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# From the Director



## Becoming More Human: The Psychiatric Rehabilitation Movement Through a Poem

On May 20, 2020, we learned that LeRoy Spaniol had passed away from COVID-19. Leroy was a leader in the field of psychiatric rehabilitation as well as a decent, good, human being. He was the founder of the Psychiatric Rehabilitation Journal and was the executive publisher of it for 23 years. His proudest accomplishment was founding and teaching in the Recovery Center, a rehabilitation program for individuals with psychiatric illness. He is inspiring not only for his many books and journal articles he authored, but for his “gentle wisdom, loving kindness, and selfless grace.”

Our region has a connection to him through Cheryl Rhey, former Rehab Director (for whom the stained glass window in the L Hallway was commissioned) and Carolyn Peterson, recovery champion who retired from Highlands Community Services. These two, individually and together, brought many recovery-oriented ideas and programs to our region. We benefit from this connection.

The following poem was featured on his Facebook page and has profound relevance for anyone on a journey of growth and recovery:

### Becoming More Human

Nothing ever goes away.

My life experiences just become a part of who I am as I struggle and grow as a human being and continue to be open to new experiences.

Perhaps this is what wisdom is. Accepting life as it happens, dealing with it as best we can, and moving on to more life, perhaps more deeply felt.

Compassion comes from accepting my own humanity and the humanity of others.

Life is about all of us together on this journey of becoming more human Through our very human experiences

~LeRoy Spaniol, 1938-2020

#### Hidden

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



Continued on page 3



# Recognizing SWVMHI Employees



Please see Commissioner Land's message from May 22, 2020, which highlights our hospital.

"I would like to pass on to you the excellent work being done [to recognize and support staff] at SWVMHI. Not only are they promoting self-care among staff, but they have also come up with some wonderful ways to recognize employees for the fantastic work they are doing at SWVMHI:

- \* Using the Stress First Aid (SFA) model to assist staff in caring for their own mental health while continuing to care for the individuals they serve during COVID-19. SFA is a self-care and peer support model developed for those in high-risk/high-stress occupations. SWVMHI first implemented SFA in 2017 and it has been a helpful tool during COVID-19, and prior to the emergency, in reducing the risk for severe stress injury by monitoring stress levels, recognizing reactions to a wide range of stressors, and offering a spectrum of interventions.
- \* Developed a unique way to express appreciation for employees' work. The Human Resources and the Training departments were instrumental in developing and making signs modeled on the old Burma Shave signs that were found along the highways in the "olden days" in many parts of the country. The ads usually consisted of four or five rhymed messages staked in a serial fashion on the right-hand side of the road. Messages on the SWVMHI signs were designed to honor the staff's hard work. The brightly-colored "Burma-Shave" signs were placed around Bagley Circle. I included a photo and some of the sayings that were used above.
- \* Distributed "SWVMHI Making a Difference" t-shirts to all staff.
- \* Partnered with a local business, Sisters Café and Gifts, to ensure that staff received their preference of a breakfast or a lunch in recognition of their work.

Thanks to Ginny Moorer for contributing the first bullet regarding Stress First Aid, and thanks again to Human Resources and Training for our cool signs.

Also below see Governor Northam's words from May 8, 2020 – it was if he was speaking to each of us at SWVMHI, where we do important work for the Commonwealth for individuals who are often in most need of behavioral health services.

"I want to take a moment during Virginia Public Service week to thank our state employees and tell you how proud I am of the tremendous work you are doing. This has been a challenging two months for everyone, but you all continue to reach beyond yourselves to improve the lives of your fellow Virginians through public service every day. You play a crucial role in the Commonwealth's success and your efforts to strengthen our communities have not gone unnoticed, especially during these past few weeks.

I have also witnessed the culture of dedication that each of you fosters through your interactions with one another. You are inspired by the work you do and the people you serve. I am heartened by your commitment and faithful service both during this unprecedented public health crisis and throughout the year."

Thank you again to ALL the staff at SWVMHI. Thanks to our strong Values and our teamwork, we are **All Hands On Deck** when we are needed and we are **Making a Difference** every day!



