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# From the Director

## EMPLOYEES OF THE QUARTER

Congratulations to the following employees who have been selected for Employees of the Quarter:

### Laurie Goral, Rehab Resource Coordinator Supervisor



Laurie is a good candidate for SWVMHI Employee of the Quarter. She has been an employee for fifteen years, but in the past year, she has been undergoing a variety of new responsibilities and working diligently through the many changes in the Rehab Department. She was agreeable to serving on the newly developed Active Treatment Committee, and volunteered to be on the subcommittee to explore incentive programs to enhance treatment participating from individuals served. Laurie has provided extra time on coaching, training, and counseling RRC staff as needed to increase and enhance direct care services on and off units.

Laurie has been honoring day-to-day tasks, practicing honesty with more compassion, and building better trust through her enhanced leadership skills, self-initiative, and team working. Below are several other outstanding accomplishments and added tasks

completed to help out individuals served, the Rehab Department, and SWVMHI:

- \* Volunteered to complete the training to be a TOVA trainer to fulfill the departmental need to assist with keeping all Rehab staff in compliance with annual training requirements.
- \* Shares many new ideas on how to improve Rehab Department functioning and operations.
- \* Works with the founder of the 5 Bridges to Wellness, Jacob Moore, and the Training Department, to implement this new treatment approach through rehab services. She has been assigned and agreeable to serving as the 5 Bridges Coordinator to ensure proper implementation and to evaluate/measure outcomes of the program.
- \* Shown great self-initiative and teamwork with Rehab Director and CRS supervisor. She has been implementing consistent group supervision meetings with Rehab Resource Coordinators.
- \* Volunteered (on short notice) to work over on a Friday night to serve the SWVMHI craft booth at the Marion Downtown Christmas Market.
- \* Worked *diligently* for many months to help clean and sort out a fully stocked/stacked up office and closet due to the Rehab Department's need of the office

### Hidden

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





# Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families.



NAMI's "You are Not Alone" campaign features the lived experience of people affected by mental illness to fight stigma, inspire others, and educate the broader public. Now more than ever before, it is important for the mental health community to come together and show the world that no one should ever feel alone. The campaign builds connection and increases awareness with the digital tools that make connection possible during a climate of physical distancing. Even in times of uncertainty, the NAMI community is always here, reminding everyone that *you are not alone*.

together and show the world that no one should ever feel alone. The campaign builds connection and increases awareness with the digital tools that make connection possible during a climate of physical distancing. Even in times of uncertainty, the NAMI community is always here, reminding everyone that *you are not alone*.



One in five Americans is affected by mental health conditions. Stigma is toxic to their mental health because it creates an environment of shame, fear, and silence that prevents many people from seeking help and

treatment. The perception of mental illness won't change unless we act to change it.

## CureStigma

- Stigma is a virus that prevents people from seeking help. Be a part of the cure, get tested for stigma: [CureStigma.org](https://CureStigma.org) #CureStigma
- Stigma may not directly affect you, but it prevents the 1 in 5 Americans with mental health conditions from seeking help. Get tested at [CureStigma.org](https://CureStigma.org) #CureStigma
- Be an ally to people with mental health conditions. Get tested for stigma at [CureStigma.org](https://CureStigma.org) #CureStigma

- Examine your own behavior before judging others. Get tested for stigma at [CureStigma.org](https://CureStigma.org) #CureStigma
- There's no easy cure for mental health conditions, but stigma can be cured. Find your cure at [CureStigma.org](https://CureStigma.org) #CureStigma
- Mental health stigma may not directly affect you, but you could risk harming someone else. Get tested for stigma: [CureStigma.org](https://CureStigma.org) #CureStigma

## Mental Health Facts

- 1 in 5 adults in the U.S. lives with a mental health condition.
- 1 in 25 (10 million) adults in the U.S. lives with a serious mental illness.
- 47.5 million people in the U.S. face the day-to-day reality of living with a mental illness.
- Half of all lifetime mental health conditions begin by age 14 and 75% by age 24, but early intervention programs can help.
- 90% of those who die by suicide have shown symptoms of an underlying mental illness. Suicide is the 10th leading cause of death in the U.S., but suicide is preventable.
- Additional facts and citations are available at [Mental Health by the Numbers](https://MentalHealthbytheNumbers.org).

