✓	Common			✓	Sometimes
Diarrhea	✓	Sometimes					✓	Rare



March 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	3 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	4 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	5 Chapel 6:15-8pm	6 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	7
8	9 Movie Night 6:00—8:00 All units together 	10 Movie Night 6:00—8:00 All units together 	11 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	12 Chapel 6:15-8pm	13 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	14 
15	16 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	17 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	18 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	19 No afternoon groups 1:30-3:30 Special Event Chapel 6:15-8pm	20 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	
22	23 Gameroom /Karaoke ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45 	24 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	25 Birthday Party 6:00—8:00 All units together 	26 Chapel 6:15-8pm	27 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	
29	30 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45	31 Gameroom ERS & E/F- 5:45- 6:35 ADMISSIONS- 6:40-7:45				

*May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.*

~Irish Blessing



MONTHLY PATIENT CENSUS

January 2020

Admissions - 70

Discharges - 67

Passes - 3

Average Daily Census - 163

Census





Daffodils

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

- William Wordsworth

Eat Right, Bite by Bite

Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction.



VARY YOUR DIET

EAT A VARIETY OF
NUTRITIOUS FOODS
EVERY DAY.



MEAL PLANNING

ENJOY HEALTHFUL
EATING AT SCHOOL,
WORK & HOME.



COOK & PREP

LEARN SKILLS TO
CREATE TASTY MEALS
TO SHARE AND ENJOY.



VISIT AN RDN

SEE A REGISTERED
DIETITIAN
NUTRITIONIST.

National Nutrition Month[®] is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, we invite everyone to focus on the importance of making informed food choices, and developing sound eating and physical activity habits. For more information about nutrition, please visit their website at <https://www.eatright.org/food/resources/national-nutrition-month>





SWVMHI Culture of Quality and Safety: The TOVA Toolbox



#8 Chokes



Chokes are extremely dangerous. These are rare, but when they happen, the target person is in serious trouble. Therefore, a choke release must be performed **quickly and assertively**.

Forearm Choke Management

The release from the forearm is difficult and is seldom accomplished, so our goal is to provide short term management until assistance arrives.

As the person's arm encircles your throat, **drop your chin into the crook of his elbow. This will protect your airway and allow you to get air into your lungs.** At the same time insert the blades of both hands deep into the grip, one hand on the person's forearm and one right at the crook of his arm near his bicep.

Next, pull the arm away from your throat and anchor it against your chest with both hands. **AT THE SAME TIME**, drop your center of balance and lean slightly forward. Dropping your weight allows you to briefly create space between you and the person choking you.

CAUTION! Tucking your chin into the crook of his arm will protect your trachea but if you do not remove the pressure his forearm and bicep are applying to your carotid arteries, your brain will get no oxygen and you will pass out.

CAUTION! During a forearm choke, the person will probably attempt to pull you backward. If your upper body bows backward past the line of your buttocks you are in an extremely dangerous position. You must not allow this to happen. Dropping forward immediately is the counter to this situation.

And remember, continuous awareness of your environment and immediate surroundings will help prevent situations in which you would need to use the choke management technique.

meet our NEW HIRES



Please welcome the newest additions to the SWVMHI Team!

New Hires for 01/25/20

- ◇ Thomas Evans, Food Service Technician

New Hires for 02/10/20

- ◇ Carolyn Armstrong, RN, Ward A/B, third shift
- ◇ Abigail Bise, P14 Food Service Technician
- ◇ Kathy Butz, Procurement Officer
- ◇ Stephani Carbary, P14 PCT, ERS, second shift
- ◇ Melissa Carrico, RN, Ward A/B, second shift
- ◇ Terrance Crosby, Food Service Technician
- ◇ Christine Furches, Head nurse, Ward C/D, second shift
- ◇ Richard Garrett, P14 Food Service Technician
- ◇ Lea Haynes, Food Service Technician
- ◇ Janet Heath, P14 Food Service Technician
- ◇ Carrie Litton, PCT, Float, first shift
- ◇ Emily McClure, PCT, Ward A/B, second shift