Revised Guide to Physical Distancing

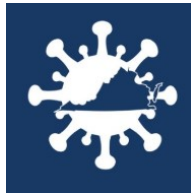


# From the Director

## COVID-19

### Stress and Coping: Mourning the Lives We Have Lost

(reprinted from an All Staff memo 5/18/2020)



**The COVID-19 pandemic has led to a series of losses in our lives. From the loss of loved ones, the loss of the sense of safety and trust, the loss of the ability to see and spend time with our friends and families, the irreplaceable loss of graduation celebrations for 2020 graduates and annual vacation plans, the loss of our favorite restaurants and routines, to financial losses, we all have the sense that we have lost something important because of this global pandemic.**

*This past weekend, the losses hit me. The tipping point? A beloved member of my church, who was a kind and gentle man and like a father to many, had given up his home and moved to one of the really nice nursing homes in the region. How could he and his family have known that it would become a hotbed of infection? My elderly friend lost his life in April. There was no last visit by his three sons, his pastor, or his church family. There was no comforting his grieving widow and no celebration of his life (it will be held later). I asked myself how this could happen: I cried and I was angry.*

It's important that we recognize that we are in the middle of collective grief for all that we have lost. Even people who haven't been directly affected are watching as our education, healthcare, and economic systems are changed forever. It feels destabilizing as we realize that our world is less predictable than we thought it was and we can't always protect those we love.

It is helpful to remember that grief is natural and it's ok to feel grief. We also remember that we will get through this together.

What is hard is that this pandemic event is causing for many people a type of grief called "ambiguous grief."

There is no one point of grief, like a death, but a series of losses than has changed over the time since the pandemic began. George Bonanno, PhD, a psychologist who heads the Loss, Trauma and Emotion Lab at Teachers College, Columbia University, says that "We don't only grieve for what's missing, but also for the ways in which those losses affect our senses of self. You can experience grief over anything that feels like a loss of identity."

Ambiguous and prolonged grief seems to be related to our self-esteem and our belief in a just and fair world.

It helps to name this grief. You can do this by keeping a journal to help put words to the loss and identify ways to move forward and recover, suggests Sherry Cormier, PhD, a psychologist who specializes in grief and grief mentoring. "Name what you're losing, individually and collectively, and write about your personal strengths and coping skills. Most of us have never been through anything like this, but we've been through other challenging transitions. It can help to write about how you got through a divorce, or losing your job, or other challenging transitions. How did you heal and recover?"

And don't forget the importance of using your social supports to stay connected even during "physical distancing." Use text messages, email, phone calls, video conferencing, and social media.

For additional support, Commonwealth of Virginia employees can access EAP services and there are many resources on the SWVMHI SharePoint (Intranet) COVID-19 page. Much of the information for this article came from an article written by Kristen Weir on April 1, 2020: <https://www.apa.org/news/apa/2020/04/grief-covid-19>

Let's be sure to take care of each other - care for the caregivers.

~ Cynthia L. McClaskey, Ph.D.



# Summer Safety Tips



Needless to say, we are living through very difficult, frightening, and emotional times and it's only natural for us to feel anxious, upset, and even angry. As the state begins to open back up

and we adjust to our "new normal" life, please remember to continue to use the best practices to help stop the spread of any communicable disease:

- \* Practice good hand hygiene
- \* Maintain social distancing
- \* Utilize masks
- \* Cough in your elbow or cover your mouth and nose when you cough or sneeze with tissues
- \* Monitor and report any symptoms you may experience

As we move to our new normal, many of us will answer the call of the wild and spend a lot of time outside – enjoying the beautiful region we live in. Whether you stay in the backyard, hike, bike, fish, kayak, canoe, boating, or camping - please remember a few safety rules for summer:

**Heat Exhaustion/Stroke:** Know how to prevent heat related illnesses and know the symptoms that you are getting overheated!

**First Aid:** Get in the shade, drink cool (not cold) water, prop up your feet, remove extra clothing, wet your skin, call 9-1-1 if emergency medical attention is needed.

**Sunburns:** Avoid the sun between 10AM - 4PM, when the sun's rays are the strongest.

- \* Stay in the shade as much as possible
- \* Wear a hat with a brim all the way around it. If wearing a ball cap – use sunscreen on your ears and neck
- \* Wear sunglasses
- \* Use sunscreen of at least SPF 15 and reapply every 1.5 – 2 hours

