



# NDInsider

The newsletter of Indiana's  
**NeuroDiagnostic Institute**  
and Advanced Treatment Center

5435 E. 16th St., Indianapolis, Indiana | [www.in.gov/fssa/dmha/2935.htm](http://www.in.gov/fssa/dmha/2935.htm) | Vol. 7, Issue 2, February 2023



## Upcoming Events from the Employee Recognition Committee



**Lisa Passarelli**  
**REIGNING CHAMP**

### CHILI COOKOFF!

**Friday, February 10th**  
11:00am-1:00pm  
6:30pm-8:30pm

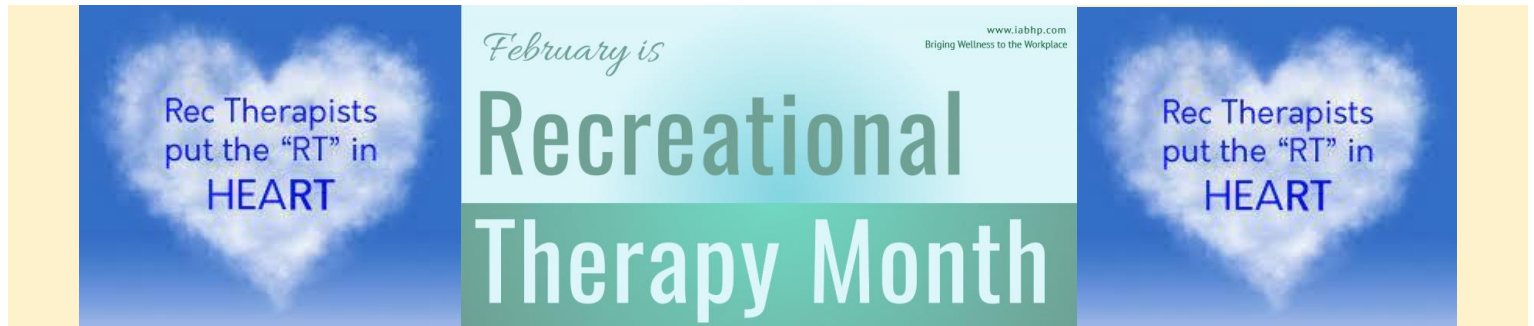
\$1.00 per sample/per vote  
\$5.00 for a bowl

Sign-Up by emailing [LWilson4@spd.IN.gov](mailto:LWilson4@spd.IN.gov)  
Or  
Use Sign-Up Sheet Located at Vicky Tucker's desk in the Admin Hallway.

### Valentine's Day Treats

**Friday, February 10<sup>th</sup>**  
11:00am- 1:00pm or 6:30-8:30pm  
Preorder by emailing Lisa Wilson  
or buy day of (while supplies last)

**Chocolate covered pretzels \$5.00**  
**Jumbo chocolate covered marshmallows \$5.00**  
(includes 2 marshmallows)



Hi all! We are very excited about celebrating Recreational Therapy Month with you all. The theme this year is Find Your Place. The American Therapeutic Recreation Association defines recreation therapy as, “a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.”

Because recreation therapy is evidence-based and goal oriented, here at NDI, we assess all patients and create individualized goals based on their reason for admission and what skills they need to build to be successful.

Some of the specific goals we work towards with patients include:

- Help patients to regain their confidence
- Improve frustration tolerance and build social skills
- Provide appropriate outlets for reducing stress and agitation

The most common way for us to provide activity interventions is through specific recreation and leisure-based groups that we provide for our patients:

For the adults, we provide various groups depending on what the need is of our patients. One group we do is Drum Fit which helps with mood and reduces stress and anxiety. We also provide Chair Chi which helps reduce anxiety, increases flexibility and strength. We also offer groups such as Mindfulness, Creative Dramatics, Safe Weights, Leisure Education, Whole Health, Full Values, and more to educate and help our patients learn with activity-based groups. Our hope is that patients will find more healthy coping mechanisms and leisure interests they can turn to while they are in the community.

On the youth side, we provide a more sport-oriented group, called Sports and Leisure and Indoor Recreation, where we use different sports and activities to improve frustration tolerance and model appropriate peer interactions. We also provide educational groups – such as SPA or Self-Care Practiced Always! During these groups we utilize activities to help improve impulse control, improve ability to handle agitation and demonstrate appropriate behaviors in different social settings. We also regularly provide community outings to increase social skills and leisure interests.

