

SPRING 2014

VOLUME 31

ISSUE 31

Richmond State Hospital COMMUNITY TIES

Special points of interest:

- Hospitality Houses
- Visitor's Information
- Volunteer Opportunities
- Friend-to-Friend
- Protection & Advocacy
- Richmond State Hospital Website

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Richmond State Hospital is operated by the State of Indiana and is under the Division of Mental Health and Addiction.

SUPERINTENDENT'S MESSAGE

I have written quite a few of these articles throughout my career, and I have thoroughly enjoyed the opportunity to write the articles and have the opportunity to share with all of you information about the hospital.

Well, this will be my last article, as I am retiring the end of March. I remember when I interviewed for the superintendent's position some fourteen years ago now, I said that I was compassionate about what I did, and the people that we would care for, and I would be honest, and dedicated. Without going into a lot of detail,

let me just say, it is indeed been a true blessing for me to have met so many wonderful and caring individuals throughout my career.

Those who have helped the hospital, the cause of mental health and those individuals who have been in the hospital and moved on to hopefully better lives, and finally those individuals working in the field of mental health who have given oh so much to this field!

Again, I thank you for the opportunity to serve the citizens of Indiana; it truly has been an honor. I would like to close with

lyrics to the song we used to say years ago, in the Addiction's Program, when folks would leave the program; we would sing the Roy Rogers theme song, "Happy Trails to You, Until we Meet Again"!

*Jeff Butler
Superintendent
Richmond State
Hospital*



Retirement Open House for Jeff Butler

to recognize and celebrate his 41 years
of service and dedication to the patients and
staff of Richmond State Hospital.

March 20, 2014

1:00 p.m. to 4 p.m.

CTC Training Center

Stop in anytime between 1 & 4 p.m.

We are putting together a memory book for Jeff with pictures and stories. If you have a favorite photo or memory to share, please send it to Teresa Bradburn, HR, 498 N.W. 18th Street, Richmond, IN 47374 or email her at terresa.bradburn@fssa.in.gov.

Jeff has been a significant part of Richmond State Hospital for over 41 years. From a Rehab Therapist, to Program Director and finally Superintendent, his focus has always been to promote quality patient care for the citizens of this State. We truly thank him for all that he has done for our patients, staff, Richmond community and the State of Indiana. His dedication and commitment to this organization will be solely missed.

In order to align with Governor Pence's initiative for cost saving measures, we would like to send future Community Ties newsletters electronically as much as possible. Please send us your email address to Kathy.Tuggle@fssa.in.gov so you can help us streamline this process. Thank you.

COMMUNITY RELATIONS CORNER

Tara Jamison

The Community Relations Department continues to provide a wide range of services throughout the year. We are excited to reach out and provide any assistance we can to our patients through community outreach opportunities. With the warmer season just around the corner, we are gearing up for our spring tours, county picnics and other outings.

Our Christmas Gift Lift Program for 2013 was another huge success for our patients. Many special thanks to all of you who contributed to the program through your generous donations. Of our 205 patients at the hospital, 155 of them were adopted by your generous contributions. The few patients who were not adopted still were provided with many gifts through our donations that were not necessarily designated for a particular individual. Many of our patients were so appreciative of the gifts they received stating this was "the best Christmas I ever had." Thanks again to all of you who contributed to the success of this worthwhile program.

This year we hope to collect some items that do not have expiration date throughout the year. Our population continues to be 75% male versus female so we always need more men's products than women's. You can always drop these items off at our Switchboard Operator station which is manned 24 hours/ 7 days a week. The following items are always welcome:

| | | | |
|-------------------------|-----------|---------------------|-----------------------|
| Toothpaste/Toothbrushes | Lotion | Shampoo/Conditioner | Microwave Popcorn |
| Body Wash | Deodorant | Puzzle Books | Hot Chocolate Packets |

Also travel size of any of the personal hygiene products listed above.

This year we are losing two key people that have been a part of our Community Relations operation for many years. Ruth Haskett retired at the end of December 2013. Ruth has been very instrumental in a lot of the work done in our Christmas Room and behind the scenes. Connie Taylor, our Occupational Therapist will be retiring in August 2014. Connie has been very instrumental in organizing the adopt-a-patient program as well as many other facets of the operation. We really appreciate both their work and they will both be very much missed.

Our Community Relations office is located on the first floor of the Administrative Annex which is directly behind the Administration Building. You can reach any of us at this location with the following contact information:

Tara Jamison – Community Relations Director (765) 935-9217 tara.jamison@fssa.in.gov

Kathy Tuggle – Administrative Assistant (765) 935-9394 kathy.tuggle@fssa.in.gov

Denise Townsend – Rehabilitation Therapist (765) 935-9352 denise.townsend@fssa.in.gov

MISSION/VISION

MISSION

To provide individualized, quality holistic healthcare with respect, dignity, and caring.

OUR VALUES

We believe in all individuals' capacity for:

- * Recovery
- * Strength
- * Hope



Our Vision

We have accepted the challenge to:

- * Partner with consumers, families, providers, and communities for recovery.
- * Provide a healing, safe, recovery oriented environment.
- * Promote innovation and utilize evidence based practices for recovery.
- * Promote trauma informed care

PICNIC

Patients look forward to visiting their home counties and seeing family and friends at picnics every summer.

If your group or organization are interested in sponsoring a picnic for our patients, please contact Richmond State Hospital, Community Relations, 765-935-9394.