**Critters and Plants:**

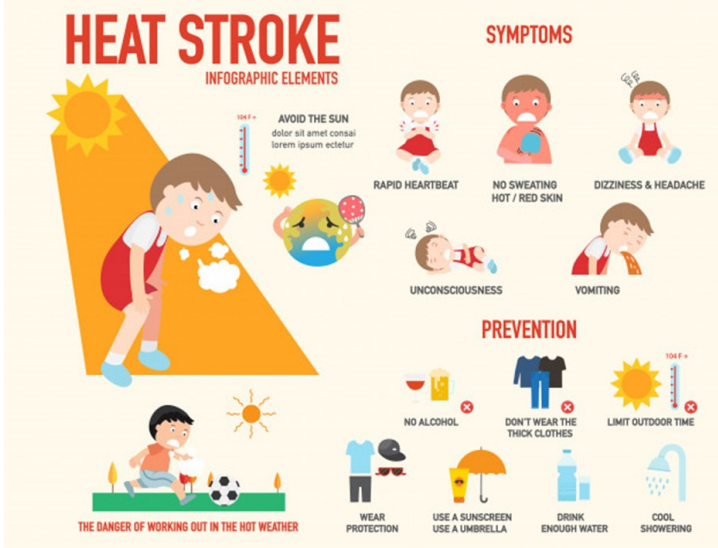
- \* Spider, Snake, Dog, and Tick bites are more common in warm weather – be aware of your surroundings and watch where you step! Check for ticks after being outside.
- \* Bee stings and other stinging insects – Carry OTC medication to neutralize the venom or carry an EpiPen® if you are allergic to bee stings.
- \* Mosquitos! – Use an effective and safe insect repellent.
- \* Poison Oak and poison ivy – “Leaves of three, let it be!”

Together, we are making a significant difference as we continue to serve some of the Commonwealth's most vulnerable citizens. The work you do, every day, is critical. Because of you, SWVMHI is stronger than ever. With new programs, service delivery models, and your commitment to serve, we are confident SWVMHI will continue to lead the way for another 133 years. The SWVMHI team is playing an important role in navigating this path forward by working together to ensure the safety and wellbeing of SWVMHI team members, the individuals we serve, and our communities all while ensuring the long-term health of our facility.

Looking past this initial public health crisis, communities are going to be challenged as they help families and neighborhoods address the ongoing social and economic impacts of the pandemic by addressing gaps in resources, program capacity, technologies, and budgets as they focus on their missions.

As reflected in our mission, SWVMHI is dedicated to providing HOPE to supporting those we serve in their time of need. We are proud of you and grateful for our shared commitment to do our part in this battle against COVID-19. Please continue to communicate with your team members, Supervisors and ET members because, we are all in this together. Stay safe!

~ Safety Committee



# Self Care for the Caregivers



One of the aspects of journaling that makes it so effective is that writing in your journal can be a “keystone” habit that helps you focus your energy and attention on where it will be most effective. It can help you identify your **strengths and weaknesses**, give you an opportunity for **reflection** and self-analysis, and much, much more. Simply keeping a record of your thoughts, feelings, and actions can have a surprisingly big impact on your life.

“Whether you’re keeping a journal or writing as a meditation, it’s the same thing. What’s important is you’re having a relationship with your mind.”  
~Natalie Goldberg

<https://positivepsychology.com/benefits-of-journaling/>

## Journaling

Effective journaling is a practice that helps you meet your goals and improves your **quality of life**. This can look different for every person, and the outcomes can vary widely, but they are almost always very positive. Journaling can be effective for many different reasons and help you **reach a wide range of goals**. It can help you clear your head, make important connections between thoughts, feelings, and behaviors, and even buffer or reduce the effects of mental illness!

Below: Steve Tilson and Eric Rhodes putting the seal on Montana Masks. Thanks to all who have developed and implemented this project!



## HOW GERMS SPREAD

Germs can spread from other people or surfaces when you:

- \* Touch your eyes, nose, and mouth with unwashed hands
- \* Prepare or eat food and drinks with unwashed hands
- \* Touch a contaminated surface or object
- \* Blow your nose, cough, or sneeze into hands and then touch other people’s hands or common objects





# COVID-19 You Should . . .

## Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to [spread mainly from person-to-person](#).
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
  - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

## Wash your hands often



- [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.

## Avoid close contact



- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
- Remember that some people without symptoms may be able to spread virus.
- Keeping distance from others is especially important for [people who are at higher risk of getting very sick](#).




## Cover your mouth and nose with a mask or cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.

- Wear your assigned mask when at work.
- 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.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

## Cover coughs and sneezes



- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. 
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with a hand sanitizer.

## Clean and disinfect



- Clean AND disinfect [frequently touched surfaces daily](#). This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant.