- ◇ Geoffrey Morrison, PCT, Ward E/F, second shift
- ◇ Stacy Nunley, PCT, Ward A/B, third shift
- ◇ David Peterson, P14 to full time Security Officer
- ◇ Mary Ann Rasnake, P14 Food Service Technician
- ◇ Melvie Smith, Food Service Technician
- ◇ Miranda Sprinkle, Food Service Technician
- ◇ Morgan Stumbo, Treat Care Specialist, Admissions
- ◇ Jessica Widener-Bailey, P14 Wellness Rehab Specialist

New Hires for 02/25/20

- ◇ Lynn Ludvigson, Psychiatrist, Geriatrics
- ◇ Roger Umbarger, P14 Food Service Technician

Welcome Aboard

“Off the cuff” March holidays to celebrate:

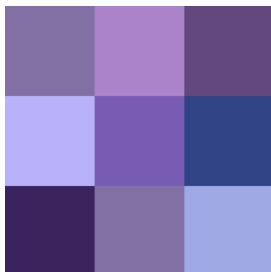
March 2 — Dr. Seuss Day

March 10 — International Bagpipe Day

March 14 — Pi Day

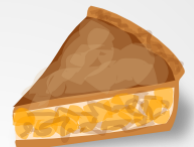
March 22 — Talk. Like. William Shatner. Day.

March 26 — Purple Day



π

3.14



π.ε

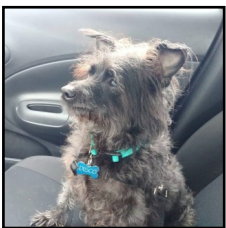
A DELICIOUS COINCIDENCE?



New Dogs in the House



The Rehab department tested five new dogs to be included in our AAA/T program. Special thanks to Christie Boyd, DVM, and Rebecca Beamer, DVM, for volunteering their time to test these animals. All dogs are owned by staff members. Each one has a unique personality, which makes them useful for our varied population. We will be matching them with individuals based on needs, preferences, and level of activity. Be watching for them in the next few weeks!



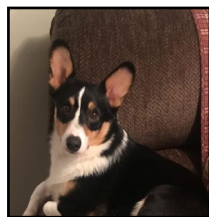
DISCO – Belongs to Genevieve Bartuski and is an 11-year-old Cairn Terrier mix (think Toto). He

is quiet and friendly, and will be hanging out with Genevieve on ERS.



MURPHY – Belongs to Judy Britt and is a two-year-old rescue Irish Setter. He is

young and full of energy – perfect for the individual with energy to burn, but is also a love bug. He will be great for playing ball in the Gym or court-yards, or giving affection to those on the wards. He is friendly and eager to please!



STUMPER – is a one-year-old Welsh Corgi and belongs to Coreybeth

Dutton. He has the cutest wiggle-butt you’ve ever seen. He’ll be perfect for going on walks, snuggling, or playing ball.



IVY - Belongs to Sean Carrigan and is not yet old enough to be utilized in the program. She and her littermate,

WILLOW, have been tentatively approved and will be re-tested in two months, after they turn the required one year. Ivy is curious and sassy, well suited for an active individual. Her compact size also makes her good to snuggle.



WILLOW – IVY’s littermate, also belongs to Sean Carrigan and is quieter and more subdued than her sister. She is soft

and cuddly, and will be a good fit for less active and introverted individuals.

We are happy to expand our program with these dogs. They will be joining our currently active dogs: Gus, Doc, Tipi, Pup-Pup, Wrangler, and Lily. Murphy and Stumper will start in the next few weeks.

We plan on testing additional dogs, if needed, in another six months. If you would like more information about the AAA/T program, please contact Lesu Cole, Coordinator at Extension 515 or via email at Leta.cole@dbhds.virginia.gov.



Lunar Phases

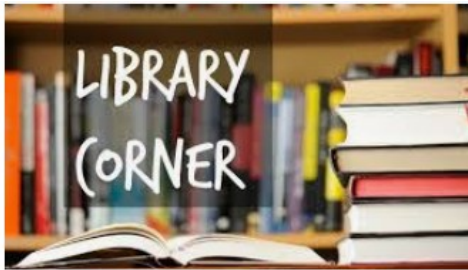
March

First Quarter Moon — March 2

Full Moon — March 9

Last Quarter Moon — March 16

New Moon — March 24



March is Music Involvement Month, which encourages people to learn an instrument, attend performances, or just listen to music more often. There are many benefits to listening to music that can be very helpful for individuals in mental health recovery. Music has been shown to reduce stress and elevate mood. Some studies show that music can improve memory and cognition, and can relieve symptoms of anxiety and depression. There are also physical benefits. Soothing music has been shown to be relaxing, heart healthy, and an effective pain management tool. Some studies have shown that music helped people to eat less and perform better in their workouts. Our library offers a wide array of music in many genres. Individuals can listen to music in our library and sometimes music can be checked out to listen to on the ward. This can be a great resource for individuals we serve, and I encourage anyone to consider its therapeutic use.