Overall, we try to empower our patients to integrate back to the community. We focus on increasing social skills, leisure interests, and communication skills to help our patients thrive when they discharge!

Submitted by Jenny Weber

## The NDI RT Team







Jenny Weber, CTRS/Rehab Director  
Time at LCH/NDI: 19 years



Jamie Tuggle, CTRS/Youth  
Time at LCH/NDI: 8 years



Emily Davis, CTRS/ Adults  
Time at LCH/NDI: 8 years



Leigh Holmes, BS/Adults  
Time at LCH/NDI: 4 years

## **SECURITY**

**Security needs to know who is coming!!**

Security now has an email address:

[NDISecurity@fssa.in.gov](mailto:NDISecurity@fssa.in.gov)

Please send Security an email if you have a visitor, interview, and or guest coming to NDI. Please include the date, time, and any important information about the visit.





## Our NDI Non-Nursing Star of the Month is

***Sally Horvath***

“Sally went above and beyond in coordinating care for a patient. I am so thankful for her kind, compassionate heart, and her expertise! She is an invaluable part of the NDI team!”

*Nominated by Carrie Mefford*

## Our NDI Nursing Day Shift Star of the Month is

***Chelsea Eilers***

“Chelsea is fairly new in her role at the NDI and psychiatric nursing but has shown exceptional skills in her short time here. She has exceeded expectations and deliver optimal care to the youth service patients. Chelsea is always positive, polite, and friendly. She maintains a complete calm during chaos. Chelsea has excellent therapeutic communication skills and ensures her patients are heard and cared fore and the milieu is safe. It is very impressive to see any nurse exceed on youth services but especially when they’re new into not only psych but also with challenging populations.”

*Nominated by Anonymous*

## Our NDI Nursing Night Shift Star of the Month is

***Brandon Williams***

“Brandon came to NDI with no experience in healthcare and has come a long way without knowing what he was getting into when he started with the you girls on 3W. Brandon is always willing to jump in and takes appropriate action in emergency situations and has been a great young male role model and a big team player to 3W.”

*Nominated by Brittany Paradiso*

**Other NDI staff nominated for EOM:** Kierra Hayes and Osatohanmwun “Benita” Obasuyi.

If you would like to nominate one of your fellow employees, please submit nominations to: [ERCNDI@fssa.in.gov](mailto:ERCNDI@fssa.in.gov). The nomination form can also be found in the L drive under **FSSA NDI Employee Recognition Committee**



gg60844461 GoGraph.com



gg60844461 GoGraph.com

## CERTIFICATE OF EXCELLENCE

JEAN ADESCAR  
EBONY DAVENPORT  
KELVIN GRAHAM  
CHRISTIAN JUILLERAT  
ADESUWA OMOROGBE(2)  
TODD PETERS  
AALIYAH ROBINSON  
TRACEY SMITH

LENA ALLISON  
BOB FECZKO(2)  
GRAN HENRY  
SANDO KAILIE  
BRITTANY PARADISO(2)  
MIKE RADFORD(2)  
HAYLEY SELF  
CHERRY STATEN

SANDHYA BHONDE  
GERALD GARRETT  
AMBER HOOKER  
ASHLEY MCADAMS  
JOE PERKINS  
SHANNON RHEA  
TORI SELZNICK  
SHERI STATEN

## PATIENT



ABIODUN FALODUN  
MALAYA RIDLEY (2)

SHANTE HARRIS(2)  
SAM RUBEK

ANSUMANA "AJ" JEIGULA

***Anyone can nominate a fellow employee for a Certificate of Excellence!***

**Please include:** Name of recipient, recipient's supervisor, brief statement of why you wish to recognize your colleague. All recommendations should be sent to [NDICOE@fssa.in.gov](mailto:NDICOE@fssa.in.gov)



Kathleen Larson  
Danielle Homoki  
Mobolanie Adegunle  
Tyrone Davis  
Matt Foster  
Eileen Bricker  
Rachel Pattison

Elisha Modisette  
Elena Ortega  
Walter Baca  
Tonya Sowers  
Pashawn Jenkins  
Ashley Crowe

Chelsea Hardin  
Bobola Oyedeji  
LeeOnna Moore  
Cheryl Moore  
Justin McAfee  
Cassandra Strong





## THINK BEFORE YOU SPEAK...

...is this response the BEST response?