## What Is Stigma?

People experiencing mental health conditions often face rejection, bullying, and even discrimination. This can make their journey to recovery longer and more difficult. Stigma is when someone views you in a negative way because you have a mental health condition. Some people describe stigma as shame that can be felt as a judgement from someone else or even internally about yourself.

Navigating life with a mental health condition can be tough. The isolation, blame, and secrecy that stigma causes can create huge challenges to reaching out, getting needed support, and living well. Learning how to cope with and address stigma is important for all of us.

For more information, please visit [www.nami.org](https://www.nami.org)



# From the Director, *continued*

space and no other staff willing to complete this large and unpleasant task.

- \* Serves on the PSR Millennium Workgroup to represent SWVMHI Rehab Department and works along with Central Office staff and Cerner/Millennium staff to develop the Electronic Health Record. This dedication of time serving on workgroup will be instrumental in the future training of Rehab staff as required. There will be several training points to be implemented for 2020 to meet DBHDS' expectations.
- \* Provides Rehab group coverage and scheduled to facilitate own group, which is going above and beyond on a regular basis as a supervisor.
- \* Fulfills requirements to remain certified as an Activity Director, which is a benefit to the facility and individuals served.
- \* Often times purchases donuts, out of own pocket, to provide a treat for staff to improve morale.
- \* Attends to staff by purchasing greeting cards and balloons for personal celebrations; and often times, donates money to staff during difficult times, which is appreciated by all.

Please join me in thanking Laurie for all that she does for SWVMHI and the individuals we serve.

## **Patricia Horn, Head Nurse, Ward A/B, Second Shift**



During a two month period, Ward C/D had a number of PCT and RN vacancies on evening shift. During this time, the head nurse position on Ward C/D was also vacant. This position supervises the RNs. The staff was informed that 12 hour shifts would be needed in order to provide safety on the unit as well as have seasoned staff available around the clock, as well as onboarding the newly hired staff.

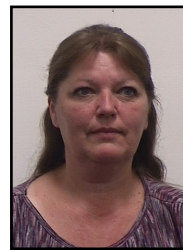
Staff had been hired, but onboarding was needed for four PCTs and three RNS. In addition to the needs of Ward C/D, Ward A/B had probationary staff with ongoing orientation and supervisory needs. Patty offered her assistance in this matter. She was taken off direct care responsibilities for the majority of this time so that her focus could be on integrating the new hires into a work team that was temporarily working 12 hour shifts. For the following two months,

Patty made preceptor assignments (including her own), completed orientation paperwork, completed schedules for two units and vacation calendars for two units, and kept morale up during this time.

The Head Nurse position on Ward C/D was filled on February 10, 2020. Patty continues to assist both units in her Head Nurse role, and will be instrumental in orienting the new head nurse upon her arrival to the unit.

Congratulations and thank you, Patty!

## **Annette Mitchum, LPN, Third Shift Float**



In November, 2019, Ward C/D, especially second shift, was extremely short staffed and mostly new. The Shift Nurse Coordinator asked her third shift LPNs if any of them would be willing to work second shift for the next two schedules, which is eight weeks, to help with coverage and onboarding the new staff. Annette was the only volunteer who was able to work second shift for two months. Annette worked second shift mostly in Admissions to help out. By doing this, she demonstrated strong teamwork skills across the shifts. She also demonstrated leadership skills and honoring day-to-day tasks by her willingness to help train and guide new staff, and add some stability by having a more experienced LPN working the unit. I appreciate Annette for her willingness to help out another shift. For this reason, she made a difference and an impact that is worthy of being employee of the quarter.

Congratulations Annette!

