



"People helping people help themselves."

Division of Mental Health and Addictions

Logansport State Hospital

The Spectrum

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2009

Team of the Month



February's TOM from L-R: Brenda Phillipy and Debra Yerck.

February TOM:

Brenda Phillipy and Debra Yerck, Clothing Store.

The following nomination was submitted by Social Services Specialist Angela Burress.

She explains, "Deb and Brenda are truly two of the most dedicated staff members at the hospital and never seem to get recognized for it. They work diligently to keep the store up to date with the current weather, it's always organized, and they are willing to help any way they can to make my job easier. Deb and Brenda complete admissions quickly and accurately, they make sure everyone knows where they are at all times, and even will go the extra mile to ensure patient clothing is given to them promptly. What I love most about them is their friendly and genuine personalities. They are always smiling! Thanks to both of them, our patients look stylish, feel more self-confident and their self esteem seems to heighten especially the ICST's."

Clarence Bir, Environmental Services Director, also adds, "Deb and Brenda do an excellent job of running the clothing store. They both take great pride in their work and it shows. I regularly hear compliments from other staff of how Deb and Brenda go out of their way for the patients. They are helping the patients from the time they arrive in admissions, to making sure each has what they need during seasonal change. I fully support this nomination."

Nominate Someone Today!



SPYKE THE PSYCHE



ACQUAINTANCE RAPE

What is Acquaintance Rape?

Acquaintance Rape: any non-consensual sexual activity between 2 or more people who know each other. It can happen between friends, spouses, girlfriends and/or boyfriends, people who just met, etc.

The facts:

60% of all rape victims know their assailants.

92% of adolescent rape victims know their assailants.

On college campuses:

1 in 4 women are victims of rape.

84% of those women knew their assailant.

57% of those rapes happened on a date.

Being assaulted by someone you know is just as scary as being assaulted by someone you don't know. It might take you awhile for you to recognize that what has happened to you is sexual assault or rape. Even after you identify what has happened as being a sexual assault or rape you still might have doubts. You may think that at some point you gave consent or that you sent mixed signals, or that in some way it was your fault. Remember – what has happened to you is NOT your fault. Rape is defined as taking advantage of an incapacitated victim. This includes mental illness and victims under the influence of drugs and alcohol.



SPECTRUM

Logansport State Hospital
1098 S. State Rd. 25
Logansport, Indiana 46947

The Spectrum is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State Hospital.

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Marjorie Potts	Staff Development. ext. 3801
Erica Deeter.....	Environmental Services.ext. 3688

The action you should take should be the same as any rape or sexual assault:

1. Find a friend to talk to
2. Go to the emergency room
3. Call a rape crisis line
4. Call the police

Risk Factors

Male Characteristics and Behaviors:

- Disrespectful speech or actions
- Socially inappropriate behavior
- Domineering or controlling behavior
- Acting dishonestly or inconsistently
- Alcohol abuse
- Belief in rape myths
- Irresponsibility
- Hostility toward women

Female Risk Factors:

- Sense of vulnerability
- Overlooking discomfort
- Disregarding warning signs
- Idealizing men
- Alcohol abuse

Situational Characteristics

- Isolated or unfamiliar environment
- Women dependent on men for transportation
- Man initiates and/or pays
- Alcohol and/or other drug abuse

Most rapes occur over the weekend and are liquor related, according to police. Cases involve different ages - some girls are younger than 13 but there are cases involving older people. Teenage girls are often raped by jilted boyfriends who force themselves on their former girlfriends. Most rapes occur in places overgrown by vegetation in and around rural areas. Sometimes parents leave children in the care of neighbors or friends who force the children to have sex with them. Most cases involve immediate family members -- gang rapes are few.

August has the dubious distinction of being the month in which the most rapes occur in New York City.

Most sexual assaults occur when an acquaintance oversteps his bounds, said Dr. Mary Wyandt, health education coordinator for the UA Health Center. He doesn't carry a knife or a gun, and the typical scenario plays out in a home, not in a dark alley or parking lot. Last year, the emergency room at Washington Regional Medical Center was the busiest in the state, and to help victims along the path from victim to survivor, the hospital has engaged in a collaborative effort with the UA Health Center and Jamerson Forensic Nursing and Investigative Services to develop protocol that will decrease the wait time and make the victim more comfortable during the rape examination.