SOCIAL WORK DEPARTMENT

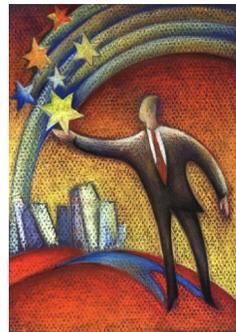
As we glide around the ice rink that is RSH campus, I keep reminding myself that Spring is a month away....at least technically speaking. Yet again the Social Work Department has exciting changes to announce! Bea Hammaker and Amber Mote have joined the Social Work team and bring with them various areas of experience. Bea has experience working with the elderly in a nursing home setting as well as with Community Action programs such as a Homeless Shelter, Homeless Prevention & Re-housing Project, HUD, Section 8, and many others. She is now in charge of Unit 422B, which houses the more chronic and medically fragile patients. Rick Cottman, the previous social worker for

this unit, retired in November and took his beloved guitar with him. Amber brings with her a background in working with MR/DD individuals as well as community mental health. She is assigned to Unit 417A, which houses patients who have cognitive disabilities along with mental illness. These two ladies make a wonderful addition to the Social Work team and we are excited and grateful to have them.

A new round of classes has begun and the Social Workers are accepting new challenges to improve the curriculums so as to provide the best skill-building resources for the patients. We want every single one of them to leave here with confidence in their own

ability to succeed in the community. The team also wants to remind family members and loved ones of patients to contact us with any questions, concerns, and most importantly regarding communication with patients. We want them to have the best possible connection with the community. Wishing you April showers and May flowers!

Jennifer Claypoole,
Social Work Supervisor



Social Work Director-**Luanne HandySaylor**
765-935-9366

Luanne.HandySaylor@fssa.IN.gov

Supervisor-**Jennifer Claypoole**-765-935-9276

Jennifer.Claypoole@fssa.IN.gov

417A **Amber Mote** 765-935-9214

Amber.Mote@fssa.IN.gov

420A **Amy Banta**-765-935-9372

Amy.Banta@fssa.IN.gov

421A/B**Sheila Buckler**-765-935-9360

Sheila.Buckler@fssa.IN.gov

422B **Bea Hammaker**- 765-935-9412

Betrice.Hammaker@fssa.IN.gov

421B **Donna McFarland**-765-935-9367

Donna.McFarland2@fssa.IN.gov

420B **Ashley Steffee**-765-935-9361

Ashley.Steffee@fssa.IN.gov

417C **Tom Tash**- 765-935-9371

Thomas.Tash@fssa.IN.gov

Houses **Angela Youkon**-

765-935-9358

Angela.Youkon@fssa.IN.gov

421A **Virginia Davis**- 765-935-9364

Virginia.Davis@fssa.IN.gov

To receive the news letter by e-mail . Please contact Kathy Tuggle at
Kathy.tuggle@fssa.in.gov

CLINICAL DIRECTOR'S DESK

Joshua Nolan, Psy.D., HSPP, LCAC, Clinical Director

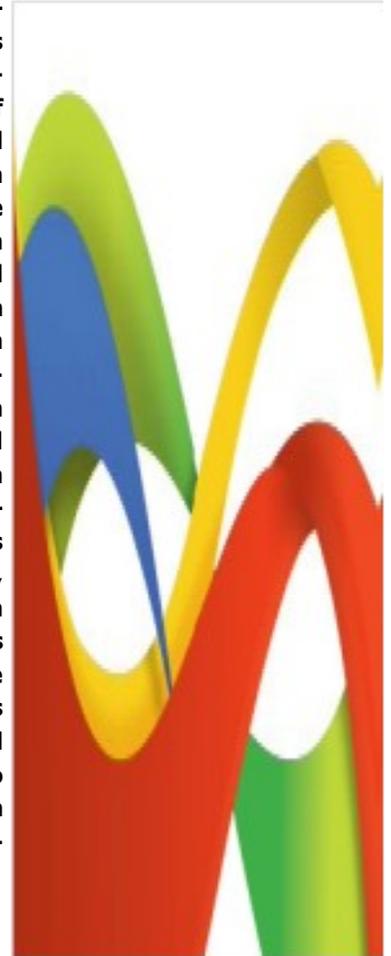
As I mentioned in the last Community Ties article, from the fall of 2013, Richmond State Hospital is at that start of a journey. This journey we are beginning and transformation we are striving for in the care we provide is heavily based in the principles of acceptance. One skill which can help a person in his or her ability to apply acceptance is mindfulness. A great many ideas likely came to mind when reading this previous statement about mindfulness. This ongoing popping up and going away of ideas, thoughts, images, and sensations is something that we as human beings seem to be doing constantly. There are many misconceptions about mindfulness and I would like to take the time to clarify what is meant by this term at Richmond State Hospital.