## Monitor Your Health



- Be alert for symptoms. Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19](#). Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- Take your temperature if symptoms develop.
- Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

# COVID-19 Symptoms & Testing

## What are the symptoms that COVID-19 can cause?

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

Fever or chills	Shortness of breath or difficulty breathing	New loss of taste or smell
Fatigue	Muscle or body aches	Headache
Cough	Sore throat	Congestion or runny nose
Nausea or vomiting	Diarrhea	
This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.		

## Is it possible to have the flu and COVID-19 at the same time?

Yes. It is possible to test positive for flu (as well as other respiratory infections) and COVID-19 at the same time.

## Should I be tested for COVID-19?

Maybe; not everyone needs to be tested for COVID-19. Two kinds of tests are available for COVID-19: viral tests and antibody tests. A viral test checks for a current infection. An antibody test checks for a previous infection.

If you think you need a viral test, call Cindy Jones or your healthcare provider and tell them about your symptoms and how you think you may have been exposed to the virus. If you go through your healthcare provider, tell Cindy Jones. All of the viral tests identify the virus in respiratory samples, such as from swabs from the inside of your nose.

If you want an antibody test, call your healthcare provider to see if they offer antibody tests and whether you should get one. If you receive an antibody test, tell Cindy Jones. Antibody testing checks a sample of a person's blood to look for antibodies to the virus that causes COVID-19. When someone gets COVID-19, their body usually makes antibodies. However, it typically takes one to three weeks or even longer to develop these antibodies. Some people may not develop antibodies.

## Can someone test negative and later test positive on a viral test for COVID-19?

Yes, it is possible. You may test negative if the sample was collected early in your infection and test positive later during this illness. You could also be exposed to COVID-19 after the test and get infected then. Even if you test negative, you still should take steps to protect yourself and others.

## If I have recovered from COVID-19 or have antibodies, will I be immune to it?

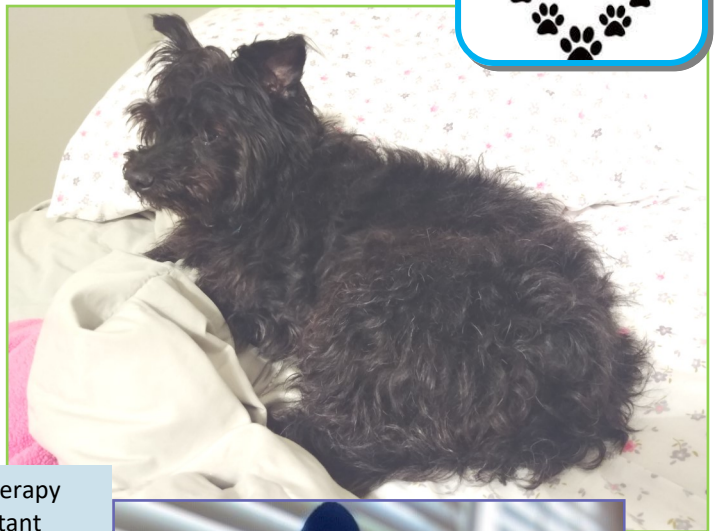
We do not know yet if people who recover from COVID-19 or who have antibodies can get infected again. CDC and partners are investigating to determine if a person can get sick with COVID-19 more than once. Until we know more, continue to take steps to protect yourself and others.

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Symptoms-&-Testing>





# Our Good Boys and Girls Miss us!

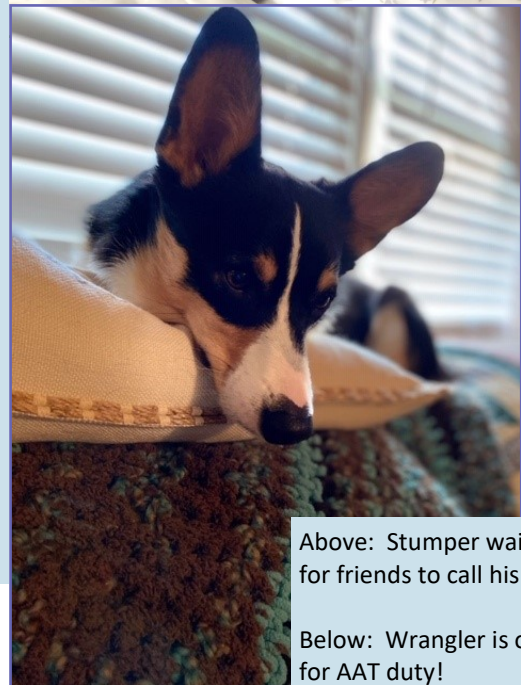


Animal Assisted Therapy has been an important part of our culture at SWVMHI but has been on hold due to COVID-19 to halt this potential vector of infection.

