



NDInsider

The newsletter of Indiana's

NeuroDiagnostic Institute
and Advanced Treatment Center

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**Happy New Year! May 2023
bring peace, joy, and harmony
among all!!!**

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.

2022 NDI Lobby Christmas Decorating



Several people helped with lobby decorating, including Kristy Means, Lyndsey Goble, Niki Brinker, Dan Knapp, Marti Coffey, and Dr. Kikuko Campbell, plus the whole maintenance team. Sorry if someone was missed! Thanks for making NDI beautiful during the Holiday season!

2022 Ugly Sweater Contest





Reminder: Staff are to use Community East parking garage and or flat lot by the garage! Staff are **NOT** to use Community East Surgery Center, NDI parking lot (unless granted) or any other parking lots not considered Community East Parking garage. **Any vehicle, not registered, parked in an unauthorized spot or parked illegally runs the risk of getting their vehicle TOWED!**

****All staff are required to register their vehicle and have an NDI sticker affixed to their windshield in the lower left corner (get with Security to get registered)**

NDI Parking Lot (Please see NDI Parking lot diagram)

Parking is reserved 24/7 - No parking allowed unless you are assigned to those spots (Staff know who they are) **1-19, 43-45, 46-58 and 61-72**

Spots that are assigned during the day (6:45 am - 5:45 pm) that are open to first come first serve from 6 pm - 6:45 am. ****Spots must be vacated by 6:45 am Monday-Friday**** **20-42 and 59-60**

Star of the Month Spots - reserved for monthly winners **43,44 and 45**

SECURITY

Security needs to know who is coming!!

Security now has an email address:

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.





Does the IPT group treatment help our patients??

As a group, NDI psychologists evaluate our own treatments and interventions for efficacy. Dr. Andresen and I have been offering a form of group treatment called Integrated Psychological Therapy to improve a patient’s ability to use language, organize thoughts, perceive social situations and practice social skills such as holding coherent conversations. We conduct a pre- and post-test using objective psychological measures of those skills. Fourteen patients completed the 12-week, two session per week program. Their data illustrates how this type of cognitive enhancement therapy has been helpful:

	Verbal Skills	Problem Solving Skills	Overall Cognitive Ability	Emotional Expression Identification	Social Perception
Average improvement in score	30%	50%	50%	18%	23%
% of patients who improved	57%	57%	71%	71%	50%

We are pleased that no patient did worse after treatment than before. A few patients improved on all scores, but some patients improved in only one or two areas. As every person has different strengths and weaknesses, and everybody responds a little differently to treatment, this is not unexpected. These data do tell the psychologists that we need to improve the social perception aspect of this treatment. And ultimately, that is the purpose of examining our pre- and post-testing – we strive for excellence in care and will use these data to adjust the way we provide our treatment.

Submitted by Dr. Stout

TAILGATING & PIGGYBACKING ATTACK



SIGNS OF A TAILGATING ATTACK

- Someone is closely following you, even when there is no logical reason for them to do so
- You see someone is trying to enter a secure area without presenting credentials or going through the proper channels.
- You see someone trying to circumvent security measures, such as by following you through a door that is supposed to be locked.
- You see someone trying to copy your movements, especially when entering or exiting a secure area.

WHAT SHOULD I DO?

* If you suspect that someone is attempting to tailgate you; Take action and report it to your supervisor and security personnel. (security 317 -941-4500)

* Please do not allow them to enter the secure area .

* Be sure to keep an eye on them so that they do not cause further harm .

* Go to a different entrance or even return to your vehicle and call security for assistance .

WHAT IF I FORGET MY BADGE?

Call your supervisor to request a temp badge

Do not attempt to come into the facility without a badge

- Remember, the person you worked with yesterday may not be working here anymore.
- Don't let anybody in the facility that doesn't have a badge
- Explain to that person that they will need to contact their supervisor or reach out to human resources.
- We depend on all of us, to ensure our safety and security while in this facility.