## **Debbie Sadler-Butts, Head Nurse, Ward C/D, Third Shift**



Debbie has been very instrumental and the guiding force in building an amazing team on Ward C/D third shift. She has built a team of nursing staff, including the nurses and the PCTs. In November, 2019, they were told that they would have to go 12-hour shifts for the next two schedules, which are four weeks each. This would

~ continued on page 4



## From the Director, *continued*

start the week of Thanksgiving and go into the middle of January. Because of the way we do our schedules, at SWVMHI staff had already planned their days off and know when they would be able to spend time with family during the main holidays of the year. Suddenly, their schedules were changed to 12 hour shifts and their days off changed too. Debbie was able to talk with the staff and help them to process through all of this. Some staff had their weekends off changed, and Debbie worked to make some revisions where possible to get them what they desired to the best of her ability. During this two month period, second shift had new staff starting and Debbie was helping with the onboarding of new PCTs and nurses. Many comments were heard about how helpful and understanding Debbie had been. Many comments about how she was always positive even in stressful situation were also heard, as well as many comments about Debbie being so helpful.

One new staff member, when hired, stressed a strong desire to work in Geriatrics. After she was hired, she was told she could go to Geriatrics, but the told it was a mistake and asked if she would be willing to work on Ward C/D third shift. The new staff member came to third shift Ward C/D a little bitter about all that had recently happened, but Debbie was very helpful and understanding. The new staff member now says that if she was offered Geriatrics now, she would decline because of the awesome team she is working with on Ward C/D. The Shift Nurse Coordinators track call-ins and this makes the fourth month in a row that Ward C/D has had the least

number of call-ins on third shift for each month. Ward C/D also had single-digit call-ins on third shift for all months but one.

Debbie is an instrumental part of this because of the team she has been building. Debbie in every way demonstrates the mission, vision, and values of the hospital. Debbie has been able to Ward C/D third shift from a stormy team to a performing team. Excellent attendance speaks of this very loudly. Ward C /D third shift is an amazing team, working together, supporting each other, and making sure at the end of the day, all tasks have been completed.

Congratulations Debbie! We are grateful for you!



**Linda Taylor, PCT, Ward J**

Linda Taylor is an exceptional team member. She consistently completes all of her assignments well within the required timeframe, and other duties, without any prompting. When she identifies something that needs to be done, she quietly will do it. She actively engages with individuals we serve, and encourages them. She recognizes their accomplishments and praises them. Linda is also very safety-conscious on the unit when doing hall rounds and notifies the charge nurse of potential hazards. Linda has also volunteered to work several additional weekdays due to vacancies. She is helpful and supportive to her co-workers. It is noteworthy that when individuals we serve say harsh statements to her, she remains focused in her work. She is a strong asset on the ERS Team.

Congratulations and thank you, Linda!

The spring is fresh and fearless  
And every leaf is new,  
The world is brimmed with moonlight,  
The lilac brimmed with dew.

Here in the moving shadows  
I catch my breath and sing --  
My heart is fresh and fearless  
And over-brimmed with spring.

- Sara Teasdale, *May Night*, 1920





# Geriatric Unit says Thank You for Sewing Masks



Thank you so much!  
God bless you!  
- Kaitlyn

Thank you  
so much I  
appreciate it.  
Michelle Widener

Thank You  
so much  
for all your hard  
work.  
Nancy

Thank you!  
Hanrah  
Caywood  
Thank you!  
Summer Kawai

Thank you!  
Zoe Chandler

Thank you!  
Shelly Jones

Thank you!  
Tiffany Carberry

Thank you  
Cardy Tompkins

Thank you  
for your  
pretty colors!  
Mary DeBore

Thank you so  
much Fabiana

Thank you  
so much!  
Amy

Thank you so much  
for your thoughtfulness  
Amy Awan

may God bless  
you for thinking  
of us!! Thank you!!  
D. Leachard Pot  
We appreciate  
you! Grace

Your kindness is  
greatly appreciated.

