

Division of Mental Health and Addictions.

"People helping people help themselves."

Logansport State Hospital The Spectrum

In this issue: **Policy Updates COVID - 19 ...**3 & 4 Social Distancing... 4 Nat. Dr.'s Day Soc. Worker Month 6 Longcliff Museum7 & 8 **Sneaky Snaps**9 Wellness Wisdom.....10 - 13 Culinary Corner 14 Who Am I? 15

Vol. 30, No. 3 March 2020



POLICY UPDATES!

The following LSH policies were updated in February (All Staff are to read all changed Policies):

- LSH Policy A-1 Notification of Unusual Incidents Addendum updated with new interim DMHA Deputy Director contact information.
- LSH Policy IM-6 Uses and Disclosures of Protected Health Information Required disclosures of protected health information to the patient excludes Psychotherapy notes "when deemed unnecessary by attending physician". References were corrected.
- LSH Policy IM-11 Uses and Disclosures for Which an Authorization or Opportunity to Agree or Object is not Required – References were corrected.
- LSH Policy IM-11 Notice of Privacy Practices for Protected Health Information Minor grammar corrections. References were corrected.
- > LSH Policy IM-15 Disclosures by Whistleblowers and Workforce Member crime Victims References were corrected.
- > LSH Policy IM-18 Uses and Disclosures Requiring an Opportunity for the Individual to Agree or to Object No Changes
- ➤ LSH Policy IM-19 Limited Data Set Corrected References
- > LSH Policy IM-20 Verification Requirements Corrected References
- LSH Policy IM-25 Administrative Requirements: Health information Personnel Designations The complaint officer now receives notices of complaints filed directly from the patient or workforce member, not through the Privacy Officer. References were corrected.
- LSH Policy IM-26 Administrative Requirements: Training Minor language corrections that do not change the intent of the policy. References were corrected.
- > LSH Policy IM-35 Transfer of Medical Records Between State Hospitals This is a new policy.

LSH Policies referenced can be found on the LSH intranet site in PolicyStat by following these steps:

- Go to LSH intranet home page
- Click on "Hospital Policies (PolicyStat)" button-top center of home page
- PolicyStat User Name is your state email address
- Once in PolicyStat, use the search bar to find policies by number, name or key word
- To find FSSA, DMHA, and other SPH policies, click on "change location" in the blue bar at the top of the page

Policies available on PolicyStat are the current and official policies.



SPECTRUM

Logansport State Hospital 1098 S. State Rd. 25 Logansport, Indiana 46947

The Spectrum is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State

			~
Darrin Monroe	.Editor & Photographer	ext. 3803	
Brian Newell	.Librarian	ext. 3712	
Mike Busch	.Interim Asst. Superintendent	ext. 3612	
Paula Green Scheffer	.Admin. Sec	ext.3634	
Gregory Grostefon	.Superintendent	ext. 3631	



Greetings:

As you are aware, businesses, individuals and organizations around the world are making preparations for the potential spread of the 2019 novel coronavirus (COVID-19) that has heavily impacted a number of countries. The state of Indiana is no exception to these preparations. Whenever a new illness occurs and spreads rapidly, it naturally can cause worry, especially in rapidly evolving situations when information is changing frequently.

At this time, <u>no confirmed cases of COVID-19 have been identified in Indiana</u>, and the Centers for Disease Control and Prevention (CDC) says that for the general American public, who are unlikely to be exposed to the virus at this time, the immediate health risk from COVID-19 is <u>low</u>. However, the CDC also has urged Americans to stay informed and take steps to ensure personal readiness. This is a time to plan, not to panic.

What does this mean for you?

- Regularly practice the same steps you would if you had influenza or another respiratory illness, such as washing your hands thoroughly and often, covering your cough, staying home if you're sick, and regularly disinfecting surfaces (especially in common areas);
- Continue your current workplace practices, reporting to work and communicating if you are ill as you typically would.
- When considering travel, follow the CDC guidance, which you can find <u>here</u>.

My team at the state Department of Health is working diligently under the direction of Governor Eric J. Holcomb to make sure the state is prepared and communicating the latest information about the outbreak. The situation changes rapidly, and I know that can cause concern because we don't have all the answers yet. What we do have, however, is a plan for how to respond if and when COVID-19 comes to Indiana. The state also has acquired the needed test to perform COVID-19 testing for possible cases in Indiana.