As of this year, rape victims are taken upon arrival to a room in a quiet area of the hospital. The room is equipped with state-of-the-art equipment, such as a colposcope, which magnifies an image to see bruises or abrasions that the naked eye cannot see. The colposcope is hooked up to a recording device that captures evidence in digital video. A female forensic nurse is called to perform the rape exam, and minimal questions are asked, said Becky Pratt, Washington Regional emergency room director.

The colposcope is an example of how forensic science is meeting standard medical care to provide solid evidence for prosecution. Prosecution rates for sexual assault crimes went up in California after a similar program was initiated, Pratt said. "it went up dramatically, from about 30 percent to 90 percent. The evidence is intact and it's done correctly. Most perpetrators pled out because the evidence was so overwhelming, it didn't even go to court," Pratt said. The new program enhances the integrity of evidence in other ways, as well. A swab dryer is used to dry evidence so that it does not mildew upon packaging. This happens frequently across the nation, Wyandt said.

Resources:

Acquaintance Rape: When the Rapist is Someone You Know, written and published by the Illinois Coalition Against Sexual Assault, 1990

The Other Side of Silence, Gilson, N.H.: Avocets Publishing, 1995

By Ronald Smothers, August 2, 1980 Section: Family/Style, Page 13

Sexual Assaults UA Health Center, The Traveler, College Publisher, 2007

Gift Lift Volunteers back at it again!

Some things haven't changed in over fifty years. Logansport State Hospital's Gift Lift Program has provided thousands of gifts for LSH clients to open on Christmas Day.

It is tradition each client receives three gifts to open on Christmas Day. In 1956, that meant over 6,000 gifts were distributed.

This year, over 1,000 gifts were distributed to the current clients of LSH. Many gifts are pre-wrapped, however, at least 10 loyal volunteers still wrap gifts. These volunteers not only wrap the remaining gifts, but also sort and organize by unit to which the gifts go.

The grounds crew at LSH are able to pick up the boxed gifts and deliver them to the units. Santa then distributes the gifts on Christmas Day. Santa says the clients are always pleased with the gifts and they are always astounded to receive such nice gifts. Santa says, the clients always say "Thank you!"



LSH Suggestion Program

The following is a recap of suggestions received in 2008:

Treat employees like they mean something – First line supervisors are encouraged to discuss work performance on a regular basis and document positive efforts and review with their employees.

Need more lights between the Larson entry and the dock area – Additional lighting was installed in this area.

Hire Environmental Services Director – The new director, Clarence Bir, was hired on September 3, 2008.

Purchase better soap with germicide and moisturizer – frequent hand washing dries out hands – Most dispensers contain a commercial grade Colgate-Palmolive product which meets CDC/infection control requirements for health care facilities. Employees may want to use a moisture lotion following hand washing.

Provide safety mats between dietary entry doors for slippery surfaces – Mats were ordered and are in place at the entrances. Environmental Services will continue to monitor and replace as needed.

Request additional staff to reduce detailing on units from short notice call-offs – This problem does come up from time to time and employees are entitled to use their accrued leave. We have added positions to increase coverage, but do not anticipate any additional attendant positions. Working overtime or being detailed for coverage is an expectation in the nursing department.

Request alternative to printing off QuadraMed backup which costs paper and toner; suggest use of thumb drive – MIS reports PocMar backup has to be done as is and this is not possible at this time.

Place sidewalk across grass near IRTC parking lot - Sidewalk was installed in 2008.

Sell scrap metal in dump to outside vendor – Implemented, sale resulted in \$1100 returned to the LSH budget.

Wash mops separately; they smell bad and don't pick up water – Mops are laundered regularly and laundry deliveries are monitored to ensure they are clean.

Recycle Bins – We have limited collections bins in the Fogel lobby and patient game room; the proceeds are going to the Patient Recreation Fund. We have tried collection bins in other areas, but they became an infection control problem due to trash being thrown in with aluminum cans and unrinsed cans attracting insects. Further questions about our collection program can be directed to Sue Anderson at ext. 3703.

Turn off 2/3 of unneeded lights in halls at night – This is a hard issue to resolve, but for safety reasons it was decided the lights should remain on.

What happened to employee dining patio – Picnic tables were placed on the patio in 2008.

