



"People helping people help themselves."

Division of Mental Health and Addictions

Logansport State Hospital

# The Spectrum

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Vol. 18, No. 3  
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## Some New Faces Some Position Changes Look Inside To See!





# SPYKE THE PSYCHE



## National Institute of Mental Health Science News about Coping with Traumatic Events

PART 2 of 3

NIMH research is multidisciplinary in nature, developing, testing, and disseminating effective interventions addressing the sequelae of violence and trauma.

### Coping with Trauma After Violence and Disasters

School-age children see the world in a generally concrete way. Parents should answer their questions briefly and honestly using words and concepts they can understand. Long answers with a lot of details may confuse children and can lead to increased worries. School-age children may become anxious when they separate from their parents, such as when going to school, to after-school activities, and even to bed. Children may have a harder time going to bed and be withdrawn or irritable. They also may choose these times of separating to ask questions or voice concerns. Changes in how they behave may be signs that children are concerned and need extra time, conversation, and love.

Disasters cause major damage. Hurricanes Katrina and Rita were examples. They occurred in 2005. Many homes were destroyed. Whole communities were damaged. Many survivors were displaced. There were also many deaths. Beyond these events, children face many other traumas. Each year, young people are injured. They see others harmed by violence. They suffer sexual abuse. They lose loved ones. Or, they witness other tragic events. Children are very sensitive. They struggle to make sense of trauma. They also respond differently to traumas. They may have emotional reactions. They may hurt deeply. They may find it hard to recover from frightening experiences. Young survivors of trauma may need extra support.



#### **SPECTRUM**

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Teachers, religious leaders, and other adult helpers can provide effective support. This may help children resolve emotional problems.

A recent review of disaster studies by NIMH highlights that natural disasters, technological disasters, and mass violence, including terrorism in the U.S., other developed countries, and in developing countries, can have severe impacts on those affected (Norris, 2001). Although long-term mental health outcome data regarding the terrorist attacks of September, 2001 are not yet available, preliminary national data and early findings from studies conducted in the most directly impacted communities underscore the capacity of man-made disasters to cause clinically significant psychobiological disorders, emotional distress, and impairment. The World Health Organization 2000 report on Violence and Health underlines the heavy cost of violence and trauma in health effects, both financial losses from injury and decreased productivity as well as psychological and behavioral problems that may extend to permanent physical and mental illnesses.

*Resource: NIMH Science News about Coping with Traumatic Events  
[www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml](http://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml)*

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# Notes from Senior Executive Board

- ◆ During the week of January 21<sup>st</sup>, Logansport State Hospital hosted a pre bid meeting for building demolitions. There were numerous bids submitted in February for this project. It is expected that the old Isaac Ray, old Staff Development, old Paint Shop, and Rogers Hall buildings will be taken down this spring.
- ◆ The Employee Satisfaction Workgroup met on Friday, February 8, 2008. Areas of improvement have been identified; the staff representatives reviewed those; and the Senior Executive Board is correlating the information into a plan of action.
- ◆ Mr. Herb Detrick accepted the Safety Director's position effective February 17, 2008.
- ◆ Dr. Justin Boyce accepted the Dodds Treatment Center SLM's position effective February 17, 2008.
- ◆ Effective March 3, 2008, Melissa Stewart assumed full responsibility of her new position as Program Coordinator under the supervision of Quality Management.

# Policy Update

## Revised/Updated

A-2 *“Interstate Compact Transfer”*

A-8 *“Reporting Missing State Property”*

A-10 *“Acceptance of Gifts”*

A-14 *“Use of Logansport State Hospital Facilities”*

A-15 *“Display of Personal Belongings by Patients”*

A-38 *“Video Tape/Film Selection and Utilization for Patients”*

A-43 *“Visitation of Patients”*

C-1 *“Seclusion and Restraint Policy/Procedure for the State Behavioral Healthcare System”*

C-03 *“Levels of Observation”*

C-04 *“Authentication of Orders”*

C-12 *“Patient Records”*

C-33 *“Home/Leave Notification”*

C-34 *“Health Care Representative/Guardianship”*

C-35 *“Assessment of Capacity to Give Informed Consent for Medication and Treatment”*

C-36 *“Tardive Dyskinesia”*

**\*\* Staff should review the above policies on the Intranet or in the manual.**



## Hillside Canteen A+

Great Job to our Hillside  
Canteen staff for a

Deficient Free Indiana State  
Department of Health Survey.