We are hosting weekly meetings with county health departments and healthcare providers, are operating a 24/7 call center, have formed a state-level advisory group, are offering guidance to schools and universities, are surveying providers to gather the most up-to-date information about their capacities and services and are ordering supplies.

We have also launched a dedicated <u>webpage</u> where you can get the most up-to-date and accurate information. We also have a call center that is open 24 hours a day. The center may be reached at 317-233-7125 from 8:15 am. To 4:45 p.m. Eastern Time and 317-233-1325 after hours.

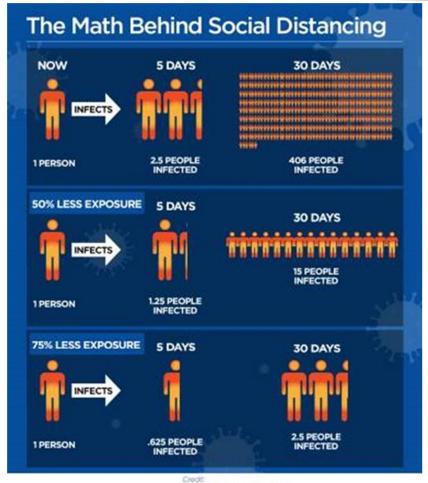
Although COVID-19 is concerning, influenza remains a larger concern at this time. More than 60 Hoosiers have died from influenza this flu season, and activity remains high across our state. An effective vaccine is available for influenza, and it is not too late to get your flu shot.

We will keep you updated if there are significant changes to the outbreak or to protocol.

Best wishes,

Dr. Kris Box State Health Commissioner

This message has been sent by the Indiana State Personnel Department on behalf of the Indiana State Department of Health.



©Global News

Robert A.J. Signer Ph.D., Assistant professor of Medicine at the University of California, San Diego Gary Warshaw, Art Director

National Doctors' Day

March 30th marks the annual observation of National Doctors' Day. Seeing that today is March 31, I apologize for this belated announcement, but I would be remiss if I did not take a moment to celebrate a special group of individuals, especially during this unprecedented medical emergency.

Doctors' Day is celebrated to recognize the contributions of doctors for the work they do for their patients, for the communities in which they work, and for society as a whole. At Logansport State Hospital, we take this opportunity to offer a sincere 'thank you' to our outstanding medical staff. We are very fortunate to have these caring professionals as an integral part of the Logansport State Hospital team. I hope you will take a moment to join me in honoring the valuable work our doctors do each and every day.

The LSH Medical staff includes:

Dr. Danny Meadows, MD, Medical Director

Dr. Maria Becker, Ph.D., HSPP, Psychologist

Dr. Gregory Bell, DDS, Dentist

Dr. Kristina Currier, DNP, Nurse Practitioner

Dr. Chad Davis, DNP, Nurse Practitioner

Dr. William Fawcett, O.D., Optometrist

Dr. Douglas Morris, MD., Psychiatrist

Dr. Megan O'Grady, Psy. D., HSPP, Psychologist

Dr. Megan Shaal, Psy. D., HSPP, Psychologist

Dr. Fransetta Sterling, MD, Psychiatrist

Dr. John Stewart, MD, Psychiatrist

Dr. John Taglia, MD., Psychiatrist



Sincerely.

Greg Grostefon, Superintendent



Logansport State Hospital Social Worker Month

By Terry Schrock, Social Services Director

The month of March is Social Worker Month. (National Association of Social Worker) The official **theme** for **Social Work Month** in March **2020** is "**Social Workers**: Generations Strong." s).

The Social Services Department now has 12 members. The Department has been blessed to have a wonderful blend of diverse backgrounds. We now have staff with Bachelor's degrees in Social Work, Masters Degrees in Social Work, Secretarial, and Criminology Degrees with experience from the Department of Corrections, Rehabilitation, Nursing, and the Department of Children's Services. We our also very proud of our staff who are serving our county in the Military, or who have family members that are in the Military past or present.