Thank you  
so much for  
the thoughtful  
gift of staples

Many thanks  
Jill

Thank you so much.  
God bless you  
Marilyn Little

# International Nursing Week: May 6 - 12

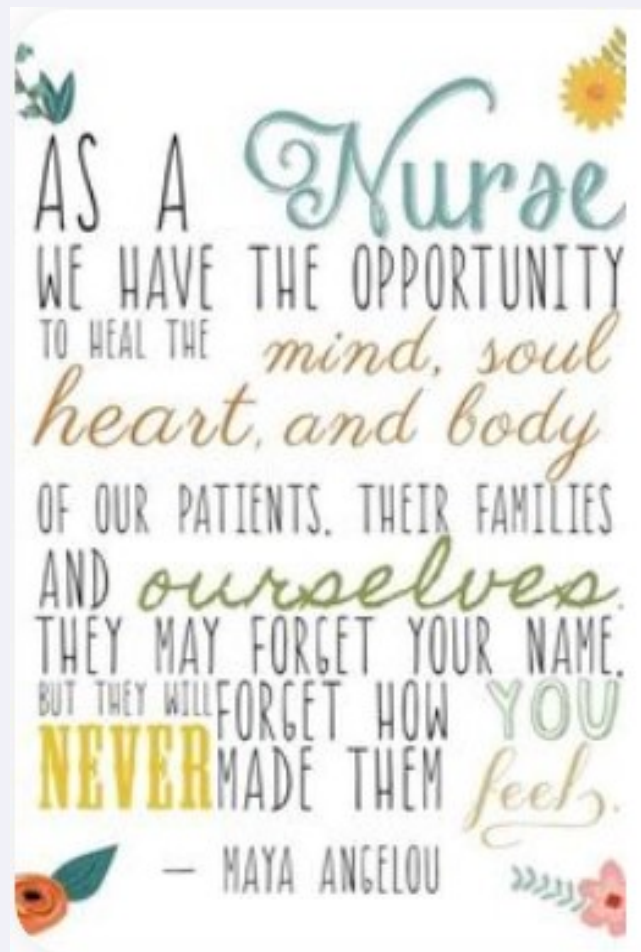
**NURSES**  
 A VOICE TO LEAD  
 NURSING THE WORLD  
 TO HEALTH



International Nurses Week is an annual celebration to showcase the role of nurses and to help raise the profile of the nursing profession.

Nurses Week is celebrated annually from May 6th and culminates on May 12th, the birthday of Florence Nightingale.

Nurses Week 2020 is extra special as the whole year is designated by the World Health Organization (WHO) as the International Year of the Nurse and the Midwife in honor of the 200th anniversary of Florence Nightingale’s birth! As the world faces a pandemic, we realize more than ever the importance of nursing and nurses in our society. Help us in supporting the more than 20 million nurses across the world who are saving lives and making a difference every day. SWVMHI wants to especially thank and recognize its own Nursing Department.



# Public Service Week: May 3 - 9



## Celebrate Virginia Public Service Week!

**Governor Northam has proclaimed the week of May 3 - 9 as Virginia Public Service Week, celebrating the commitment of federal, state, and local employees in serving the people of Virginia. DBHDS and SWVMHI also celebrates this week with you. Commissioner Land has granted all full-time employees four hours of recognition leave. Please be on the lookout for this leave in your Kronos leave balances. Additionally, SWVMHI will be distributing t-shirts to all employees during the week as well. You deserve to celebrate all year round for the work you do in keeping the individuals we serve, as well as your co-workers, safe, but it is especially important now with the extra measures taken by all staff to ensure the individuals we serve stay safe and healthy during this difficult pandemic. Keep up the great work!!**



# Hope

is the thing with feathers  
that perches on the soul  
and sings the song without the  
words  
and never stops at all.



## MONTHLY PATIENT CENSUS

### April 2020

Admissions - 45

Discharges - 44

Passes - 0

Average Daily Census - 151

### Census



## Healing Garden



With groups on hold during the COVID-19 response, Rehab staff are working with individuals to clean out and plant flowers in the raised beds located in the Healing Garden, off of the L Hallway. Plants were purchased from Haynes Greenhouse, which gave us a good deal! One bed was planted last year perennial plants and herbs, and the other has annual flowers. Individuals will be maintaining the beds in various groups/activities this summer.



### COVID-19 Safety: When you are away from the facility:

If you need to go out, **please wear your cloth mask with the filter when you are around others.** Ask your loved ones to wear a mask also.

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.

Wearing a mask doesn't mean that you are panicked or a weakling. Wearing a mask means that you care about others and yourself and that you are educated about how the COVID-19 virus spreads.

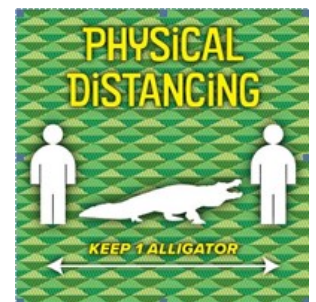
**Practice social distancing.** Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

**Ensure that you wash your hands often and use hand sanitizer.** Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

It is an important part of our job to keep the individuals we serve, ourselves, our co-workers, and our loved ones safe. Remember we are the helpers!