Are 12 hour shifts just piloted for RNs? – Yes, 12 hour shifts are being piloted with RNs on two service lines. We do not have enough attendant positions to fully implement 12 hour shifts and maintain adequate coverage.

Married couples should not be allowed to work on the same unit, same shift because it creates problems with scheduling of breaks and lunches - We haven't experienced any problems in this situation, but would address if a specific problem arises.

Provide cable channels on televisions in break room – Televisions in break room are intended to provide hospital information to employees on Channel 12.

Break room televisions don't work right - We initially had a problem when televisions were moved; this has now been corrected. Operational issues with televisions should be reported to Darrin Monroe at ext 3803. He coordinates any further repairs with the Maintenance Department.

Fix all garbage disposals on the hill, please - Any repair work orders can be phoned into the Maintenance Department at ext 3811. A work order request was submitted for disposals in Dodds 1, Dodds 2, JEU, CLW/SWW, Larson 1 and Larson 2 break rooms.

Need to proof read information on Channel 12 more carefully – Darrin Monroe responds that he will correct errors and would welcome any help in proofreading the many items given to him to be put on Channel 12.

During an Infection Control review, leftover individual juices were not dated; we need a better process of marking and keeping juice – Nutrition Services responded that juice is part of the breakfast meal and any leftovers should be thrown away. No food items are meant to be kept on the unit as this violates infection control procedures.

Thanks to Jennifer Barry, Stephanie Birnell, Marcia Black, Christal Bockover, Kelly Bromhead, David Fagan, Jerry Frame, Lori Graham, Garry Hollis, John Iles, Chad Jenkins, Valinda Karns, Jacob Klimes, AJ Long, Teresa McMahan, Ruth Shaffer, Diana Sivits, Tom Smith, and Danielle VanHorn for submitting suggestions in 2008.

Arts-'n-facts

Longcliff Museum Art-'n-facts
Rocking chairs donated



(Tribune photo by Gary Nichols) (Peru Tribune February 20, 1973)

TWELVE BOSTON ROCKERS have been purchased by Miami County Mental Health Association for patients at Logansport State Hospital. Mrs. William Sharp, seated, her husband, and Mrs. M.A. McDowell, president of the association, inspected two of the chairs before they were delivered. Funds for these and other items are derived from bequests, membership campaigns and the United Fund. A long study table and eight chairs also were purchased recently by the association for teenagers at the hospital. A color television set was given by a Peru woman who wishes to remain anonymous.

A graphic of a spotlight with a yellow beam shining on the text. The background is red and black.

Spotlight On Jackie Springer, Utilization Review Coordinator



We would like to welcome Jackie Springer, LPN to the Lynch building. She started at LSH in August of 2005 after working at Westville Correctional Center since 1983. Mrs. Springer was awarded her twenty-five year plaque at LSH this year.

Please join us in welcoming Jackie to her new position as Utilization Review Coordinator in the Quality Management Department.

Meacham Golf Tournament Winners

This year's annual Meacham Golf Tournament turned out to be a beautiful day followed by an excellent meal. The tournament hosted twenty-four golfers. Fun was had by all.

The winners of the 2008 Meacham Golf Tournament held on Monday, October 13 was the team comprised of Kevin Vincent, Terry Lawson, Dave Conwell and Doug Walker - all Maintenance employees.

Winners of the closest to the pin contest were Ken Iles on hole #3 and Les Ricks on hole #12.

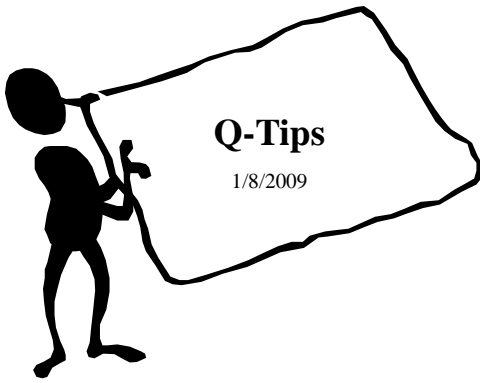
Longest putt winners were Rob Clover on hole #7 and Kevin Vincent on hole #17.

The organizers would like to thank all those who participated and assisted with planning this year's event.

We look forward to next year and more fun in honor of Jim Meacham.



Winners of the Meacham Golf Tournament from L-R: Doug Walker, Kevin Vincent, Terry Lawson, and Dave Conwell.