Thanks for continuing to  
provide LSH wonderful  
service. We appreciate you!!

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## FRESH FEATURE

Hey Losers!!!

The results are in!!!!

And the Biggest Losers are:

Male Winner: TIM DUNCAN

Female Winner: SHERRY DIDOMENICO

Winning Team: CLINT LINBACK, TIM DUNCAN, MITCH ELDRICH

*CONGRATULATIONS to each and every one of you! Hopefully, you will all be  
back for the next challenge!*

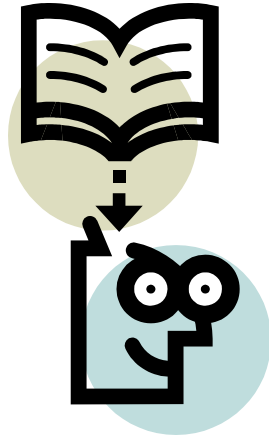


To  
Joan Tucker



Pictures by Shadi Haghani

# The Book Nook



## New Books in the Library

Employment Law Handbook. Indiana Chamber of Commerce, 2008.

This 400 page book is a plain-English reference guide to every state and federal employment law and a source of legal advice on a variety of other employment-related topics. It covers issues from FLSA to FMLA to Worker's Compensation and even Indiana's Military Family Leave Act - updated in July 2007. Please note that some specific issues for public employers like our hospital may not be covered in this book.

If you are interested in this book or some other book to help you with your job, please contact your librarian at ext. 3712 or e-mail [bnewell@fssa.state.in.us](mailto:bnewell@fssa.state.in.us) with your request.

We order new books each month.

# HAPPY SOCIAL WORKERS MONTH

Logansport State Hospital thanks the following Social Workers:

UNIT	SOCIAL WORKERS
	Terry Schrock, Coordinator
	Dikki Isaacs, Secretary
DIE	Carol Rupp/Jay Zuehl
D1W	Ron Bennett/Jay Zuehl
D2E	Patty Wagner
D2W	Patty Wagner
IRU 1W	Paul Wilson
IRU 2E	Angie Burress
IRU 2W	Mary Osburn
IRU 3W	Geralyn Ellis
JETC 2E & JETC 2W	Amy Penz/Courtney Glasson
CLW & L1E	Sharon Trimble
L1N	Darlene Wenzler
L2N	Kathy Hacker
L1S	Daniel Eaton
L2S	Cindy Joyce
SWS & SWW	John Babb



# *Concert at Fogel!*

Several patients had a great time on Tuesday, February 12<sup>th</sup> in the Fogel Auditorium! Musician, Rick Woodall, entertained the patients with different types of music for over an hour! Mr. Woodall is a pastor at Yorktown Church of Christ in Logansport. Thank you Pastor Woodall for a rockin' good time!



Pictures by Shadi Haghani

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## Culinary Corner

### Fool Proof Recipe

#### The Lady's Cheesy Mac Recipe

4 cups cooked elbow macaroni, drained  
2 cups grated cheddar cheese  
3 eggs, beaten  
1/2 cup sour cream  
4 tablespoons butter, cut into pieces  
1/2 teaspoon salt  
1 cup milk

Preheat oven to 350 degrees F.

Once you have the macaroni cooked and drained, place in a large bowl and while still hot and add the cheddar.

In a separate bowl, combine the remaining ingredients and add to the macaroni mixture.

Pour macaroni mixture into a casserole dish and bake for 30 to 45 minutes. Top with additional cheese if desired.

Courtesy: Paula Deen

# Art-'n-facts

## Longcliff Museum Art-'n-facts

### Hildegard Peplau

**Hildegard Peplau, Ed.D** (b. September 1, 1909, Reading, Pennsylvania - d. 17 March 1999) was a nursing theorist whose seminal work *Interpersonal Relations in Nursing* was published in 1952.