If willing, think about: how many thoughts are had during a typical day?; how many thoughts are had during a stressful day?; how many things have popped into your mind while reading this brief entry?; how often do you arrive at a destination with no recollection of how you got there? There are times when we pay very close attention to the things that pop into our minds and at other times we may be disconnected from what our internal

experience is. Mindfulness is about being aware of what is showing up in our internal world and making room for that content to be present. Mindfulness may create a relaxed state however that is not the intended outcome. If we are more aware of what is occurring internally, and we make space for that, then we are able to make decisions that are more about what the situation is actually calling for and may be more beneficial to us. There are often discussed 5 facets to mindfulness (and very few persons walking around are skilled in all areas). These are observing, describing, acting with awareness, taking a non-judging stance toward internal experience, and being non-reactive to internal experience. When putting it all together it can be stated in a manner such as done when guest presenter Dr. Daniel Moran provided training for hospital staff that:

Mindfulness:
...is much easier learned by experience
...involves: paying attention in a particular way; on purpose, in the present moment, and
-Jon Kabat-Zinn

The benefit of increasing mindfulness skills is that each person has the potential of becoming less locked inside his or her own world and will increase abilities to interact with the world here and now. Overall health can be improved when mindfulness is increased and can open up an entirely novel way of interacting with the world. And to reiterate from previous Community Ties entry, "We want to work on increasing everyone's awareness, increase ability to change things that can be changed and make it possible to live effectively with those things which cannot be changed."



"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." - Arnold Schwarzenegger

DONATIONS NEEDED

Items currently needed for patients activities, crafts, etc., are golf balls, shoe boxes, board games, costume jewelry, travel size toiletries, jewelry beads, yarn, puzzles, art supplies, and magazines. These items may be marked for Community Relations and taken to the Switchboard located in the AIT (417) building.



"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"
- Mary Anne Radmacher

TREATMENT TEAMS

Each patient's treatment is reviewed in an inter-disciplinary team meeting at least every 90 days. Families of patients are encouraged to be involved in the treatment team meetings for the best interest of the patients. The treatment team is composed of a coordinator, physician, social

worker, psychologist, nurse, activity therapist, and, in some cases, substance abuse counselors. Letters from treatment teams should be sent every time a master treatment plan or review is being done. Conference phones are available for family participation in the meet-

ings. Whenever you are calling our toll free number, please allow us to call you back immediately on our hospital line. This helps keep the cost of our toll free number down. If you want to contact a staff member at Richmond State Hospital, our toll free number is 1-800-986-6691.

TOURS

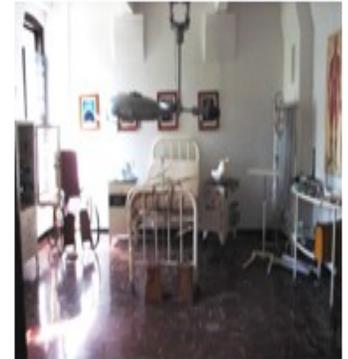
Even during the winter, there are bright spots at Richmond State Hospital. Our group tours are tailored to meet the needs and interests of our tourists. Over 3500 people have toured the grounds of RSH in the past eight years. Several Indiana colleges and high schools tour every year, and one school makes a yearly trip from Ohio.

In an effort to respect the privacy of our patients, a confidentiality form is signed prior to a tour. Tourists are asked not to bring cameras or to take pictures with cell phones.

To schedule a group tour call 765-935-9394.



Administration Building
Richmond State Hospital



HOSPITALITY HOUSES

Richmond State Hospital provides hospitality houses for relatives of patients traveling from a distance to visit their loved ones. These houses are available at no cost to families of patients.

All houses are completely furnished, including an operative kitchen and laundry.

If you would like to reserve a hospitality house, please call

Donna Crist, Administrative Assistant to the Superintendent, at 765-935-9201. She will get you scheduled for a stay at a hospitality house while you are here to visit with your loved ones.

The houses are scheduled on a first come, first serve basis so call as soon as you know you will be needing to stay.

RSH Staff Development

Mike Morrow Director of Staff and Organizational Development



Mike Morrow

New Employees

It's always a complete pleasure to welcome all the new employees to Richmond State Hospital. We have hired many young enthusiastic staff ... some with valuable mental health experience. They will be a perfect combination

along with the seasoned caring staff we already have.

During orientation, it is very important for us to send a clear message about just how amazing our patients are and the respect they deserve when caring for them. Living the Golden Rule applies and treating each

patient like they would want their love ones to be treated.

Recovery Strength and Hope are the values that we live by and the team in Staff Development will continue to communicate throughout orientation.

I am confident after being around and get-

ting to know all the new staff, Richmond State Hospital has a bright future.



Carmie Kitchin, RN Instructor, Staff Development

What is a QMA and the Requirements to Become One?

QMA's are Behavioral Health Recovery Attendants (BHRA's) who become a Qualified Medication Aide. A QMA is licensed by the Indiana State Department of Health after at least 60 hours of classroom time and at least 40 hours of supervised practicum consisting of all that is required for the preparation and administration of medica-

tions and treatments. After their class and practicum hours are completed, they are required to take a state test.

To apply to become a QMA, the BHRA must have proof of: being 18 or older, having a high school diploma or GED, have a criminal background check to ensure they have no felonies, have worked as a BHRA for at least 1000 hours and pass a Math and

English test .

QMA's are allowed to administer medications and treatments to patients in the place of a licensed nurse. There are some types of medications they are not allowed to administer such as injections and nebulizer treatments.

The QMA's at Richmond State Hospital are extremely important and their choice to take on this very impor-

tant extra responsibility for a few perks but no increase in pay is greatly appreciated!



Carmie Kitchin

Trisha Turman-Smith, LPN Nurse Educator, Staff Development

MENTORING PROGRAM AT RICHMOND STATE HOSPITAL

Our mentoring program continues to gain momentum. Mentoring is a key element in the new Behavioral Health Recovery Attendants' (BHRAs) training program.