Continuous Readiness Reminders

- **Critical Tests and Critical Test Results**
NPSG 02.03.01

By Quality Management

CRITICAL TESTS

- › Critical tests have been defined by the medical staff as any STAT X-ray, STAT EKG or STAT LAB.
- › The acceptable length of time between **ordering** the STAT test and **receipt** of the results by the responsible licensed caregiver is 6 hours.

CRITICAL RESULTS

- › Critical results/values for X-Ray, EKG and Lab have been identified and should be posted on the units.
- › The acceptable length of time between **the availability of critical results/values and receipt of the results** by the responsible licensed caregiver (physician or NP) is 90 minutes.



Going Green

A typical office building uses more energy for lighting than anything else.



Please turn off the lights in empty rooms, work by daylight whenever possible, and don't forget to turn off your light when you leave.



Culinary Corner

Conversation Cupcakes Recipe

TIME: Prep: 45 min. Bake: 20 min. + cooling

Ingredients:

- 1 package (18-1/4 ounces) white cake mix
- 4 cups confectioners' sugar
- 1/2 cup butter, softened
- 1/2 cup shortening
- 1 teaspoon vanilla extract
- 1/8 teaspoon butter flavoring, optional
- 2 tablespoons milk
- 1 to 2 drops red food coloring, optional
- 1 to 2 drops yellow food coloring, optional
- 1 to 2 drops blue food coloring, optional



Directions:

Prepare cake mix according to package directions for cupcakes.

Place paper or foil liners in a heart-shaped or standard muffin tin. Fill cups half full of batter. Bake according to package directions for cupcakes. Cool for 10 minutes; remove from pans to wire racks to cool completely.

For frosting, in a large bowl, combine the confectioners' sugar, butter, shortening, vanilla, butter flavoring if desired and milk until smooth.

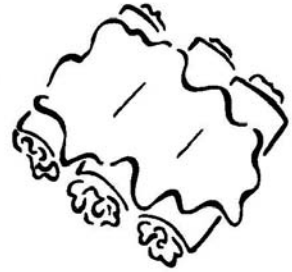
Divide frosting into fourths if desired; place in four separate bowls. Leave one bowl untinted. Add one color of food coloring to each of the other three bowls; stir until well blended. Frost cupcakes. Pipe untinted frosting around edges and decorate tops with Valentine phrases.

Yield: 28 cupcakes.

You Asked For It, So Now You Got It!

THEY'RE BACK

Breakfast Burritos!!!



LOCATION!

Lynch Building, Room # 102
Thursday, January 29, 2009
6 AM - until out

Cost: \$2.50 each

Call ext. 3173 on the day of the event
-OR-

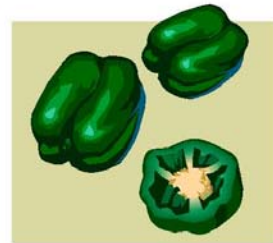
Place your order in advance by contacting Darrin Monroe (3803) or Erica Deeter
by phone, e-mail, or with the convenient advanced order form
no later than 10:00 AM on Tuesday, January 27.

We can deliver!

Irresistible
Irresistible

Delicious
Delicious

Proceeds will go towards other Morale Boosters events and
Employee Recognition Day



*Sponsored by Morale Boosters
and Employee Recognition*

Sneaky Snaps!



Gotcha!

Jeff DuBois clearing a pathway.
Thanks Jeff.

Be on the lookout for Darrin and his camera.
You may be the next person caught in the act.



UPCOMING EVENTS

January 28 - February 25

- | | |
|-----------------|-------------------------------------|
| 🔪 January 28th | - Creative Writing 10:00 - 11:00 AM |
| 🔪 February 2nd | - Social Club @ 6:00 PM -Dodds |
| 🔪 February 4th | - Creative Writing 10:00 - 11:00 AM |
| 🔪 February 11th | - Creative Writing 10:00 - 11:00 AM |
| February 18th | - Purdue Bingo @ 10:00 AM - D1W |
| 🔪 February 18th | - Creative Writing 10:00 - 11:00 AM |
| 🔪 February 18th | - Catholic Mass in Chapel @3:30 PM |
| 🔪 February 23rd | - Purdue Bingo @10:00 AM - D2W |
| 🔪 February 25th | - Purdue Bingo @ 2:00 PM - D1W |