Dr. Peplau emphasized the nurse-client *relationship* as the foundation of nursing practice. At the time, her research and emphasis on the give-and-take of nurse-client relationships was seen by many as revolutionary. Peplau went on to form an interpersonal model emphasizing the need for a partnership between nurse and client as opposed to the client passively receiving treatment (and the nurse passively acting out doctor's orders).

The essence of Peplau's theories is the creation of a *shared experience*. Nurses, she thought, could facilitate this through observation, description, formulation, interpretation, validation, and intervention.

For example, as the nurse listens to her client she develops a general impression of the client's situation. The nurse then validates her inferences by checking with the client for accuracy. The result may be experiential learning, improved coping strategies, and personal growth for both parties. Hildegard Peplau died in 1999, aged 89.

[http://en.wikipedia.org/wiki/Hildegard\\_Peplau](http://en.wikipedia.org/wiki/Hildegard_Peplau)



CONDUCT WORKSHOP—Dr. Hildegard Peplau, director of the program in advanced psychiatric nursing at Rutgers University, is conducting a workshop for psychiatric nurses of Indiana's mental institutions this week at the Logansport state hospital. Dr. John Southworth, deputy commissioner of mental health and former Longcliff superintendent, also has attended several days of the seminar sessions. Seated above, left to right, are Jane Kirk of Muscatatuck, Frances Mullins of Madison, Bernice Fowler of Logansport, Doris Rice of Evansville, Doris Godsey of Beatty, Carolyn Crane of Logansport, Dr. Peplau, Shirley Manhart and Joyce Murphy of LaRue Carter, Katherine Gravenkemper of Central, Indianapolis; standing, Dr. Southworth; Phyllis Smith of Central, Winona Evans of Richmond, Neva Pauser and Garnet Conrad of Fort Wayne.

(Staff Photo.) ([Pharos-Tribune](#), July 3, 1958)

A graphic featuring a yellow spotlight beam shining from the left against a red and black background. The text "SPOTLIGHT ON POSITION CHANGES" is written in a stylized, bold font within the beam.

# SPOTLIGHT ON POSITION CHANGES



## **Justin Boyce, Ph.D Service Line Manager Dodds Treatment Center**

A native of St. Thomas, United States Virgin Islands, Dr. Justin Boyce holds a Bachelor of Arts degree in Psychology and a Master of Arts Degree in Education: Counseling & Guidance from the University of the Virgin Islands. He earned his Doctor of Philosophy degree in Counseling Psychology at West Virginia University (WVU), Morgantown, West Virginia...home of the Mountaineers. Dr. Boyce completed his pre-doctoral internship at the Dayton VA Medical Center and developed expertise in Gerontology, Health Psychology, Severe Psychopathology, and Post Traumatic Stress Disorder. While at the Dayton VA, he also received training in Smoking Cessation, Hospice / Palliative Care, Bereavement Therapy, Pain Management, and Sexual Health Patient Education. He also completed Post Doctoral training at WVU in Multicultural Psychology.

Dr. Boyce is the recipient of numerous national and local awards for academic performance, including the Eldra Schulerbrandt Psychology Award, the American Counseling Association (VI Chapter) Award, the W.E.B. Dubois Fellowship and Scholarship Awards, and the Southern Regional Education Board Dissertation Award. His research interests include client preferences for counselors' demographic characteristics, multicultural issues in clinical supervision, and the effects of parental abandonment on adult children. Boyce has held positions as an Assistant Professor of Psychology, Director of Training of a Doctoral program in Counseling Psychology, Director of a Post Traumatic Stress Disorder Clinic. He has also served as a therapist providing individual, family, group, and couples care.

In his time away from work, Dr. Boyce enjoys being a husband to his wife of 15 years and a father to their two sons ages 13 and 5. He also enjoys playing pool, vegetable and herb gardening and cooking Caribbean Cuisine such as Salt Fish and Dumplings with Okra Fungi, Kalaloo (a seafood gumbo) and making Curry chicken with steamed white rice. He is also known for his American & Italian cuisines as well. Boyce is an active member of the St. Vincent de Paul Catholic Church.