Above right: Disco may not even get out of bed until the pandemic is over!

Left: "Please play with me!" says Pup Pup!!!

Below left: Tipi decides to sleep gracefully until she is called upon again to serve!



Above: Stumper waits anxiously for friends to call his name.

Below: Wrangler is on high alert for AAT duty!



## And we miss them too!



# Library Corner

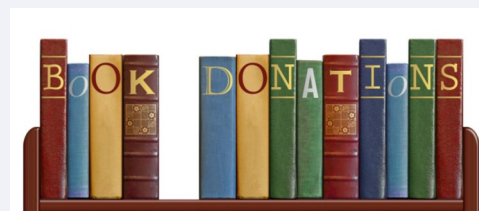


During World War I, librarians were stationed at military camps and hospitals to provide books for soldiers to help the soldiers cope better with extreme stress, illness, and injury. This was a successful enterprise, as books staved off boredom and relieved homesickness. Astronaut, Scott Kelly, took books with him to the International Space Station and binged Game of Thrones twice.

It is times like the current pandemic when people realize how important it is to have entertainment in our lives, and the library is a great place to start. When we can't get out and go as much as we are used to, it can get really boring just sitting at home. Our individuals' lives are also touched by the epidemic, and I'm sure this is a stressful and less active time for them too. Being able to curl up and get lost in a good book or movie can really be a welcome escape. Reading and watching television and movies can help with loneliness and stress.

For instance, music and games can be a great escape too. We have music, puzzles, card games, and word games to help pass the time.

Also, it can be very comforting to get accurate information from newspapers and magazines about what is really going on in the outside world. Our library here at SWVMHI has books, newspapers, and magazines as well as other things that can be very helpful.



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

- |                |                 |
|----------------|-----------------|
| Jan Barrom     | Caroline Norris |
| Ashley Privett | Sheila Thomas   |
| Laurie Goral   | Kyra Shumate    |

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

~ Christine Quillen, Librarian

## Recommended Reading



- |  |                          |
|--|--------------------------|
| Couplehood                                       | Paul Reiser              |
| Nose Jobs for Peace                              | Selma Diamond            |
| The Neighbors Are Scaring My Wolf                | Jack Douglas             |
| Dear County Agent Guy                            | Jerry Nelson             |
| Patty Jane's House of Hair                       | Lorna Landvik            |
| The Hearts of Horses                             | Molly Gloss              |
| Luck of the Draw                                 | Carolina Garcia-Aguilera |
| The Night the Bear Ate Goombaw                   | Patrick F. McManus       |
| The Grass is Always Greener Over the Septic Tank | Erma Bombeck             |
| Sein Language                                    | Jerry Seinfeld           |
| Daisy Fay and the Miracle Man                    | Fanny Flagg              |

## VIRGINIA RECEIVES FEDERAL GRANT TO ESTABLISH A WARM LINE TO RESPOND TO THE BEHAVIORAL HEALTH IMPACTS OF COVID-19

**(877) 349-6428 Toll Free**

**9:00 A.M. - 9:00 P.M. Monday - Friday**

**5:00 P.M. - 9:00 P.M. Saturday and Sunday**



The Department of Behavioral Health and Developmental Services (DBHDS) announced that Virginia has received a \$391,655 grant from the Federal Emergency Management Agency (FEMA) and the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) to help respond to the behavioral health impacts of COVID-19 by developing a crisis counseling program and establishing a statewide warm line for emotional support, active listening, and referrals for Virginians who find it difficult to cope with the impacts of COVID-19. Unlike services such as 9-1-1 that are reserved for emergencies, a warm line provides someone experiencing behavioral health issues with an easy way to discuss daily struggles.

“Virginia does not currently have a statewide process or entity to assist citizens with the trauma, grief and overall distress caused by COVID-19,” said **DBHDS Commissioner Alison Land**. “The scope and scale of COVID-19, combined with Virginia’s diverse geography, demographics, and local resources make responding to the pandemic very complex. This grant is critical to help us reach Virginians who are struggling with COVID-19’s behavioral health impacts and need a listening ear and guidance, especially the most vulnerable.”