Our new BHRAs are paired with a mentor (an experienced BHRA)

to receive guidance and to learn the skills necessary for success in their job role of assisting our clients through their recovery process.

Representatives from our Mentor program met with RSH Leadership in January to discuss the improvements that have been made in commu-

nication between treatment team and staff members.

Mentors meet quarterly to discuss challenges, ideas, and to share information which is helpful to the mentors as they transition the new BHRAs to their job duties. Mentor representatives meet with Leadership

twice a year to update them on the mentoring program and obtain assistance from key leaders to improve the overall program.

Leadership maintains a strong commitment to the mentoring program here at Richmond State Hospital.

Jeremy Handley, Program Director, Staff Development



Jeremy Handley

Over the last few months, I have been able to experience a number of changes as the new Program Director in the Staff Development department here at Richmond State Hospital. One of my major responsibilities is to ensure that all of our employees are able to effectively and successfully interact with those people whom will be staying with us for awhile. In order to make their stay here as pleasant and constructive as possible, we have to remember that we are guests in their home. This is where they live, for however long or short a time period. When new employees begin their orientation to RSH, they are reminded of this regularly.

One of the ways we ensure that our employees are able to remember that and develop a good working relationship with those people staying here is through training at different times of the year covering different aspects and approaches to caring for our clients. Every employee goes through an annual recertification process, part of which includes reinforcing verbal skills used to help clients when they feel frustrated, anxious, angry, or whenever they are having a crisis in their lives at that particular time. Employees go through a period of discussion with other staff concerning different situations that may have happened. We discuss ways that

things went well and should continue, and we go over things that could or should be improved upon. We use those discussions to constantly strive to improve the way we approach a client verbally who is experiencing some form of crisis.

Another way we expand on our skills is by role-playing, or acting out, different scenarios where a person needs help in one form or another. We emphasize greatly using verbal skills to help find ways to calm a person down, speaking about what the problem is, and then helping them to find a solution if at all possible. Sometimes people have a problem and can't see the solution, so we help them as much as we can by

showing different options. Other times, people just need someone to listen. So we make sure that we train our employees that we don't always have to have an answer. It can be just as helpful to not say anything at all and just simply listen to what the client has to say.

I've enjoyed my time here in Staff Development so far and I am really looking forward to the years ahead of me in this department and being able to help train and prepare new employees to better care for our clients.

Jesse L. Hodges, Staff Development, CPR inst. Educational Asst. Staff Development

American Red Cross CPR/AED Certification

It has been a great winter for providing certification in CPR for Professional Rescuers here at Richmond State Hospital. We are well on our way to having 100% of our staff certified in this form of CPR.

As new employees arrive in Staff Development, part of their training is to become certified in CPR among many other important classes. To accomplish this, a whole day is scheduled for First aid/CPR training. During the

first aid portion of the class they are trained on quick care in case of an emergency or an injury. They are also trained on many aspects of CPR, like proper hand placement on the chest, proper breathing techniques and the proper use of the AED (Automatic external defibrillator).

Veteran staff at RSH get a yearly refresher and re-certification on their birth month. The refresher course covers the important aspects of CPR and use of the AED. Both new employees and

veteran staff must show that they are capable of performing CPR and using the AED by doing a return demonstration with the instructors and also pass a multiple choice quiz provided by American Red Cross.

I strongly believe that before 2014 comes to a close, Richmond State Hospital will be at that 100% staff certified mark. Have a wonderful spring.



Jesse Hodges



MEDICAL DIRECTOR Warren J Fournier, MD

Almost poetically, as winter transitions into spring, so is our hospital experiencing many changes. As we say goodbye to many familiar faces who have served this hospital and the communities of Indiana for many years, so do we have the excitement of new paths to take and frontiers to cross.

Dr. Bhagwan Malladi, who has been a staff physician here at RSH for 18 years, has retired from his latest assignment as psychiatrist to 420A. Dr. Adrian Villarín, who has worked as one of our dual-diagnosis psychiatrists and even as our Medical Director, will also be retiring as of April from his assignment on 421A after 30 years of service. Both Dr. Malladi and Dr. Villarín are outstanding physicians whose personal touch, leadership, and service to the Richmond community, will be greatly missed by patients and staff.

The Medical Staff

therefore have some very big shoes to fill, and we are actively recruiting for energetic new thought-leaders who are willing to build further from our foundations to make our programs and services even better. We have already been graced with two very talented locums physicians, Dr. Rebecca Kloker and Dr. Doris LeBlanc, whose leadership and experience have proven to be a wonderful asset to our patients and in keeping with the vision and goals of our hospital. We hope that both Dr. Kloker and Dr. LeBlanc decide to stay in the Richmond area.

We have also hired the first nurse practitioner in RSH history, Terry Little, who joins us in March. Here at RSH we accept multiple levels of medical need, and Terry will be a great asset to our medical physicians and to our patients.

As usual, the Medical Staff continues to explore new ways to ef-

fectively improve quality and efficiency of care here at our hospital, including ramping up our efforts to reduce seclusion and restraint, as well as reducing polypharmacy through scheduled and targeted peer review.

Along with the quality of our own physicians, RSH continues to have an invaluable relationship with Reid Hospital, through consulting with their team of outstanding physicians, ECT facilities, and lab services. Reid lab has recently moved to the new DOCS4DOCS system that will allow our own physicians 24 hour access to lab reports via a web-based interface.