## **Melissa Stewart Program Coordinator III**



On March 3, 2008, I began my position as Program Coordinator III under the Supervision of Gayle Edgerly in Quality Management. I am located on the first floor of the Lynch Building near the Quality Management Suite. The primary responsibilities of this position include Human Rights and Patient Abuse Investigations. These duties actually go hand in hand. As the chairperson of the Human Rights committee, I collect and analyze all of the data relating to patient complaints and internal human rights phone calls. This involves going to the units and following up on complaints that were not able to be resolved on the service line level or meeting with treatment teams regarding patients that have multiple complaints. I also train the new employees on Patient's Rights and Reporting Abuse. A big challenge for me in this area is assuring that Logansport State Hospital is meeting all of the Joint Commission and CMS standards for Patients' Rights.

In addition to human rights, I am also the primary person responsible for investigating all allegations of abuse. I am on call and can be called in during the weekend or evening if necessary to investigate. The goal is for the entire investigation process to be completed in 5 days. I have been a "back-up" investigator for the past 5 years, so this is not something new to me. In addition to these primary job duties, I will be representing Quality Management on various committees and complete other "duties as assigned".

I am enjoying the new position already and look forward to serving Logansport State Hospital for many years to come.



## **Steven Barlow Service Line Manager Southworth Treatment Center**

I was born and raised in Kokomo and was blessed with a wonderful childhood where I developed a love of outdoor activities and sports. Among other sports, I took up pole vaulting and actually went to the state meet in high school. I was not financially able to go to college with my high school friends and went to work at a factory and later drove an 18-wheeler across the country for several years. Having a burning desire to get a college degree (and get out of that truck), in my 30s I finally was able to go to Indiana University where I majored in Speech Communication. When I began college, I became a 'Big Brother' and was so moved by the experience that I became a Case Manager for that same organization while attending classes--my first job that did not require manual labor and my first job in social services. I decided to pursue a Masters degree in Counseling and chose to attend the University of Houston because it was so affordable (\$12/credit hour!!) and because my dream was to open a private practice which I could not do in Indiana. Eventually, I developed my practice and also worked at other facilities over a period of several years, including the Brown Schools and most recently, Kingwood Pines Hospital in Houston. I started as a therapist and later worked my way up to Clinical Director where my duties were very similar to my position here at LSH. The "Pines" is a privately held facility that offers acute-care/crisis stabilization for all age groups, several of whom we referred to a state hospital. That experience and all the wonderful folks here at LSH have made for a relatively smooth transition for me, though I know I have a lot to learn about the processes here. So I hope my co-workers will be patient with me and I look forward to being a part of the team at LSH.

I have two grown children and a 16 year old grandson, which had a lot to do with my moving back to Indiana—no, I did not miss the winters. I enjoy remodeling projects around the house and fishing, which is therapy for me.

Oh, my "Little Brother"? After many years of no contact, I recently ran into him at Wal-Mart and found out he was married had two children and a good job. When he told me how our time together had positively impacted his life, well, in addition to that almost indescribable warm and fuzzy feeling, I was reminded why I chose this vocational path in life. You don't always know how much you affect your patients (and others), you just take it on faith and sometimes you actually get to see the difference you make.



## **Justin Hall Payroll Clerk**

I'm Justin Hall and I am your new payroll clerk replacing Kim Campbell.

I grew up in a small town in Michigan and moved to the Kewanna area in 2002. I have previous state experience with the D.O.C. I have a 2-year administration degree and will begin work on a B.S. in Human Resources this fall at Indiana

State University.

I am looking forward to meeting everyone and promise to try to learn every one's name.

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## **Herb Detrick Safety Director**

Effective February 17, 2008, Mr. Herb Detrick assumed the responsibilities of Safety Director for Logansport State Hospital. Mr. Detrick has been involved in the health and public safety sector as a Respiratory Therapist, EMT, Firefighter, and a member of Emergency Management Service for over 30 years.