Remember







## SWVMHI Culture of Quality and Safety:

# The TOVA Toolbox



## #10 Supine Restraint

In some cases to keep everyone safe, it may be necessary to maintain a restraint once the person has gone to the floor. If the person cannot be managed in the seated position, you may need to transition to the supine restraint. In the supine restraint, the person is **lying on his back, face up**.

To apply the supine restraint, the team leader (the staff person who is maintaining the seated restraint) begins to shift back, allowing the individual to recline. Two other staff persons, one on either side of the individual reclining, secure his arms as he is brought down to the supine position. Once in the supine position, the staff on either side of the individual kneels facing each other, with one knee at the individual's arm above the elbow, and other knee at the individual's forearm. **The knees should be on the floor, touching the individual's arm, not ON the individual's arms.** This position prevents the individual from bringing his arms away from his body.

Secure the individual's arms by holding the individual's palm to the floor. There should be a curve in the person's arm in order to ensure his safety and comfort. Staff on either side of the individual should place one knee at the person's wrist and the other knee at the person's armpit. The knee at the wrist (AT the wrist, not ON the wrist) is placed to keep the individual from drawing his arm down and around. Staff on either side of the individual should place their hands on either side of the individual's elbow, allowing about 4-6 inches of space between the hands.

**Only apply as much pressure on the shoulder as is necessary to prevent the person from sitting up. It is unnecessary and inappropriate to put pressure on the person's shoulder to hold him to the floor. A third staff person may secure the individual's legs above the knees by lying across the thighs while resting his body weight on his own elbow. The staff's body weight is NOT on the individual's legs.** The staff person securing the legs should face forward so he can communicate with the other staff. If necessary, a fourth staff person may secure the legs below the knees. Again, this staff is facing forward, but with the length of his body in the opposite direction of the staff securing the thighs.

When the team leader determines it is safe to discontinue the restraint, the staff on the person's legs releases first, then simultaneously, the staff at the individual's arms shuffles back and away.



**Caution! Even though holding the person in a supine position reduces the risk of positional asphyxia, any restraint poses risks. In the supine position there may be an increased risk of aspiration. Staff must closely monitor the person's status during the restraint. At any sign of medical distress, the restraint should be terminated. When possible, medical staff should observe restraints to better ensure safety.**

# meet our NEW HIRES



## Please welcome the newest additions to the SWVMHI Team!

### March, 2020

- ◇ Richard Garrett, P14 to Full-time Food Services Technician
- ◇ Levi Gillespie, Registered Nurse I, Ward A/B, Third Shift
- ◇ Tina Greear, Psychiatric Care Technician, Ward E/F, Second Shift
- ◇ Sarina Simmons, Registered Nurse I, Ward C/D, Day Shift
- ◇ Haylee South, Psychiatric Care Technician, Ward C/D, Second Shift
- ◇ Brittney Worley, Psychiatric Care Technician, Ward A/B, Second Shift
- ◇ Juanita Cameron, Full time to P14, Psychiatric Care Technician, Float, Day Shift
- ◇ Susie Hopkins, Utilization Review Coordinator
- ◇ Christy Jones, Food Services Technician

### April, 2020

- ◇ Emilie Buchanan, Psychiatric Care Technician, Ward E/F, Third Shift
- ◇ Jennifer Heath, Registered Nurse I, Ward A/B, Second Shift
- ◇ Julia Vazquez Herrera, P14 to Full-time LPN, Ward C/D, Second Shift
- ◇ Hannah Morris, Psychiatric Care Technician, Ward C/D, Second Shift
- ◇ Kara Queen, P14 to Full-time Psychiatric Care Technician, Ward F, Second Shift
- ◇ Diane Smith, Psychiatric Care Technician, Ward J, Day Shift
- ◇ Amber Smith, Psychiatric Care Technician, Ward C/D, Second Shift
- ◇ Alex Anderson, P1 Registered Nurse II, Float, Day Shift