The Social Services Department has an advantage with these diverse backgrounds because we have learned from each other with our different experiences. We also have a beautiful blend of veteran staff that have taught the newer staff about what has worked best in the past. The newer staff have brought new ideas that have enhanced the veteran group.

The Social Services Department has been enhanced by our ability to recruit and retain Social Work students. This past year we have had students from Indiana University South Bend, Indiana Wesleyan University, and Indiana University Kokomo.

The Social Services Department provides active treatment programming for the patients. This group provides some amazing services like financial needs, clothing, Medicaid, Social Security applications, phones cards, gatekeeper appointments, Census, and voting. The Social Services Department works together to provide safe, supervised community placements and legal education for competency restoration. The Transition Program has provided some additional awesome services with community trips, Meals on Wheels, and education for the patient's preparation for community living.

Please help recognize this special group.

Isaac Ray – Shaun Fewell Isaac Ray PSS2, IR1W, Sean Moore PSS3, Military leave, Laura Knutson PSS3, IR2E, and Patty Wagner PSS3, IR3W.

Larson – Elizabeth Mills Larson PSS2, L2N, Carol Parsley PSS3, 2S, Amy Penz PSS3, 1S, Tracy Kauffman, PSS3, L1N

Transition- Gregory Addison TCCM-3, Ted Shriver, Transitional Care Specialist-2

Chris Taylor - Clerical Assistant

Terry Schrock- Social Services Director, IR2W



Longcliff Museum

Greenhouse Memories-Part One!

By Ron Bennett, retired Social Worker at LSH, (1977-2013)



I worked on the grounds crew as a summer student in 1972 and 1973. While most of my job responsibilities were mowing grass, on rainy days we were assigned to Andy Lane and Dan Cotner at the greenhouse to do various chores and deliver flowers to patient and staff areas around the hospital. I remember the glorious scents of the flowers being grown. At that time Friendship Garden was still there and it had a koi pond surrounded by lilac bushes and other beautiful flowering plants. It was a wonderful place for quiet reflection and enjoying nature. Patients and staff loved it. Each winter, the koi had to be removed from the pond and placed in a fountain in the greenhouse.



There were several patient helpers that worked daily with Andy, Dan, and I believe later Jeff Dubois. The greenhouse was awash in color from the various flowers being nurtured there. I visited in the fall and at that time the main area was awash in the red of a plethora of poinsettias that were basking in the warmth of the sun awaiting their time to be delivered to the many wards to brighten up the Christmas season for patients and staff.

When spring arrived the area around

the greenhouse was plowed up and more flowers were planted for the summer. In July each year when the grass mowing was reduced due to the heat and sun, we were assigned chores like weeding the rock walls and the cliff below the AT Building.



There were several patient helpers that worked daily with Andy, Dan, and I believe later Jeff Dubois. The greenhouse was awash in color from the various flowers being nurtured there. I visited in the fall and at that time the main area was awash in the red of a plethora of poinsettias that were basking in the warmth of the sun awaiting their time to be delivered to the many wards to brighten up the Christmas season for patients and staff.

When spring arrived the area around the greenhouse was plowed up and more flowers were planted for the summer. In July each year when the grass mowing was reduced due to the heat and sun, we were assigned chores like weeding the rock walls and the cliff below the AT Building.

One year, I believe 1972, possibly, our job was to remove panes of glass from the greenhouse so that the Carpentry staff could replace them with Plexiglas. Dean Kiser and others did a great job. I remember, Jerry Marsh, another summer student hanging upside down by his legs removing glass.

The Plexiglas remained there until the greenhouse was demolished. It was a sad day, many years after Friendship Garden was gone. It had been decided that it would be cheaper to purchase flowers instead of growing them in the greenhouse. As you can see, the greenhouse has always held a special memory for me. I met many great people on the grounds crew, greenhouse workers, patient helpers and a man whose favorite expression of surprise was, *Blue Fire*.

*Definition of koi. : a carp (Cyprinus carpio) bred especially in Japan for large size and a variety of colors and often stocked in ornamental ponds.



Sneaky



Snaps!



G O T C H A









Photos by: Brandon Collins

Caught cleaning the steps in the cliffs of 'Longcliff' and making our grounds even more beautiful, pictured above are: Kimberly Wadron (L) and Garret Gray (R).