The program will specifically target those directly impacted, the high population regions, as well as rural areas, essential workers, unemployed Virginians and populations with access and functional needs. In addition, DBHDS will coordinate outreach strategies with Virginia’s new Health Equity Workgroup (HEWG). Virginia established the HEWG as part of the Unified Command during COVID-19 and charged it with applying a health equity lens to Virginia’s response for vulnerable and underserved populations.

The grant amount lasts until June 30, 2020, with a possible extension for up to nine months.

Common COVID-19 issues are loneliness, fear of uncertainty, old grief returning, anxiety about health or infection, work-place or financial stress, sleep trouble, drinking more alcohol/using prescription medications more than usual. DBHDS’ resources to help at [www.dbhds.virginia.gov/covid19](http://www.dbhds.virginia.gov/covid19).

### May 20 was the World Bee Day

The Last Bee  
 After the last bee  
 had buzzed its last buzz  
 the birds and the butterflies  
 did what they could.  
 But soon the fields lay bare,  
 few flowers were left,  
 nature was broken,  
 and the planet bereft.  
 ~ *Rian Ilston*

### MONTHLY PATIENT CENSUS

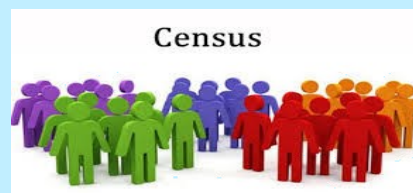
#### May 2020

Admissions - 54

Discharges - 50

Passes - 4

Average Daily Census - 154





**A Mask reminder:**

“Be teachable. You are not always right.” ~unknown

On April 30, Cindy Jones sent an All Staff email. In it, she reminded us 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.



Each week we review the risks and benefits of continuing to wear masks and the types of masks worn. In coming weeks, we may relax the requirements—at least for some units. In the meantime, there are risks with the communities opening back up and we do not want to be a facility with many positive cases. Please see the All Staff memo of 5/14/2020 for more information about masks. Thank you for understanding. ~Cynthia L. McClaskey, Ph.D.



The following staff have successfully completed a Level of the DBHDS Direct Support Professional Career Pathway. As a result of their achievement, the employees have received a bonus, depending on the level achieved, which includes FICA. This bonus is scheduled to be paid on the June 16, 2020, pay date.

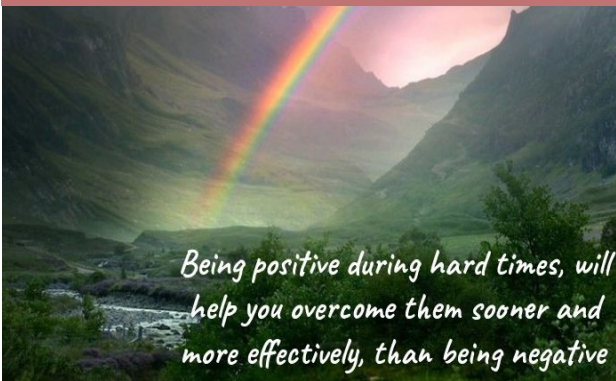
- Level I—\$915—**Brandi Caudill, Tara Cullop, Tina Gross, Amy Miller, Willie Powers, Kara Queen, April Walls**
- Level II—\$1,200 —**Pamela Harrington**
- Level III—\$1,465 —**Karen Branson**

Thanks to these nine staff who worked diligently to reach this accomplishment. We feel that the knowledge and competencies you have gained from your achievement will continue to benefit the individuals we serve and better enable us to fulfill the SWVMHI Mission, Vision, and Values.

Unfortunately, we do not yet know how any budget cuts due to loss of tax revenue may affect future bonuses. We continue to encourage all PCTs to apply and move on through the Levels of the Career Pathway. Please contact Human Resources or Josie Wade if you have questions about the bonus or the DSP Career Pathway.