Finally, I wish to acknowledge each and every RSH staff member, especially those in direct-care contact with patients, for all the continued good work that they do each day. What we do is very demanding, and it has been one of my main professional goals to keep both patients and caregivers motivated and invested in the job

of managing psychiatric illness. I have always heavily employed education of both patients and professional staff throughout my career. We are currently in a discipline-spanning hospital initiative to develop a comprehensive educational program for new clinical staff and which will be reviewed regularly for all current staff that will not only keep everyone up-to-date on what is known about many of the diagnostic challenges seen at our hospital, but also excite them and keep them connected with their patients.

As we look forward to warmer weather, so does the Medical Staff look forward to the many opportunities to come!



Warren J Fournier, MD
Medical Director
Richmond State Hospital

MONEY FOR PATIENTS

If you are interested in providing funds for your loved one while he is residing at Richmond State Hospital, please write a check or money order which can be deposited at our business office. These funds may be sent directly to the business office for your family members or

give them to his social worker.

There is a snack area in the AIT and RTC buildings where patients may spend their money. There is also a canteen area where patients may shop for snacks, gifts, personal hygiene items, postage stamps,

phone cards, etc. Some patients may go to stores and restaurants in the community.

Checks, money orders, and postal money orders are held for 10 business days.

Please do not send cash in the mail or give family members a large amount of cash. This is

for their own protection against theft.



HEALTH INFORMATION SERVICES (HIS) BY JAY WENNING

Genealogy, the tracing of one's family history, is popular hobby for many individuals today. In a typical year, Richmond State Hospital (RSH) receives dozens of requests for medical records from the descendants of past patients. Unlike many other historical records available to the public, RSH medical records are confidential and not subject to the state of Indiana's 75 year Public Records law.

Unfortunately, we do not have the original medical of every patient treated at Richmond State Hospital. Records keeping laws and practices have changed over the years since RSH opened in 1890. Today's retention policies require the

hospital to store the complete medical record of patients for 10 years after their discharge. After the required 10 year retention period, a 5% sample of records is sent to State Archives and the rest of the medical records are reduced to the summary documents of the hospitalization. The excess medical information is confidentially shredded. The hospital has reduced medical records of patients discharged between 1979 and 1999. The medical records of all patients discharged before 1979 were destroyed (except for a 5% sample sent to State Archives). However, the hospital does have basic admission and discharge informa-

tion from the register books for patients discharged between 1890 and 1979.

Individuals requesting copies of RSH medical records for genealogy purposes may contact the Health Information Services (HIS) department at phone number 765-935-9234 or fax number 765-935-9509. You will be asked to complete an "Authorization for Release of Information" form, provide a copy of a state issued photo ID, provide proof of a familial relationship, and provide a copy of a death certificate.

If you have any questions, please feel free to contact Jay Wenning, Health Information Services Director, at 765-935-9235, fax him at

765-935-9509, or email Jay.Wenning@fssa.in.gov



*Jay Wenning
Health Information*



VISITOR'S INFORMATION

Richmond State Hospital encourages visits because they help patients remain in contact with family and friends during a difficult time. Hospital visiting hours are from 9:00 am to 8:00 pm daily. Family members and friends are encouraged but not required to schedule their visit ahead of time to avoid potential conflicts with pre-

scheduled doctor appointments. Visitors under 18 years old must be accompanied by a family member over the age of 21, and visitors under 15 years old are not allowed on the units.

All visitors must check-in at either the 417 building lobby or at the front entrance of the CTC building. Every member of the visiting party will be asked to

sign the "Visitor's Sign-In Sheet" and will receive a Visitor's Pass. Even though visitors under 15 years old cannot visit the unit, they still must check-in as a visitor. We ask that all visitors check-out after their visit to help the hospital have an accurate accounting of who is visiting the hospital in the event of an emergency.

If you have any ques-

tions about visits, please contact the unit social worker.

If you have any questions, please feel free to contact Jay Wenning, Health Information Services Director, at 765-935-9235, fax him at 765-935-9509, or email

Jay.Wenning@fssa.in.gov

To receive the news letter by e-mail . Please contact Kathy Tuggle at Kathy.tuggle@fssa.in.gov

ASSISTANT SUPERINTENDANT OF ADMINISTRATION

Dave Shelford



"Anyone can hide. Facing up to things, working through them, that's what makes you strong." - Sarah Dessen



Window and Door Upgrades at RTC

Our project to replace bedroom windows and hardware on bedroom doors in the Residential Treatment Center was recently completed. The project brought our doors and windows up to the latest standards of care and safety while allowing our patients access to outside air and enhanced privacy.

Flooring Replacement in RTC

The flooring replacement project is currently in the contractor procurement stage with an estimated start time in April. The project will replace all hallway and common area flooring in unit 422B and flooring in all patient bedrooms in RTC. The areas affected all have the original floor tiles and will be replaced with a rubber flooring material. We know our

patients, staff and visitors will all appreciate the new more cheery look.

New Roofing on RTC and Staff Development/HIS Building

Our project to replace these two roofs began in October 2012 and will continue to completion next fall.

Wireless Emergency Alert System

Our budget for fiscal years 2014/2015 includes a new emergency alert system. The system includes personal alert devices that can be carried by staff on a lanyard or in their pocket and has the ability to identify location of the device when activated. The system will greatly enhance the ability of staff to call for assistance in the event of a situation in the buildings or anywhere on grounds. We expect to begin that project this

summer.