Thank you Grounds Crew for keeping our grounds beautiful!

Lookout for Darrin and his camera, you could be next!

Blood Drive

On **Wednesday, April 8**, Logansport State Hospital will host the American Red Cross for a Blood Drive from 9:00 a.m. to 3:00 p.m.

The location has been moved to the Fogel Auditorium to provide a spacious environment that complies with social distancing guidelines.

To schedule a time to donate, contact Paula Green Scheffer in the Community Engagement office (email or extension 3634).

Please coordinate your donation time with your Supervisor. You are "on the clock" while donating blood—you don't need to use your lunch hour or personal time. It may take up to 45 minutes to get through the donation process.

Our goal is to have 30 donors give blood on Wednesday, April 8th. With pandemic precautions and restrictions in place all over Indiana, blood drives around the state are decreasing. Your donation *will* help saves lives.

Please let me know if you have any questions, and <u>thank you</u> for all you are doing during these difficult days.

Mike Busch

Interim Assistant Superintendent



Manage Anxiety & Stress Related to the COVID-19 Outbreak

Stress and Coping

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include

- · Older people and people with chronic diseases who are at higher risk for COVID-19
- · Children and teens
- · People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call

- . 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517) Stress during an infectious disease outbreak can include
- · Fear and worry about your own health and the health of your loved ones
- · Changes in sleep or eating patterns
- · Difficulty sleeping or concentrating
- · Worsening of chronic health problems
- · Increased use of alcohol, tobacco, or other drugs

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration (SAMHSA) website.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- · Make time to unwind. Try to do some other activities you enjoy.
- · Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Reduce stress in yourself and others

Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.

When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include

- · Excessive crying or irritation in younger children
- · Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- · Excessive worry or sadness
- Unhealthy eating or sleeping habits
- · Irritability and "acting out" behaviors in teens
- · Poor school performance or avoiding school
- · Difficulty with attention and concentration
- · Avoidance of activities enjoyed in the past
- · Unexplained headaches or body pain
- · Use of alcohol, tobacco, or other drugs

There are many things you can do to support your child

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- · Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- · Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- · Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

For people who have been released from quarantine

Being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine. Some feelings include:

Mixed emotions, including relief after quarantine

- · Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- · Śadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- · Guilt about not being able to perform normal work or parenting duties during guarantine
- Other emotional or mental health changes

Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine.

Source: Centers for Disease Control (CDC)



The Wellness Committee consists of:

Mike Busch, Vicki Campbell, Mary Clem, Theresa Dexter, Maureen Guimont, Kris Keeler, Marcy LaCosse, Darrin Monroe, Julie Stapleton, and Lucia Ward,

Culinary Corner

Citrus Glazed Ham



Ingredients:

- 1 (6- to 7-lb.) fully cooked, bone-in ham
- 30 to 32 whole cloves
- 1 (10-oz.) bottle orange juice-flavored soft drink
- 1 1/4 cups orange marmalade
- 1/2 cup firmly packed light brown sugar
- 1/4 cup Dijon mustard
- Garnishes: apple slices, orange slices, orange rind, salad greens

How to Make It

Step 1

Remove skin from ham, and trim fat to 1/4-inch thickness. Make 1/4-inch-deep cuts in a diamond pattern, and insert cloves at 1-inch intervals. Place ham in an aluminum foil-lined 13- x 9-inch pan.

Step 2

Stir together soft drink and next 3 ingredients until smooth. Pour mixture evenly over ham.

Step 3

Bake at 350° on lower oven rack 2 hours and 30 minutes, basting with pan juices every 20 minutes. Remove ham; let stand 15 minutes before serving. Garnish, if desired.

Southernliving.com

Who Am I?

Can you guess who's behind the Smiley face in the picture below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by April 24, 2020.

Employees with correct answers will have their names put into a drawing, sponsored by the EMBRACE Committee, for a chance to win a free, five dollar Mr. Happy Burger gift certificate.

Winner Will Be Announced In The Next Spectrum.



Joe Rose



Congratulations to Mitch Eldridge for guessing Joe Rose pictured as the last Who Am I.

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