Our NDI Non-Nursing Star of the Month is

Eileen Bricker

Eileen serves the entire SPH Network in an advisory capacity. She is the whole network's subject matter expert on the world's most up to date standards for texture modified foods, the International Dysphagia Diet Standardization Initiative (IDDSI). Eileen has already begun using her increased knowledge to provide enhanced patient care at the NDI. She has also provided insight to all dietary teams around the state, including Network executives, as they prepare to implement IDDSI at the rest of the State Hospitals. We are fortunate and proud to have Eileen Bricker here at the NDI.

Nominated by Lisa Salinas and Tim Gaalema

Our NDI Nursing Day Shift Star of the Month is

Samuel Rubek

Sam is always working with a smile. He is great during admissions and is always willing to help. When I come to onto the unit, he always greets me and tries to help me when needed. I have had several nurses tell me he is great!

Nominated by Niki Brinker

Our NDI Nursing Night Shift Star of the Month is

Pashawn Jenkins

Pashawn is friendly and kind, outgoing, takes time for the kids and genuinely enjoys being here with the kids. She is a team player, picks up when needed, and stays for coverage.

Nominated by Jalea Chadd

Other NDI staff nominated for EOM: Selyna Casey, Teresa Tuchek, Leigh Holmes, Dr. Melissa Butler, Melissa Brewster, Ashley Murphy, and Angela Bennett.

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



CERTIFICATES OF EXCELLENCE

VICKY TUCKER (2)

BOB FECZKO

CHARITY SWAN

MIKE RADFORD

SAM RUBEK

OSATOHANMWEN "BENITA" OBASUYI

TORI SELZNICK

GRANT HENRY

NICK JOHNSON

BRANDON WILLIAMS

ASHLEY CROWE

HUGH TAYLOR

EVON OWENS

DENETRIA CROWE-KENT

MARKIA GALMORE

ASHLEY MURPHY



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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



Adefisayo Adehinmoye
Kwintzie Scott
Toheeb Aderemi
Ariyanna Carroll
Sonya Sumerford
Eileen Bricker
Matthew Thompson
Angela Bennett

Christine Wardell
Lisa Salinas
Michele Wood
Caleb Davenport
Kayode Oladiemeji
Ashley Crowe
Brianna Balance

Marc Gordon
Terrie Inman
Emily Davis
Rasheedat Nallah
Debra Raughter
Cassandra Strong
Sarah Bassler





When and How to Request a Terminal Clean

What is a Terminal Clean, and when should I request one? A Terminal Clean is a deep clean by EVS staff of a patient room after discharge or when a patient moves to another room. EVS also provides terminal cleaning for all offices when a staffer leaves NDI or moves to a new workspace. Requests should be submitted as soon as possible to ensure constant readiness.

But won't it need cleaned again when a new patient arrives? Actually, no. Once the Terminal Clean is done, EVS will continue to provide regular light cleaning of the room until a new patient is admitted to that space. That way, the room is always ready, whether for a new patient or a current patient who needs to be moved. It also helps keep your unit looking nice for you and your patients and helps us stay survey ready.

How do I submit a request for a Terminal Clean? Simply send an email to NDIEVSRequest@fssa.IN.gov as soon as a patient discharges and the room is stripped. EVS cannot do the Terminal Clean until the linens are stripped, so please submit the request after all linens have been removed from the room. Be sure to include in the email that you need a Terminal Clean or Discharge Clean and provide the unit and room number. If you require a quick turnaround, note when the next patient is due to arrive. This helps ensure the room is ready on time.

We don't need a terminal clean if we're just moving a patient temporarily, do we? The best practice is to request a Terminal Clean anytime a patient leaves a room. In an occupied room, EVS may not touch patient belongings, so there will always be areas that are missed during routine cleaning. Doing a Terminal Clean when the patient is moved lets us make sure everything is cleaned and sanitized, top to bottom. When the patient returns to their original room, it's fresh and clean for them, like when they first arrived. Of course, we all know life doesn't always go according to plan, and sometimes patients don't return to their original rooms as scheduled. Should that happen, the room is already clean and ready for the next patient.