Roofing Replacement on Food Service Center and Carriage House

Our final capital project in our budget for fiscal years 2014/2015 is to replace the roofing materials on the main food service center and the historic Carriage House. This project is scheduled for next summer and fall.

"If you always put limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them." - Bruce Lee

ENVIRONMENT OF CARE

Judi Rohe, EOC Coordinator



Welcome to 2014! Everyone enjoyed the fun and safe holidays. Thanks to everyone who made that possible and for following the new guidelines of allowable items (no glass or products containing alcohol and limiting the number of items due to storage issues). The patient's have a nice view of the

snow from their newly installed bedroom windows. I bet the view of the sunshine and green grass will be even better. The temperatures have been so cold that many days this winter patients were not permitted to use their outside privileges. New temperature precautions are also in place

for during the heat of the summer.

All were developed and implemented to make sure those in our care are safe and protected from the extreme temperatures.

Continue to stay SAFE and THINK SPRING.
Judi Rohe

Human Resources Director Terresa Bradburn



Terresa Bradburn,
Human Resource Director

Human Resources Update

The HR Department has been busy with new updates for new employee orientation. We are working on new Supervisor training that will be implemented this year for our Supervisors. We have also been working on competen-

cies for job classifications. We continue to attend local job fairs to recruit candidates for open positions. The SPD Indiana.org website has been enhanced for users to view with ease.

We continue to strive to be of assistance to staff and provide the tools and resources that em-

ployees need to be successful. Our goals for the year are to continue to effectively communicate with staff.



Earlam Student
Volunteers

VOLUNTEER OPPORTUNITIES

There are many opportunities for volunteers at Richmond State Hospital. If you are interested in volunteering in one of the following areas, please call us at 765-935-9394.

- * Art Murals
- * History of Hospital
- * Pond Development
- * Patient Interactions/ Activities
- * Bicycle Repair
- * Donation of Birthday Cakes Friend To Friend
- * Donation of Exercise DVD tapes



FRIEND-TO-FRIEND PROGRAM

To succeed... you need to find something to hold on to, something to motivate you, something to inspire you.
—Tony Dorsett



Community Relations staff would like to thank everyone who has been participating in the Friend-to-Friend program. There are several patients waiting to participate in this program, which is ideal for organizations, Sunday school classes, clubs, or individuals. Patients who are in the program are thrilled to receive letters, cards, phone calls, visits and gifts from their "friends". The experiences found depends

on your friend's needs and your own interests, time and capabilities. Communicating on a regular basis is beneficial to your friend.

When a "friend" is assigned, your friend is informed about the program and expecting to have contact with you. With shorter discharge rates than in the past, your "friend" may be leaving the hospital. Some participants choose to have a new friend and others wish

to continue to be a "friend" to the same patient at a new location.

We are always glad to discuss the Friend-to-Friend program. For more information contact Community Relations, 765-935-9394.

"In the end, some of your greatest pains become your greatest strengths." — Drew Barrymore

EMPLOYEE HEALTH

By Heather Johnson

My name is Heather Johnson and I was fortunate enough to assume the role of the Infection Preventionist and Employee Health Nurse at RSH, after the retirement of Melissa Galliher in mid-December. I have worked at RSH approximately 8 years as a unit nurse on units 420A and 421A.

As always, all staff and patients at RSH have been offered the flu vaccination. Approximately 54 percent of employees (including contract, volunteers & Aramark staff) have been vaccinated for the 2013-2014 flu season. All employees are required to sign a consent and

declination form. Our consumers are also given the opportunity to have the flu vaccination, which occurred in November and December and continues to be offered during the admission process. The influenza vaccinations have been administered to 124 of our patient population.

No major outbreaks have been reported throughout the current influenza season, although we have had several cases of pneumonia and upper respiratory infections. Each patient infection is investigated on an individual basis using Center for Disease Control (CDC) guidelines and followed up by the Infection Preventionist.

Proper hand hygiene and cough etiquette continue to be monitored and reinforced regularly and when necessary to our staff and patients.

Education is provided and highlighted to the staff and patients on the flu vaccine, as well as, ways to prevent and avoid the transmission of infections. Information is provided to the clients through Active Treatment Classes on a weekly basis, which are instructed by the nursing department, titled "Healthy Living." An annual in-service is required for all employees to increase their knowledge and education on infection control issues and is scheduled for April 2014.



There's lots of people in this world who spend so much time watching their health that they haven't the time to enjoy it.
~Josh Billings

PROTECTION & ADVOCACY

The Protection and Advocacy for Individuals with Mental Illness (PAIMI) Act was signed in May of 1986 by President Ronald Reagan. In September 1986, Governor Robert Orr signed Assurances that the State of Indiana would provide protection and advocacy services to citizens experiencing mental illness. Indiana Protection and Advocacy Services was designated as the agency to provide these services and is a

congressionally mandated, legally based disability rights agency. IPAS has the authority to provide legal representation and other advocacy services, under all federal and state laws to people with disabilities based on a system of priorities. To defend the human, legal and civil rights of people with disabilities, Congress established Protection and Advocacy systems in each state. The Advocacy Specialist representa-

tive for our area attends our monthly Human Rights Committee Meetings.