**Empathize with them.**

**Remember your Trauma-Informed Care Training!**

## BE THEIR ALLY

**Advocate!!**  
**If you see/hear something,**  
**SAY something!**

### **Help them heal.**

Be a safe space.

Listen.

Comfort.

No judgement zone.

### **Walk with them.**

Take the time to get to know the INDIVIDUAL...not just the patient.

## **BEHIND THE ANGER MIGHT BE...**

Fear	Guilt
Anxiety	Confusion
Loneliness	Sadness
Depression	Stress
Shame	Hurt
Embarrassment	

## Your EVS Team



(L to R) Lisa Salina, Will Morris, Tia Taylor, Tiouta Battles, Megan Jackson, Katrina Harding, Monica McClain, Kristy Means, Darrell Booker, Mario Moreno, Lionel Johnson. (Front) Marry Dunnigan, Dyamond Twyman, and Dominique McClary.  
Not pictured are Christina Owens and Armando Puente.



Maintenance and Construction Services is here to support you in all operations of the Hospital. To provide everyone efficient service, all maintenance requests need a work order. If you don't know if a work has already been submitted, please submit one anyway. We would rather get several requests for the same thing and be able to help than not to know that you have a need.

## Submitting a Work Order

To create a work order, visit Worxhub at <https://neurodiagnostic.myworxhub.com/>. If you hold a leadership position and do not have access to Worxhub, contact [selyna.casey@fssa.in.gov](mailto:selyna.casey@fssa.in.gov), so she can create a User ID for you.

- **Location.** The location must be accurate, or we maybe be delayed in finding you.
- **Pick a template.** If there is not an available template for your request, you can skip this step.
- **Description of issue:** A brief overview of the problem, typically one to five words.
- **Details:** Here, you can explain exactly what has gone wrong and what you need.
  - **Key Request:** The template provides a link to the Key Form. You must complete and attach this form, or we will be unable to complete your request.
  - **Shred Bin Full:** Submit this request when the shred bin is approximately  $\frac{2}{3}$  full.
- **Requestor Phone:** Please provide a phone number where we can reach you with questions or to schedule a time to meet with you.
- **Attach a File:** Click the <Upload> button, or the file(s) will not attach to the work order.

Once completed, click <I'm Done!> to submit. You will receive a confirmation email shortly.



## After Hours

Outside of regular business hours, non-emergent issues can still be submitted via Worxhub. Emergent concerns can be addressed by calling “SECURITY” on Vocera or by dialing 4500. After Security has been notified, submit a Worxhub work order.

Examples of *emergent issues* requiring a call to Security include:

- Fire or fire alarm.
- Leaks, defined as a steady flow of water or flooding with no visible source.
- Power outage, continuous.
- All lights out or all toilets plugged in a single unit.
- Damage in a patient room and patient cannot be moved to another room.
- No tap water.
- High/low temperature on more than one floor.
- Other unsafe conditions.

*Non-emergent issues* only requiring a work order:

- Equipment stops working but isn't required before next available business hours.
- A single light out or a single toilet plugged.
- Damage in non-patient areas or in patient areas that can be monitored.
- No hot water.
- Damaged equipment or furniture. Relocate to non-patient area, if necessary.

For more information, contact Selyna Casey at [selyna.casey@fssa.in.gov](mailto:selyna.casey@fssa.in.gov) or by dialing 4010.



## NDI CREST Team



In her departure, the CREST team would like to say thank you to Sabrina DeVol for her service to our team.

We welcome Michelle Wood, 2E UM as our newest team member. Please congratulate Michelle who completed the required 24 hours of Critical Incident Stress Management training.

The CREST team has two new ways of contact for those who feel stressed and need someone to speak with, or you have experienced a traumatic event and need help. Team members are now listed on the HUB under DMHA/NDI/CREST Team. You will also see CREST team members displaying new badge buddies that say CREST. Feel free to speak with us as we are here to listen after trauma to provide a safe place for staff that restores us to normalcy.



Winter is upon us, and snow showers are swirling outside. Most of us know that in Indiana it is typical to enter a three- or four-month period where the sky is gray and cloudy. Psychologists are called upon to help people with season depression because of the continued lack of sunshine. It can make one feel sort of hum drum like we are just going through the motions.