New Books:

How the Irish Saved Civilization
 Words on Fire
 The Golden Goblet
 Romeo Blue
 Hearts of Fire: Eight Women in the Underground Church
 Touch
 Sleepwalking
 Living Faith
 Following Atticus: 48 High Peaks, One Little Dog
 Will's Red Coat: The Story of One Old Dog...

Thomas Cahill
 Jennifer Nielsen
 Eloise Jarvis McGraw
 Phoebe Stone
 The Voice of the Martyrs
 Doddie Greer
 Meg Wolitzer
 Jimmy Carter
 Tom Ryan
 Tom Ryan



Donations

The library would like to thank the following people for donating items: Jan Barron, Caroline Norris, Ashley Privett, Sheila Thomas, Cheyenne Harris, Charlotte Ball, Melanie Smith, Lesu Cole, Brenta Gerasimova, Jeannette Heath, Denise Mance, Carol Johnson, Rebecca Sexton, Laurie Goral, Charlotte Ball,. We are also very thankful for the many anonymous cards, magazines, and books and anyone I may have accidentally left off the list.

~ Christina Quillen
 Librarian



Word Search



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

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

Spring

Shamrock

Flowers

Green

Irish

Luck

Rainbow

Pot of gold

Basketball

St. Patrick

Lion

Lamb

Spring training

Daylight savings

Equipment and Supply Room



Did You Know?

SWVMHI has an Equipment and Supply Room available at all times to staff. If you have identified a need for Safety Equipment including for the prevention of falls and injuries from fall. There are a variety of items available no matter the shift or day of week. These items are located in the Harmon Building Room # 117.

How to access the Room(s)/Items:

Monday through Friday the items are accessible by contacting the Physical Therapy Department. at Ext. 541. For after hours/weekend/holiday needs, contact Security by calling Ext. 164. **These items are accessible for new admissions at all times.**

Some items are also available in the Ward H Storage Room. Please notify Physical Therapy at Extension 541 if equipment/supplies are removed.

Examples of equipment/supplies:



Broda Chairs, bedside commodes, bedside fall mats, wedges for positioning, walkers, and helmets.



Documentation:

The RN will document in the EHR the need for the equipment and the reason issued, such as for individual safety and fall prevention interventions.

Returning equipment:

When equipment is discontinued or no longer needed, please clean, label, and return to the appropriate storage area.



News from the Training Department



The New Year has started off with a bang! We welcomed four new employees in January and we have 19 that are attending orientation in February!

Dr. Michael Gillette visited February 6th and taught about the ethics of working with the LGBTQ+ community. More than 25 staff attended the discussion. **A video of the presentation is available in the Training Department; we have several copies so feel free to come by and borrow one!** Dr. Gillette will be returning on March 12 from 1:30 -3:00 to continue the conversation and discussion.

Upcoming Events in March

3/12 **Dr. Gillette** 1:30- 3:00 in the Dogwood Room, B Building

3/16 **History Tour** – 1:00-3:00 Meet in the Bagley Building Lobby

3/18 **REVIVE!** – 2:00- 3:30 in the Dogwood Room, B Building

This class will be held once a quarter so sign up if you want to catch it!

3/30 **Mental Health First Aid** 8:30 – 5:00 in the Dogwood Room, B-Building

This class will be held once a quarter so sign up if you want to catch it! This is a superb opportunity to learn more about Mental Health and receive a certification as well.

Mark your Calendar!

Stay Interview training
will be April 9th

(1900-2230)

March CAIs

Fire, Safety & Security

Virginia State Employee Safety
and Disaster Awareness

Training (New!)

To register for these or any classroom event, please call the training department at Extension 854.



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

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

Please submit articles for the next newsletter to Cheryl Veselik by March 20, 2020.