Protection and Advocacy may be contacted at 1-800-622-4845, ext. 236. Protection & Advocacy may also be contacted by calling 1-800-838-1131 or voice mail number at 1-800-622-4845, or by mail at Indiana Protection and Advocacy Services, 850 North Meridian, Suite 2-C, Indianapolis, IN 46204.



CAKES

The third Friday of every month is Cake Day. Volunteers donate cakes that are used for patients' birthday celebrations. Patients really enjoy the special recognition given for their

birthday. We have cake donators that have been faithful for many years. We certainly appreciate being remembered in this very special way each month. If you, your church,

club, or other group would be interested in donating cakes, please give us a call at 765-935-9394. You may even donate money and have it ear-marked for birthday cakes. We will

see that the money is used for these special occasions!



NURSING DEPARTMENT NEWS by Gretchen Gibbs



Gretchen Gibbs, CFNP
*Director of Nursing
Richmond State Hospital*

What is a "BHRA"?
The acronym stands for "Behavioral Health Recovery Attendant," the formal title in state operated facilities for the "Psychiatric Attendant." The title was adopted several years ago to better describe what these individuals do for our patients. BHRAs are a very important and integral part of the Nursing Department and fill a very essential caregiver role on the continuum of nursing care.

The Psychiatric Attendant has been around in public and private psychiatric hospitals for many years. Although their duties have varied through the years, they continue to be the individuals who provide the bulk of the

24/7 care for psychiatric patients. They are the ones who assist patients with personal hygiene, help with laundry, assist patients with room care, help patients with meals and other nutritional intake, and generally help patients complete the activities of daily living when they cannot do those tasks for themselves. Many of our patients who are admitted to our hospital have been unable to care for themselves for quite some time, and are temporarily very dependent on our nursing staff to help them complete activities of daily living.

Some BHRAs elect to receive additional training so that they can administer medication to patients, under the direction of a licensed nurse. These are very special caregivers who volunteer for an increase in responsibility to meet patient needs. They are certified by the state to provide this type of care, and are

trained by certified educators to assure that they have a working knowledge of medications, medication administration procedures, and how to monitor patient response to medications.

Apart from the "tasks" associated with the BHRA job description, our BHRAs develop skills in communicating with patients in order to support, teach and assist patients to recover from psychiatric illness. Sometimes the simple conversations that patients have with BHRAs provide much needed support, hope and motivation for patients to develop better coping skills, make better health choices, and to better manage symptoms of illness. Sometimes BHRAs are able to "connect" with patients in ways others cannot, and develop therapeutic relationships that support the patient to make the changes necessary for recovery. When a pa-

tient is close to losing emotional control, it is often a BHRA who is able to establish communication with the patient and help the patient reframe the situation and avoid loss of physical control. BHRAs are actually very empowered individuals who have more opportunity to affect the lives of patients than almost any other caregiver.

Probably the most important function of the BHRA is to provide a safe environment for the patients. Patients admitted to our facility have sometimes been violent (due to psychotic symptoms, past trauma, or emotional instability). Violence can be directed toward others, but also can be directed toward self, such as in self-injurious behavior or suicide attempts. BHRAs are expected to intervene when violent behavior erupts, with the goal of preventing harm to the patient and to others in the environment. Most of the time, physical management can be avoided when a skilled

BHRA intervenes early enough to prevent a patient from escalating to violence. During those interventions, however, BHRAs are at risk for harm to themselves. They are often subjected to verbal attack as well as physical attack, and are expected to respond to patients using established verbal and physical management skills designed to maintain the

safest environment possible for everyone.

BHRAs are special people who are faced with significant challenges during the course of a regular work day. They often show exceptional kindness and skill with patients who are in extremely vulnerable places in their lives. BHRAs help the healing

process and promote recovery with their everyday interactions with patients. They are caregivers who celebrate the successes of their patients, knowing they had a part in the recovery process.



"Learning is more effective when it is an active rather than a passive process."

~Kurt Lewin~

NAMI EAST CENTRAL INDIANA

NAMI East Central Indiana is located on the grounds of Richmond State Hospital in the original farmhouse. Patients may stop in and visit or read from the many books and pamphlets on depression, bipolar, schizophrenia, and more. Kim Lairson is the president of NAMI East Central Indiana. The NAMI house is open Mondays, Wednesdays, and Fridays from 10 a.m. to 2 p.m.

Betty Mark, member of the local NAMI, was instrumental in getting the CIT training in Wayne County, as well as several other Indiana

counties. CIT is a 40 hour training program for local public safety personnel in recognizing, handling, and de-escalation techniques dealing with mental health consumers. CIT recertification is yearly.

NAMI East Central Support group meetings are on the first Tuesday of each month 7:00pm in the CTC Training Center at Richmond State Hospital. Each meeting features a special speaker. Patients from the hospital are invited to these meetings as well as family members and the East Central Indiana community.

To help build aware-

ness about mental illnesses, the Annual Mental Illness Awareness Week candlelight service was held on Tuesday, October 2, at the Richmond Municipal Building.

The annual NAMI Christmas gathering was held in the CTC gym on Tuesday, December 4. The annual NAMI Christmas tree lighting will take place at the Christmas gathering.

For more information you may call NAMI at 765-966-4094 or Richmond State Hospital at 765-935-9394.



NAMI East Central Indiana is located at 498 N.W. 18th Street, Richmond, Indiana



RICHMOND STATE HOSPITAL WEBSITE

www.Richmondstatehospital.org

Information about our website may be found on the Internet. We try to have up to date informa-

tion about various aspects of the hospital. We encourage many of our customers to visit

our website for the most up to date information about our hospital.