### “Off the cuff” May holidays to celebrate:

May 1: Mother Goose Day

May 8: No Sock Day

May 11: Eat What You Want Day

May 14: National Chicken Dance Day

May 16: National BBQ Day

May 25: Hamburger Day

May 27: Joe Cool Day



# COVID-19 Mask Update



On April 30, an All Staff email was sent noting that *SWVMHI has instituted 'Universal Masking.' Effective April 27, all employees will be required to wear a mask while working.* *The only exception to this if you are in a room by yourself or farther than six feet away from other persons in an enclosed area. This is called "source control" for everyone entering a healthcare facility (e.g., healthcare personnel, patients, visitors), regardless of symptoms. This is a recommendation from the CDC, VDH, the Joint Commission, and CMS."*

**If you are at SWVMHI in the Bagley, Blalock, or Auditorium Buildings, you are to wear a mask on the wards or out in public places.**

Staff who have been issued N95 masks may choose to wear a cloth mask with filters in the hallways, on breaks, or when out in public places. That is, you do not HAVE to wear an N95 if you need to give your face a rest. This is why we gave at least one cloth mask with a Hepa filter in it to every staff member.

If you see a staff member in the hallway without a mask, please *kindly and gently* remind the staff member that this is now the requirement. There has been a lot of information being distributed and we know that it is hard to keep up with it all. We rely on each other, *the helpers*, to help us all remember all that we have to remember in our complicated COVID-19 world. And I know that you ALL are the helpers.

## **An Update on the Masks that SWVMHI is Using:**

### **N95 Masks**

N95 masks have been given to employees who provide direct patient care. N95s should be worn at all times on

patient care units and when giving direct patient care. This includes nursing, physicians, rehab staff (when inside with patient groups), laboratory, radiology, PT/OT, patient registrars, and the treatment care specialists. Security will wear N95s when on patient care units.

Due to the vulnerability of our geriatric patients, all staff on EF will wear N95s on the unit. This includes nursing, physicians, psychologists, social workers, rehab staff, and housekeeping.

**Staff wearing N95 masks should take extra care because masks that become soiled cannot be decontaminated. Face shield are available for certain medical procedures to help protect the masks as well as to help the N95s last longer.**

**In addition, any makeup that touches the mask could contaminate the mask including foundation, tinted sunscreen, heavy cream-based lotions, lipstick, blush, or men's aftershave. If you apply a skin-care product, be sure that it is sheer and is totally absorbed into your skin. If you can brush it off with your fingers, it can get onto the mask.**

Anyone using an N95 face mask should be fit-tested. If you have not been fit-tested, please notify Cindy Jones by email and we will make arrangements to get it completed. Remember each time the N95 is put on it must be **Fit Checked** to ensure there is a seal and no leakage of air.

### **Cleaning Process: N95s**

Soon we will have the ability of sending our N95s out for decontamination using a vapor hydrogen peroxide process by the Battelle Memorial Institute, a private nonprofit applied science and technology development company. The contract between Battelle and DBHDS has been

signed and details of collection and shipping are being worked out.

As noted above, all N95 respirators sent for decontamination must be free of any visible soiling or contamination. If there is any blood, bodily fluids, make-up, or other visible soiling, they cannot be decontaminated.

At this time, we continue to have a limited supply of N95s, and so we must ask you to preserve them. We will give more information about decontamination as soon as it becomes available.

### **Surgical Masks**

Surgical masks are also made of special material, but they don't provide a seal around the nose and mouth, meaning smaller droplets may still be inhaled. Surgical masks are good, however, to protect the nose and mouth from larger droplets from coughs or sneezes, and for preventing infected people from spreading droplets.

With the decreased availability of surgical masks, we are conserving our supply and using them for one-time essential visitors.

**Cleaning Process: Surgical Masks cannot be safely cleaned.**

### **Cloth Masks with Hepa Filter**

We have had a great effort from three-four SWVMHI staff members with awesome sewing skills to make cloth masks for employee use. To date, the staff have made 1867 cloth masks and we have distributed 785. We thank these skilled staff very much for their work. SWVMHI bought Hepa filters that can be placed inside the cloth mask to add a layer of protection.