What if I have more questions? There are lots of ways to reach us. You can call Kristy Means, EVS, Lisa Salinas or your unit's assigned housekeeper on Vocera. You can also email NDIEVSRequest@fssa.IN.gov, Kristy.Means@fssa.IN.gov, or Lisa.Salinas@fssa.IN.gov, or reach out to us in Teams. We're here to support you. Let us know how we can help!

NDI

CREST Team

C.R.E.S.T stands for Care and Restoration through Emotional Stress and Trauma.

C.R.E.S.T?



Critical Incident Stress Management is a way of offering mental health first aid and support to staff after a traumatic event.

PURPOSE



Members are given CISM training from the International Critical Incident Stress Foundation.

TRAINING



Total number of team members available days, nights, and weekends to care for you.

12



Contact

Contact us using Vocera by saying, "CREST team" or by contacting Security.

Available to listen after a traumatic experience.

SUPPORT

Support all staff members after a traumatic hospital event with safe, confidential 1-on-1's or small groups

GOALS

Normalize staff reactions, mitigate the effects of the critical incident stress, promote a return to normal productivity

TEAM

Fred Madren-Marc
Gordon-Todd Peters-
Kellee Hawkins-
Coleman-Tori Selznick-
Henry Olatimeji

MORE TEAM

Erin Clampitt-Laurie Lee-
Brittany Paradiso-Pamela
Conover-Lisa Passarelli-
Sabrina DeVol



Please make sure you check your state email **regularly!** Notifications about training from Success Factors, Staff Development and FSSA are sent to your state email! Additionally, if you are unable to attend a training you are assigned to, Please contact Staff Development at nditraining@fssa.in.gov as soon as possible to get rescheduled.

E-learning Do's and Don'ts

DO use Google Chrome as your web browser.

DON'T use your cell phone, or tablet to do trainings.

DO follow all directions including clicking the "Verify upon Completion" button if applicable.

DON'T assume that you completed the training once the quiz is done, click the next button to move to the next screen.

DO contact Staff Development if you have any questions or concerns.

ATC Update

The ATC is going to begin having a feature in the monthly newsletter to keep everyone up to date on what is available and offer a coaching tip for healing.

We are excited to open our **staff sensory room!** It has been in the works for quite a while, and we cannot wait for staff to begin utilizing it.

In the sensory room, staff can utilize a grounding mat, weighted blanket, sound therapy, and sensory items. There are also instructions for basic yoga and Healing Hands (a form of self-reiki).

The ATC staff is available to coach you through if you have any questions.

The sensory room has open hours from 1700-2000. You can also **schedule a time with Taylor Franklin, Rebecca Altop or sign up in the ATC reception area.**

ATC TIP OF THE MONTH

Grounding

Grounding is a great tool for everyone to bring yourself into the current moment, feel present in your body, feel centered and relieve stress. Here are some helpful ways to feel more grounded.

- Spend time outdoors! Touching the grass with bare feet is best. The cold is also centering and calming for the nervous system.
- Place one hand on your chest and one hand on your belly, breathe deeply feeling your belly and chest fill with air. You can count if you like, in 4 counts, hold 2 and out 4 counts. Repeat 4 times. You can do this anytime even at work.
- Look around, name as many objects as you can see, touch, smell, hear.
- While seated in your chair or standing, close your eyes and scan your body for where it contacts the chair or with the earth. Feel and the weight of your body against the earth or chair.
- In the ATC grounding treatments consist of utilizing a combination of guided meditation with a grounding mat connected to the earth through an outlet to help a patient become more centered. This can help people connect more with their physical body and improve focus in the mental body.