Thanks for all you do!  
 Joey C. Sword Human, Resource Manager

**Staying positive doesn't mean you have to be happy all the time. It means that even on hard days you know there are better ones coming.**



*Being positive during hard times, will help you overcome them sooner and more effectively, than being negative*



## SWVMHI Culture of Quality and Safety:

# The TOVA Toolbox

## #11

### 4 point 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 or her 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 or her 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 or her 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!**

## May, 2020



- Kiera Ball, PCT, Ward E/F, second shift
- Robyn Bratton, PCT, Ward F, second shift
- Rachel Crewey, PCT, Ward C/D, second shift
- Constance "Connie" Humphrey, RN II, Ward E/F, third shift
- Shae Kleinschmidt, RN II, Ward a/B, second shift
- Valerie Robinson, RN II, Ward E/F, third shift
- Kallie Gillespie, P14 Mental Health Asst, Float, all shifts
- Anna Graham, P14 Food Service Tech
- Emilie Hash, PCT, Ward F, second shift
- Tommie Hopkins, Education Rehab Specialist, day shift
- Madison Kirby, Food Service Tech
- Tori Williams, PTC, Ward E/F, second shift
- Canzas Parker, P14 Mental Health Asst, Float, all shifts
- Kaylee Shelton, P14 Food Service Tech

## June 10, 2020

- Branson Blevins, PCT, Ward C/D, second shift
- Ashley DeBord, PCT, Ward E/F, third shift
- China Dodson, PCT, Ward J, second shift
- Kimberly Humphrey, RN II, Ward E, second shift
- Amy Kell, Housekeeper, day shift
- Phillip "Phil" Meade, P14 Security Officer, rotating shifts
- Alexandra Sprinkle, P14 Mental Health Asst, Float
- Kelcey Thayer, PCT, Ward C/D, second shift

Welcome Aboard

## "Off the cuff" June holidays to celebrate:

June is National Safety Month!

June 1 — National Pen Pal Day

June 4 — Hug Your Cat Day

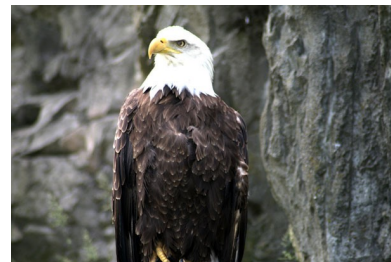
June 6 — National Trail Days

June 20 — American Eagle Day

June 22 — World Rainforest Day

June 23 — National Eat at a Food Truck Day

June 27 — Great American Backyard Campout





# Millennium Super User Blast Off

Greetings, Millennium Super Users!

On behalf of the Millennium Planning Team, we wish to extend a big THANK YOU to each of you for agreeing to serve in this important role! You were specially selected for the Super User role based on your work ethic, your leadership ability, your dedication to the important mission of SWVMHI, and your demonstrated excellence in your daily work!

Our Millennium go live date is officially set for Tuesday, August 25, at 0600 hours and our work as Super Users is fast approaching! We want to make sure you are prepared for your duties and are ready for Super User training that starts on July 13.

To celebrate you, the Millennium Planning Team is hosting a Blast Off To Millennium meet and greet on June 29 from 1300 to 1700 hours and on June 30 from 0600 to 0830 in the Henderson Building H-106 Conference Room. Please stop by H-106 during one of these times. At the Blast Off event, you can sign in, pick up your Super User lanyard, enjoy light refreshments, and take with you a small token of our appreciation! Accountable Executives will be available to answer any Millennium

questions you may have, and.... Buzz Lightyear may even make a guest appearance!

As a reminder, your role as a Super User includes the following important tasks:

- ◇ Attend training to be a Super User
- ◇ Attend 2 additional "end user" classes and assist SWVMHI staff
- ◇ Provide support to instructors during classroom training and learning labs; assist "Room Ambassadors"\* with getting classes started on time
- ◇ Provide one-on-one coaching to co-workers during and after go-live
- ◇ Be familiar with Millennium technologies such as tablets, barcode scanners, and assist staff with learning how to use them
- ◇ Train new staff on how to use Millennium; sign off on Millennium competency for new staff
- ◇ Help coordinate At-The-Elbow Support on your unit or in your department

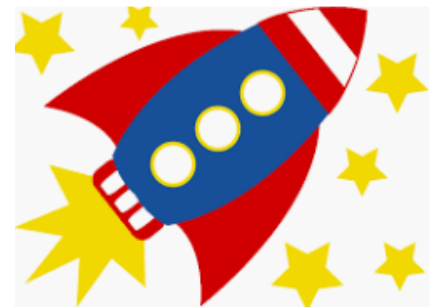
\*Room Ambassadors (SWVMHI staff) will be assigned to each classroom to take care of classroom tasks and help get classes started on time, but trainers will need your assistance with making sure everything runs smoothly.

