



NDI Insider

The newsletter of Indiana's

NeuroDiagnostic Institute
and Advanced Treatment Center

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Superintendent/CMO update

by Jerry Sheward, M.D., NDI Superintendent and Chief Medical Officer of the NDI and Indiana State Psychiatric Hospital Network

I don't have any hard statistics to share with you this month, but I do have a few announcements. Dr. Anjum Ara joins us as attending physician for 7E. Carrie Mefford, NP, has taken over the attending duties on 4E. Dr. Bethany McGovern has just attended orientation and will take over from Dr. Nicholas on 2W. I anticipate sharing the arrival of another child psychologist in the coming weeks. Katie Kleckner is on maternity leave, having given birth to a baby girl. Please join me in welcoming our newest professional staff additions, and one newborn.

We have officially targeted February 1 for the opening of 4W, which will be focused on patients from 18-22. This is the third of the units contracted to Maxim for nursing and BHRA provision. 5E is scheduled to be opened by CHE no later than April 1. Contracting with DAMAR is ongoing with a likely start date in late spring for unit 7W.

It's that time of year again when the media would have us expecting

diamonds, keys to a Mercedes Benz under the tree, and visions of ourselves living lives of adventure in exotic locales. If you've got that life, good for you, but I've been around a lot of wealthy people who were quite miserable. We each have our own personal realities and histories, both patients and staff. Norman Rockwell painted his desires, nostalgia, and ideals, not a common reality, probably not even his own.

For some, this is a time of great joy and happiness. For others the holidays only serve to bring into sharper focus prior and present disappointments, pain, regrets, and loneliness.

Try to be gentle with one another and remember that taking care of others is an important and noble pursuit. I have a personal mission statement, admittedly a little corny, that I try to live up to that I cobbled together over the years (with a little humor) that goes something like this: "Life is hard and no one gets out alive. Strive to be a good

travelling companion during life's journey."

Secretary Sullivan and I were recently discussing our personal journeys towards medicine and found that one of the most influential books for both of us was *The Plague* by Albert Camus. I'd recommend it to anyone who questions the meanings and purposes of life and service.

One final thought occurs to me. Remember that even though the weather is cold, and the ground is covered in snow (as I write this), in a couple more days, it will slowly become obvious that the sun has once again started its march north. The days will get longer, and spring will follow as it has for millions of years. I hope the holidays serve as a source of renewal and hope.

Thank you for being a part of the NDI family. I am proud of the job you do and the dedication you bring to work every day.

The NeuroDiagnostic Institute and Advanced Treatment Center, Indiana's newest state psychiatric hospital, delivers advanced evaluation and treatment for patients with the most challenging and complex neuropsychiatric illnesses and moves them more efficiently into the most appropriate treatment settings within the community or state mental health system.

A monthly reflection

Something to think about

“In the depth of winter, I finally learned that there was in me an invincible summer.” -- Albert Camus

Albert Camus (November 7, 1913 – January 4, 1960) was a French Algerian philosopher, author, and journalist who won the Nobel Prize in Literature at age 44 in 1957.

Around the NDI

Employee news

We welcome new state

employees: Jahlisa Adekoya (BHRA), Alexandra Beloat (BHRA), and Tanya Covington (BHRA).

We welcome new agency/contract

employees: Rodesia Edmundson (RN), Kaycee Frelix (CNA), Amber Hooker-Fewless (RN), Tiffany Howell (CNA), Lula Marshall (CNA), Rashan Neblett (CNA), Lorell

Patterson (CNA), Anasa Rowley (CNA), Theresa Salmon (CNA), Muriel Sesay (RN), and Tiffany Taylor (CNA).

We say farewell to: Ronda Balliett (BHRA), Karin Conner (Secretary), Katie Egielske (BHRA), Rebecca Hensley (BHRA), and Mona Shannon (BHRA Supervisor).



SECC sets new records

thank you!

The State Employees' Community Campaign ended on December 13, and several records were set this year!

The overall campaign set a new record by raising more than \$1.6 million, and FSSA set new agency records for

amount pledged and staff participation. FSSA's goal was to raise \$170,000, but staff stepped up and pledged over \$198,000 with a participation rate of 33%--once again showcasing our commitment to helping others in our communities and abroad.