I imagine this is what the inner world is like for many of our patients who for years have experienced a hum drum existence where everything is in a gray like limbo. Energy and purpose for living are slowly drained away until a person appears shell like rather than vibrant. Spiritually this is a loss of hope and a loss of imagination. In this condition a person cannot imagine a future for self and struggle to simply survive. There is no ability to envision what Andrew Lester called a “future story.” This makes me wonder what gives a person who is hopeless, overwhelmed, fearful, stressed, or full of angst the ability to imagine hope? What helps our staff, who experience some of the emotions above, to find strength and a sense of being grounded at work?

I am not a psychiatrist and cannot prescribe medication, nor am I a psychologist who is able to offer a behavioral therapy. I have no ability to magically make a situation better. Chaplains work with people on matters of the heart in learning to speak and live in truth. Chaplains offer a safe place for people to be encouraged and find meaning.

Chaplain Fred

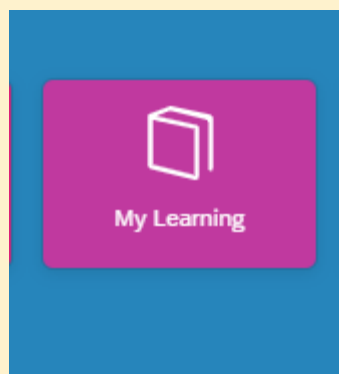


## Did you know???

There are many learning opportunities in Success Factors that you can self enroll for. Supervisors can also assign their staff to specific E-learning opportunities as well.

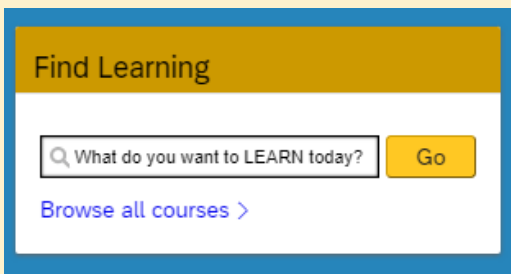
Click into Success Factors using the link :

[https://successfactors.in.gov/saml2/idp/sso?sp=https://www.successfactors.com/indian\\_aoff](https://successfactors.in.gov/saml2/idp/sso?sp=https://www.successfactors.com/indian_aoff)



Click on the My Learning tile:

You can enter a topic and click go or you can click browse all courses:

A screenshot of a web interface titled "Find Learning". It features a search bar with the placeholder text "What do you want to LEARN today?" and a yellow "Go" button. Below the search bar is a blue link that says "Browse all courses >".

Follow prompts to start the course. Once the course is completed, a record of the completed course will stay in your Success Factor Training record.



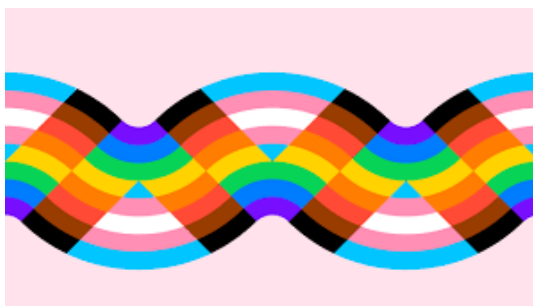
We are excited to announce NDI has a shared Patient/Staff computer Lab located on the 6<sup>th</sup> floor (W611). It will be offered for staff to complete E-learning trainings and gain help with computer related questions between the hours of 6:30 am - 7:30 am and 6:30 pm - 7:30 pm. Please contact Staff Development at [NDITraining@fssa.in.gov](mailto:NDITraining@fssa.in.gov) to schedule time in the computer lab.





## LGBTQ+: Mental Health

**This training shows that stigma, lack of cultural awareness, and unconscious bias affect the quality of mental health care that LGBTQ+ people receive. This training increases the learners' understanding of LGBTQ+ terminology, medical considerations, and offers insight into marginalization, intersectionality, and Hall's Minority Stress Theory in relationship to LGBTQ+ community members and mental health care. It also works as an in-depth reflection on the ways in which mental health professionals can best support the LGBTQ+ community. This presentation includes storytelling that shares the biopsychosocial barriers and traumas the LGBTQ+ community encounters when seeking appropriate levels of mental health care, and offers evidenced based, best practice suggestions and tips for those providing this care. This training was co-branded and created in cooperation with the Division of Mental Health and Addiction.**



This training is presented by Indiana Youth Group in cooperation with DMHA.