(cont. p. 13)

# Word Search



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

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

“Just like moons and like suns with certainty of tides,  
 Just like hopes springing high, still, I’ll rise.” ~ Maya Angelou

Appreciation

Flowers

Planting

Baskets

Garden

Proud

Brave

Honor

Remembrance

Brunch

Loving

Salute

Care

Maypole

Spring

Family

Memorial Day

Thoughtful

Flag

Mother’s Day



## Lunar Phases

### May

First Quarter Moon — May 7

Full Moon — May 14

Last Quarter Moon — May 22

New Moon — May 29



### COVID-19 Masks (cont. from page 11)

Even though the Hepa filter describes that it can filter out 95% of small particles, the cloth masks do not form a tight seal so they are **not** equal to a N95.

The cloth masks with the filter are used by staff who are not giving direct patient care on the units (except on the Geriatric Unit where they wear N95s). In addition, cloth masks will be worn by employees in food service, physical plant services, health information, patient registrars, administration, human resources, fiscal, housekeeping, and IT.

Cloth cannot provide a seal around the nose and mouth. That is why those with direct contact with patients and all staff on the Geriatrics Unit are being provided N95 masks.

**Cleaning Process: Cloth Masks with Hepa Filter** These cloth masks should be washed and dried daily to maintain cleanliness. This can be done by hand or by machine. The Hepa filter should be removed and washed separately.

### Cloth Masks for Individuals

These masks are kept in the Patient Registrar's office and given to individuals upon admission. They are not mandatory, but should strongly be encouraged. Staff have found that most individuals want to wear a mask and will be cooperative with wearing it, especially when they are provided education about COVID-19.

**Cleaning Process: Cloth Masks for Individuals** These cloth masks should be labeled for each patient, washed, and dried each night to maintain cleanliness.

### Oops, It Broke!

We know that sometimes the straps can break on any of these masks. In that case, place the mask in a paper bag, label it with your name and unit, and bring to Cindy Jones' office. We will replace the straps with elastic and get it back to you. This includes N95s, cloth masks with Hepa filters, and cloth masks for individuals.

### 3D Masks

In addition to the efforts all healthcare facilities are making to source vendors for high demand - low availability N95 masks, SWVMHI has also been collaborating with local and regional organizations to think outside the PPE box on ways to provide protective masks that can be reusable and more durable than the conventional masks.

**Cleaning Process: 3D Masks** These durable, reusable masks can be easily cleaned, sanitized, and reused. Clean with soap and water or alcohol and let dry.

## News from the Training Department



April showers bring May flowers, or so it is said. It's a little chilly for our May flowers so far! But promises of sunshine and warmth are sure to come.

We welcomed eight (8) New Hires in April. We have five new PCTs, one LPN and two RNs! May will bring in several more nursing staff and a Treatment Specialist as well.

We are using social distancing guidelines in the large classrooms; both Dogwood and the Commonwealth. Each person has a personal space and during TOVA training, and during PPS and Restraint training, which requires face to face interactions, we are wearing face protection/ masks, and hand hygiene.

Thank you to Cindy Jones who has provided cloth masks to the Training Department members and new hires.

Dr. Michael Gillette used Adobe Connect on April 12 to complete his series about the issues surrounding the Ethics of Disaster Preparedness with the COVID-19 Pandemic. **The session on Adobe Connect was recorded for anyone who would like to view the session. Contact Training if you would like access to that Webinar.**

### Upcoming Events in May and June

5/27 1-3 pm -History Tour with Mike Jones, meet in the Bagley Building Lobby

6/3 10am-1pm – Dogwood B-Building – ServSafe

6/17 2-3:30pm – Dogwood B-Building – REVIVE!

6/29 8:30-5:00 – Dogwood B-Building – Mental Health First Aid

**Don't forget to call Patricia at ext.854 to sign up!**

Check the Training Portal on SharePoint for updates and new additions or changes.

## Millennium Super User Training Starts July 13!

*To Millennium ..... and Beyond!*





### Southwestern Virginia Mental Health Institute

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**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

S						E	L	O	P	Y	A	M							
P		T	H	O	U	G	H	T	F	U	L								M
R	H	C	N	U	R	B	A	S	K	E	T	S							O
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Please submit articles for the next newsletter to Cheryl Veselik by May 20, 2020.