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



Amy Frazer's 'Goodbye'

Amy Frazer's first job out of college was a Graduate Nurse at Larue Carter on W. 10th Street. She was aware of LCH because the mother of her best friend in high school had been a patient several times for treatment of schizophrenia. Amy wasn't specifically interested in working in a psychiatric facility; however, she was interested in working a straight day schedule – so she accepted the job. During her first year, she felt called to serve the chronically mentally ill population and has worked as a mental health nurse in some capacity ever since. That was a far from the Theater/Music major Amy originally saw for herself.

When asked about the changes Amy has seen over the span of her career – she talked about how far the hospital has come with effective treatment, medications, and safety procedures. When Amy first started working at LCH, many adult patients with a variety of diagnoses received Electroconvulsive Therapy. The technique was not as refined as it is today and patients often had long and dramatic grand mal seizures, sometimes resulting in broken teeth and fractures. At the time, LCH did not have an anesthesiologist attending the patients. Amy is amazed at the many improvements made during that time, including refinement of appropriate diagnosis for patients being treated, and as mentioned, more effective medications.

One of Amy's most vivid memories her first year was the day that her crew and Amy put a male patient in the seclusion room. He was a patient who had been in and out of LCH many times, and he really knew the ropes. He talked Amy into giving him a cigarette, which she politely lit for him *while he was in the seclusion room*. After he was out of seclusion he walked up to Amy and said "You know I really needed that cigarette Miss Amy, but you probably shouldn't have let me smoke in the seclusion room. I might have set something on fire." Of course, Amy shouldn't have given OR lit his cigarette. Amy has thought about that incident and has put safety first every day since that day. On Amy's last day at Carter in 1974, a GMA with whom she had worked closely, Dr. Brown told her "Mother Carter has a way of calling some people back, Miss Amy. I have a feeling you are one of those people". She laughed and thanked him politely, but had no intention of returning to LCH. And... Amy returned in 1989.

Amy worked as a research nurse for Dr. Joyce Small from 1989-1994, at one of the most fulfilling jobs she ever had. She was involved in many clinical trials as a study coordinator during those five years, and several of the medications for the treatment of schizophrenia that she tested in Phase II and Phase III trials are still on the market today. Those include Clozapine, Risperdal, Geodon, Seroquel and Zyprexa.

Amy thinks it was very rewarding to see the lessening of symptoms and the improvement in patients' lives that resulted from the administration of those drugs. Working with patients in an acutely manic state was Amy's absolute passion.

Amy left in 1994. And, returned to Mother Carter again in 1999, which had moved to Cold Spring Road. She worked as an outpatient research nurse hired through a grant until 2002 when the grant was about to run out. Amy wasn't off long before returning in 2003 to work as a Study Coordinator for Dr. Anantha Shekhar through Indiana University. She was an IU employee stationed at LCH conducting studies for patients with schizophrenia and bipolar disorder. Many of those medicines that were tested are still on the market: Abilify, Zyprexa, Relprevv, Zyprexa Zydis, Invega, Invega Sustenna, Risperdal Consta and Fanapt. 2009 brought changes to the IU Research Department and Amy started working as a state employee as a Unit Director for 3C from 2009-2012. Since then, Amy has been the hospital's Infection Preventionist, Associate Director of Nursing over the clinic and Nursing Education, and Director of Nursing Education.

Amy said the improved processes that Caitlin Montgomery and Brian Larimer have begun to implement for new nursing employees are exactly what is needed to keep the Nursing Education department relevant and more in touch with unit practices. She is very excited to have them take over the reins.

Last but certainly not least, she would like to recognize her friend and colleague, Diondrae Rice. They have worked together for 23 years, and for the past four years, he has been her most constant support in Nursing Education. Amy appreciates his ongoing advocacy for co-workers, his calm and level approach in all situations, and his respect and compassion for our patients. She believes Diondrae has made coming to work every day a pleasure, even on difficult days.

Amy describes herself as a 'go along to get along' type of person. And, her parting words are "Be genuine and true to yourself. Always do the right thing – because if it's right – you cannot go wrong". Amy also said that if she had to summarize her career in a song title, it is '(I've Had) The Time of My Life. Please wish Amy well if you see her between now and January 20, 2023.