This could not have been possible without the dedicated members of the FSSA SECC committee, which included our very own Patti Clift.

The final, exact numbers should be in by the end of January.

Use of personal cell phones

A reminder from Patti Clift, Chief Operations Officer

In order to enhance a safe and therapeutic environment for patients and protect the privacy of patients' protected health information, the use of personal cell phone or electronic device is prohibited on the units or in the presence of the patients.

Item 1 of the procedures and responsibilities section of the hospital code of conduct policy states: "Personal cell phones, pagers, or other personal electronic devices are prohibited on the units or in the presence of the patients. Only those devices issued by the hospital business are allowed on patient units or during patient contact."

Adherence to this policy is crucial for the safety and protection of the confidentiality and security of patient information.

Parking update

A note from Joshalyn Sutton, HRD

Please note that the gravel lot across from the NDI at 5317 and 5316 E. 16th Street are properties owned by JPCHC Real Estate, LLC, to support the clinic functions for the Jane Pauley Community Health Center that is just west of NDI.

Recently, we were notified that NDI staff have been parking in their lot. They have asked us to remind staff that parking in the gravel lot or in their parking lot is unauthorized parking for NDI staff. The parking is

managed and available to Jane Pauley Community Health Center staff and their customers.

Please refer to the NDI parking policy if you are unsure of the NDI staff authorized parking areas. You may access the policy on PolicyStat.

We appreciate all cooperation and efforts in this matter.

Self-care isn't selfish

Tips for well-being

Taking care of your body is the key to good health at every age. It can help slow down or even prevent problems.

Self-care involves making informed decisions about any health issues. And getting preventive care.

Awareness, prevention, and early detection can keep you healthy!

Self-care can mean: 1) getting daily physical activity; 2) making healthy food and drink choices; 3) keeping a healthy weight; 4) having routine preventive care; 5) knowing your health numbers; 6) getting good

quality sleep; 7) managing stress; 9) quitting tobacco.

Make an appointment for a check-up with your health care provider today!

Lactation room moved

Effective Monday, December 23, the lactation room was moved to the 7th floor, room C717. The room accommodates two nursing mothers with respect for privacy.

Any nursing mother who needs access to this room, please refer to the Lactation Support Policy on PolicyStat. Requests for keys must be directed to maintenance.

If you have any questions or concerns, please contact HRD Joshalyne Sutton.

Make a New Year's resolution!

By Larri Sackett, HR Generalist

It's that time of year again when we make resolutions because we want to improve ourselves.

Here is a good resolution for anyone with the State's medical insurance—and it's easy to do! Go to <https://www.myactivehealth.com/Portal/PortalLogin.aspx?SupplierURL=16298> and register for Active Health. By doing a few things, you can improve your health—and save money, too. You will need your insurance number in order to register.

Starting in January, you can work on that New Year's resolution. Simply go in and take the Health Assessment. Once that's done, you are qualified for a \$50 e-gift card.

There are four options for you to qualify for the wellness option: 1) have your steps tracked—you must get 75,000 steps each quarter for two out of three quarters; 2) have your workouts tracked; 3) do the digital coaching as well as the daily assessments (they are fun and informative)—you can accumulate up to 800 hearts each week, and at 9,000 hearts you qualify; 4) or you can do a telephonic coaching call—

you can tell the coach when it is a good time to call, and they will call and talk with you about something you want to improve in your life. Do you have road rage? Maybe the coach can work with you on your way home from work! Do you feel stressed out? The coach can give you pointers on how to minimize your stress levels. Are you not exercising enough? Ask the coach for tips on things you can do at home without joining a gym. You only need four coaching calls to qualify.

NDI is scheduling two biometric screenings—a screening will earn you \$100 in an e-gift card. (You must be fasting for the screening to get accurate results.)

Right there we have given you a way of getting \$150 in e-gift cards (taxed, of course) from the State!

Saving money is always good. Did you know that you can save around \$43 per pay period on the CDHP1 family plan? If you don't smoke, you save another \$35 a pay period. I know from personal experience that the bi-weekly charge for the CDHP1 family plan with no smoking and wellness discounts was only \$60!

That is medical insurance for the whole family!