Mr. Detrick retired from the City of Logansport's Fire Department after 26 years of service. During his career he has been involved in inspections and enforcement of regulations and codes as they apply in different situations and circumstances. He has also gained a working knowledge of health and safety codes during his stint as a LSH Fire Fighter.



# Morale Boosters Wants You!



Morale Boosters are looking for energetic individuals to help boost the morale of fellow employees. If you are interested in sharing your ideas, creativity, time, and dedication then we would love to have you join the Morale Boosters.

The Morale Boosters are even looking for energetic individuals to help donate their time for special events to help in boosting the morale of employees here at the hospital.

If you are interested in becoming a member or simply giving a helping hand, then contact Darrin Monroe at # 3803. I am anxious to hear from you.

Remember we are here for you!



## UPCOMING EVENTS

March 27 - April 19

- ↳ March 27<sup>th</sup> - Clinton Co Gold Ladies - Dodds 2 East @ 9:00 AM
- ↳ March 27<sup>th</sup> - Clinton Co Gold Ladies - CLW/L1E - @ 10:00 AM
- ↳ March 27<sup>th</sup> - Creative Writing - @ 3:30 PM
- ↳ March 29<sup>th</sup> - Steve Barlow in the Auditorium @ 7:00 - 8 :00 PM
- ↳ April 3<sup>rd</sup> - 10th, 17th, 24th Creative Writing @3:30 PM
- ↳ April 3<sup>rd</sup> - Jr High Lunch - 9:00 AM-1:00 PM
- ↳ April 7<sup>th</sup> - Social Club @6:00 PM
- ↳ April 15<sup>th</sup> - Camp Cullum trip for D2E/CLW/L1E
- ↳ April 16<sup>th</sup> - Purdue Bingo D2W @10:00 AM
- ↳ April 16<sup>th</sup> - Purdue Bingo D1W @ 6:30 Pm
- ↳ April 17<sup>th</sup> - Purdue Bingo D2W @6:30 PM
- ↳ April 17<sup>th</sup> - Volunteer Recognition Day @ 1:30 PM
- ↳ April 18<sup>th</sup> - Purdue Bingo D1W @10:00 AM
- ↳ April 19<sup>th</sup> - Family Mixer
- ↳ April 20<sup>th</sup> – 26<sup>th</sup> - Administrative Professionals Week
- ↳ April 23<sup>rd</sup> – Administrative Professionals Day
- ↳ April 23<sup>rd</sup> - Jefferson Town & Country Party - CLW @ 6:00 PM



# CUTEST PET CONTEST!



DO YOU HAVE THE CUTEST PET OR PETS?  
NOW IS YOUR CHANCE TO PROVE IT.

VOTING WILL BE DONE BY LSH EMPLOYEES. YOU CAN PURCHASE VOTE  
TICKETS UNTIL MARCH 28 FOR FIFTY CENTS EACH.

TICKETS CAN BE PURCHASED FROM MAUREEN GUIMONT AND  
SANDY DILLMAN IN THE ADMINISTRATION BUILDING OR DARRIN MONROE IN  
THE LYNCH BUILDING.

THE WINNER WILL BE DETERMINED BY TOTAL NUMBER OF TICKET VOTES ON  
APRIL 1.

THE WINNER WILL RECEIVE A GIFT CERTIFICATE TO A PET STORE.

WILL YOUR PET WIN?

WE SHALL SEE!

GOOD LUCK!

Employee Recognition  
and  
Morale Boosters  
are co-sponsoring this event.



# Who Am I?

Can you guess who this is?

If you can, call Darrin Monroe at # 3803 or e-mail: [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov) by April 11. All correct answers will be entered in a drawing sponsored by the Morale Boosters to win a free “Jumbo” soft drink at the Hillside Café. You must have the correct answer to qualify for an entry.

Winners will be announced in the next Spectrum.

Need a hint?

He’s picky on how you spell it.

Find out who this is in our next issue.

Last Issue:



Jill Rowe  
and  
GED Tests



The correct guess and winner of a free Jumbo size drink is: Melissa Stewart.

If you have an early picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.