Rehabilitation Department

By Tara Jamison



Tara Jamison, Director of Community Relation and Recreational Therapy

The Rehab Department had their usual busy schedule going into the holiday season. Many of the units participated in special Thanksgiving dinners, Christmas parties, and are now looking forward to spring and summer activities. Our staff and patients are already planning some outside activities after our long winter months.

The Rehab Department offered a week long schedule of Christmas activities. On Monday December 16th the Christmas week was kicked off with a Music Concert of patients showing off their talents to the audience participating in a good Christmas carol sing-a-long. Tuesday December 17th the CTC training center was turned into a movie theatre with some popcorn and watching several of the holiday favorites. Wednesday December 18th the patients had a great time decorating

their own Christmas Cookies while drinking hot chocolate and listening to Christmas stories. Christmas week was rounded off on Thursday December 19th with a Christmas Karaoke night. The patient just love to support one another with some great singing and laughter.

In February we had a great time celebrating Valentine Day. In the CTC Hallway we displayed Valentine cards made by patients in all different activities. There then was a panel of judges who picked 6 cards as the winners. Those six winners were then treated to a special dinner on February 12th in the CTC Living Skills courtesy of Don Wright and Brooke Beckman-Radar. The patients dressed up for their formal dinner and loved feeling special as they were served many entrees they usually do not get in the dining hall. Also for Valentine Day many of our cooking groups help prepare Valentine candies which we sold as a fundraiser to our staff and patients. Profits from the sale were deposited in the Patient Recreation Fund which is the main source for patient outing and activities. Another event going along with Valentine Day was on February 18th NAMI meeting the sweetheart of NAMI was honored - Betty Mark. Betty has been so instrumental in helping to provide ser-

vices for Eastern Indiana NAMI. Many cards and tributes were done in Betty's honor that evening. Richmond State Hospital certainly benefits to having NAMI in our farmhouse on campus. We love our relationship with NAMI and Betty was been such advocate for patients at the hospital as well as the community.

With the hard winter weather, we are all very much looking forward to events that will provide us with flesh air and sunshine. Some ideas for upcoming events are Basketball tournaments, Car Shows, trips to the ball park, etc. By the fall edition, I will be filling you in with all the fun activities we had throughout the spring and summer months.



NAMI Summer 2013 Picnic



2014 Unit Christmas Party



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BRIEF HISTORY of Richmond State

In **1898** there were many complaints of overcrowded conditions as population had increased over the years. Tuberculosis was a major concern. Steps were taken to provide a Hospital unit for the women population.

1900 a cold storage building with refrigeration apparatus was put into use and a laundry annex added. The telephone system was replaced with a central union speaking tube system. Mattresses were all made in the institution from long black mattress horse hair.

1902 steps toward better sanitation took place with the laying of concrete floors in all unfin-

ished basements. All building and barns were supplied with fire extinguishers. Due to the advance age of the work horses; two pairs of young horses and one span of mules were purchased.

Between **1903 and 1904** new orchards of 300 apple trees was planted. **1906** many wooden floors were removed and substituted with white vitreous tile with white cove base. The capacity was not increased during this period, and while rated normally at 712 beds, the daily average present was 731. Weekly baseball games were held and made the Saturday afternoons something of a holiday. The attics of cottages A and B were quarters for the night staff, but had no bathrooms and no passageways through the central sections, so in **1908** these improve-

ments were made, giving the night service a very satisfactory quarters.

1910 the vineyard of 1,600 vines yielded 15,511 pounds of grapes. A new plantation of strawberries and raspberries were put out in the spring.

1911 due to reorganization several patients were transferred to the southeastern hospital at Madison, and RSH received patients from the northern hospital at Logansport.

Alcoholism is mentioned for the first time as "intoxication psychoses" and there were four patients with this diagnosis. **1913** two cases of typhoid fever of unknown origin developed. These were the first two cases in the hospital's history, and edibles sent in from a distant city were suspected. The Medical Building was constructed and included a laboratory, dispensary, library, and

mortuary.

The act of the Legislature of 1911, Auditor and Treasurer of the State concluded to establish a farm colony for the insane and honored Richmond State Hospital by selecting it for the parent institution. Five farms were acquired and one farm received eleven patients where they lived with a trained man and his wife as their caretakers. Male patients were placed on the colonies, as many of them had agricultural backgrounds. The establishment of the colony marks a new beginning in the hospital's history. It opened a new fields for the employment of the able bodied and the diversion of some of the introspective and misdirected.



Staff in 1915

One of four wards in the hospital building, surgical room, and morgue were also located in this building



"Man can live about forty days without food, about three days without water, about eight minutes without air, but only for one second without hope" - Hal Lindsey

COMMUNITY TIES

Copies of Community Ties are sent to family members of our patients, volunteers, retired employees, and community mental health centers. If you would like to receive your copy of Community Ties at your email address, please let us know by emailing Tara.Jamsion@fssa.in.gov or Kathy.Tuggle@fssa.in.gov. You may also call us at 765-935-9394



Wall decoration done by Ball State Nursing Students

Unit Christmas Party/Santa's Visit



CTC/RTC Building Corridor



Earlham Student Volunteers



RSH Pond



Dinner Party for the Patients who won the Valentine card contest



Patient's Computer Lab



Patient's Social Area