**Direct Care Staff must attend one of the 12 sessions being offered in 2023. Please plan to attend and see you soon!!** *Direct care staff is defined as all nursing staff, clinical staff: psychology and Assistant Clinical Directors, SW, TCS, RT, OT, chaplain, Education Coordinator, Clinical Service Specialist, admission personnel, dieticians, medical providers, and ATC staff.*

- \*Jan 30<sup>th</sup> from 11:30 am to 1 pm (Conf Rm A&B)
- \*February 21<sup>st</sup> from 6 pm to 7:30 pm (Conf Rm B&C)
- \*\*March 15<sup>th</sup> from 11:30 am to 1 pm (Conf Rm B&C)
- \*\*April 7<sup>th</sup> from 3 pm to 4:30 pm (Conf Rm B&C)
- \*\*May 4<sup>th</sup> from 5:30 pm to 7 pm (Conf Rm B&C)
- \*\*June 1<sup>st</sup> from 11:30 am to 1 pm (Conf Rm A&B)

- \*July 7<sup>th</sup> from 10:30 am to 12 noon (Conf Rm B&C)
- \* August 1<sup>st</sup> from 11:30 am to 1 pm (Conf Rm B&C)
- \*September 7<sup>th</sup> from 1 pm to 2:30 pm (Conf Rm B&C)
- \*October 4<sup>th</sup> from 11:30 am to 1 pm (Conf Rm B&C)
- \* November 20<sup>th</sup> from 11:30 am to 1 pm (Conf Rm B&C)
- \* December 7 from 3 pm to 4:30 pm (Conf Rm B&C)

## ATC Update

We have officially opened the staff ATC library. The entire library has been built by staff donation. Come down to the ATC and check out what we have to offer between the hours of 0800 and 1630, Monday through Friday.

If you have gently used or well-loved books that have brought you joy, stability or greater knowledge about physical or mental health that you would like to donate feel free to drop them off in the ATC at the main desk on the unit.

### -----FREE STAFF WORKSHOP FOR MARCH!!!!-----

Are you stressed, overwhelmed? Do you dread coming to work? How you breathe can help! James Scallon, a breathwork expert, will conduct four sessions via Zoom on a designated computer in the nurse's station area on each unit, Fridays in March. You can also join via Zoom privately if you prefer.

This is open to everyone. Unit directors are supportive of SA's and nurses taking the time to join. Fridays in March 8:30 to 9 am. March 3, 10, 24 and 31. This is a great opportunity for all of us to learn something new that can help us and our patients. Breathwork helps to regulate your nervous system in a way that is fast, free, and always available no matter where you are. Please join us in learning different breathing techniques to increase focus or promote inner calm.

### ----- **Sound Therapy**

Sound Therapy is a tool utilized to bring the brain to a more relaxed state, increase focus or energize. Many kinds of music can be used to create this effect, but specific frequencies have been found to be most effective and we can use certain frequencies to target a specific outcome. Want healing to improve physical pain? Listen to 174Hz. Want help with depression? Listen to 396Hz. You can find these and more on You Tube.

In the ATC, patients sit alone in a quiet comfortable space while listening to various approved frequencies with headphones. These frequencies usually have nature sounds or instrumental music accompanying the frequency. This is done in the ATC to organize thinking, calm the nervous system and improve focus.

We have a Sound Bath Artist, Paige Dooley, who visits the ATC every other Monday. For those engaged in the Sound Therapy Modality. Paige brings gongs, chimes, Tibetan bowls, quartz bowls, flutes, and drums. Her classes are interactive. Sometimes patients can play the drums she brings and other times the class is structured to offer an opportunity for relaxation during the sound bath.

### **ATC Tip of the Month**

Sound is a great way to begin a meditation or engage in mindfulness. Noises are easy to find everywhere in our environments. Next time you are stuck inside a place you do not want to be, listen. Find the hum. The HVAC system, computer monitor, copier, hard drive fan, or roadway outside all contain a unique rhythm.

1. Close your eyes
2. Find the sounds
3. As you are listening observe (Does the rhythm change? It is loud or soft? Is it moving?)
4. When your mind starts to wander (because it will) gently return to the noise and observe.

Feel free to ask questions, we are available to help!