If you need assistance or have questions, please contact any member of the planning team:

- Merle Obregon — Extension 167
- Patty Hall — Extension 233
- Julie Stoots — Extension 807
- Angel Smith — Extension 345
- Robyn Anderson — Extension 827
- Cynthia McClaskey — Extension 201

Again, many thanks to you! We look forward to "meeting and greeting" you on 6/29 or 6/30!

**TO MILLENNIUM .... AND BEYOND!**



Be a lamp, or a lifeboat, or a ladder. Help someone's soul heal. Walk out of your house like a (physically-distancing) shepherd. ~Rumi.



Sign made for the L Hallway, with artistry by an individual we serve. Thank you healthcare workers! You can see it near the entrance to C/D.





# Word Search

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

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

Barbeque

Baseball

Beach

Camping

Father's Day

Flag Day

Flip Flops

Garden

Ice Cream

June

Lemonade

Lifeguard

Picnic

Pool

Sandals

Shorts

Summer

Sun

Sunglasses

Weddings

"Smell the sea and feel the sky. Let your soul and spirit fly." ~ Van Morrison



## Lunar Phases



### June

Full Moon — June 5

Last Quarter Moon — June 13

New Moon — June 21

First Quarter Moon — June 28

The Full Moon on the 5th is called "Strawberry Moon" by Native Americans of New England and the Great Lakes because at this time of the year, the strawberry ripened.

June 5th is also a penumbral eclipse of the moon. It's visible in Africa, Indian Ocean, and Asia.

There is also an annular eclipse of the sun on June 21. It's visible in Africa, southeastern Europe and Asia.



In troubled times, one of the most powerful insulators for our wellness is spirituality. I'd like to share with you, prayers from three spiritual traditions. As you pray them, it is powerful to hear the unity in them – that shows a hopeful way forward through faith in action.

### *The Journey*

When the earth is sick and dying,  
There will come a tribe of people  
From all races...  
Who will put their faith in deeds, not words, and make the planet green again...  
~ Cree Prophecy



### *Earth Prayer*

We gently caress you, the Earth our planet and our home. Our vision has brought us closer to you, making us aware of the harm we have done to the life-network upon which we ourselves depend.  
We are reminded that we have poisoned your waters, your lands, your air.  
We have filled you with the bones of our dead from war and greed. Your pain is our pain.  
Touching you gently, we pray that we may become peace-bringers and life-bringers so that our home in its journey around the Sun not become a sterile and lonely place. May this prayer and it's power last forever.  
~ Sensei Ulrich, Manitoba Buddhist Temple

### *An Islamic Prayer for Peace*

In the name of Allah, the beneficent, the merciful: Praise be to the Lord of the Universe who has created us and made us into tribes and nations that we may know each other, not that we may despise each other. If the enemy incline towards peace, do thou also incline towards peace, and trust in God, for the Lord is the one that hears and knows all things. And the servants of God Most Gracious are those who walk on the Earth in humility, and when we address them, we say, "Peace."  
~ UN Day of Prayer for World Peace

These come from a wonderful resource, [WorldHealingPrayers.com](http://WorldHealingPrayers.com). May they bring unity and healing to you.

~ Chaplain Andy



## News from the Training Department



June is here! It feels great to see the sun shine again. The first months of the year have flown by! Does anyone remember April?

We welcomed fourteen (14) New Hires in May. We have 5 new PCTs, 3RN IIs, 2 Mental Health Assistants, 3 Food Service Techs, and 1 Educational Rehab Specialist!

June will also bring at least 10 new hires. It is great to meet so many enthusiastic and kind people.

We are using social distancing guidelines in the large classrooms in both the Dogwood and the Commonwealth Rooms. Each person has a personal space during TOVA training, and during PPS and Restraint training, which requires face-to-face interactions, we are wearing face protection/masks and hand hygiene. These guidelines are continuing in June as we begin to make up several Recertification CPR and TOVA classes from March and April. A big thank you goes out to our Nursing instructors and the Nursing SNC office for coordinating and scheduling these classes.

New Hires will continue to be issued a cloth mask provided by Cindy Jones, Coordinator of Infection Prevention and Control. The masks will be issued on the first day of orientation.

Don't forget, Millennium Super User Training begins July 13 and End User Training begins July 20.

### Upcoming Events in June

6/15 1300 - 1500 - History Tour with Mike Jones, meet in the Bagley Building Lobby

6/17 1400 - 1530 – Dogwood B-Building – REVIVE!

6/29 0830– 1700 – Dogwood B-Building – Mental Health First Aid

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

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



