



MSH Bulletin

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Madison State Hospital

711 Green Road
Madison, IN 47250
812-265-2611

**MSH
MISSION:**
*Mending the Mind
Supporting the Spirit
Healing with Hope*

VISION:
*Safely deliver
meaningful, quality,
and compassionate,
psychiatric care
to our patients
and their families.*



Madison State Hospital

Theresa Robinson, M.A.
Staff Development Director
Director of Marketing



How Families' Strengths Help the Healing Process of Trauma

Families are resilient. They can heal from trauma. Families draw on a number of strengths to heal. Here are some examples of family strengths.

Family cultures, beliefs, and attitudes. A family's cultures can create a positive identity for all of its members. When family members affirm the beliefs and values of their cultures, they can experience a sense of unity as a family. They can use their shared beliefs and values to come together to make meaning of difficult situations. A family's cultures can also provide a reassuring sense of connection between the past and the present. Together, family members can remember the past struggles that they have overcome as a family. They can reinforce each other's hopes for the future.

Family communication. Family members may find that they can build trust by listening carefully to each other. They can try to understand different perspectives and opinions. They can check in to be sure that they have been understood. They can also use these communication skills to cooperate when solving problems and resolving conflicts.

Families' sense of belonging to a community. A family's experience of belonging in their community can create a sense of safety and trust. With this sense of belonging, safety, and trust, families can build healing relationships with other family members, neighbors, and members of their faith-based and cultural communities. They can identify resources and opportunities in the community that can be essential to the healing process.

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Families who have a long history of adversity associated with poverty or racism may at times feel worn down. Families may experience a pileup of multiple traumatic events at the same time. Often, however, they have also developed strengths over many generations to deal with these challenges. Spirituality or family or community gatherings to share food, comfort, and material resources are common sources of strength.

Learning to Deal with Conflict and Repair Relationships. Conflicts can occur in a safe, trusting, and nurturing relationships. Traumatic experiences can influence how we respond to conflicts. Traumatic experiences can make it hard to trust. They may contribute to conflicts even in the healthy relationships that sustain us and help us grow. It is helpful to remember that conflicts in positive relationships can be overcome. Often the process of repairing relationships makes them stronger. Most positive relationships—such as those between staff and families—require effort, care, and attention. Most will not always be smooth and easy. Misunderstanding, disagreement, conflict, and hurt feelings are likely—and to be expected. The ways we express and respond to these feelings can vary from one person to another. They can also vary from one culture to another.

These feelings can be especially frightening for those of us who have experienced trauma. That is because those past experiences can affect the way we interact with others in the present—and how we understand their reactions. The old feelings of the past can make it more difficult for us to be clear about

- the feelings we are having in the present moment,
- why we are feeling them, and
- what they mean.

Feelings about a present conflict in a safe and nurturing relationship can become blurred with feelings from past traumatic experiences. The feeling of powerlessness is part of most traumatic experiences. This feeling can make it hard to believe that we do have the power to handle conflicts in constructive ways. We may feel tempted to withdraw to what might seem like a safe distance.

Instead, we can work on noticing our old patterns of avoidance and distrust, and habits of numbing our feelings. It may help to give ourselves enough alone time to sort through what is going on. Reflection can help us identify the feelings that come from our traumatic experience. We can distinguish them from those that come from the disappointment and hurt of the moment we may be in right now.

We can strive to re-engage in the relationship in which we are experiencing conflict. We can take the first step and openly own our role in the misunderstanding. We can model our hope of being able to listen and work things out. We can take ownership of our role in the challenging moments of our relationships. We need to see these genuine efforts in the other person as well in order to know that this is a safe relationship in which we can heal and grow. Traumatic experiences can make it harder for us to believe in our ability to resolve the conflicts that occur in our relationships. The commitment that each person involved makes to heal the relationship helps us heal from trauma. All staff in a program can work together to create a trauma-informed culture that is defined by safety and trust.



PeopleSoft HCM 9.2 Modernization

EMPLOYEE SELF-SERVICE (ESS) &
MANAGER SELF-SERVICE (MSS) FAQs

- ⇒ Some new information has been placed into the folder below to help you acclimate to the new payroll modernization system.
- ⇒ The new information is in both a video and audio format with the date of 1/27/2022.
- ⇒ Please take a few minutes to check these files and some of the other information in the folder.
- ⇒ The new payroll system is set to launch in May.

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Groundhog Day 2022:

Did Punxsutawney Phil see his shadow today?

The world's most famous groundhog, **Punxsutawney Phil**, made his Groundhog Day 2022 call this morning — six more weeks of winter. Phil emerged from his burrow on Gobbler's Knob in Punxsutawney, Pennsylvania for the first time this winter and at 7:25 a.m. saw his shadow as thousands of people watched on a sunny, 29 degree morning in western Pennsylvania. According to tradition, if Phil sees his shadow, he returns underground. If he doesn't, he stays above ground, interpreting the shadowless day as a sign of spring. Dozens of groundhogs have been designated Punxsutawney Phil since the first celebration in 1887. Groundhog Day has its roots in Germany where a hedgehog decided if winter would continue. As German settlers came to what is now the United States, so too came their traditions and folklore.



2022 Rehab Unit Bowl II

Wilbert Lowe, RT
and Dana Green, RTA



Los Angeles Rams - SW

NFC CHAMPION

(Super Bowl LVI Los Angeles 2/13/2022)

(Kickoff at 6:30 on NBC)

Cincinnati Bengals - HH

AFC CHAMPION

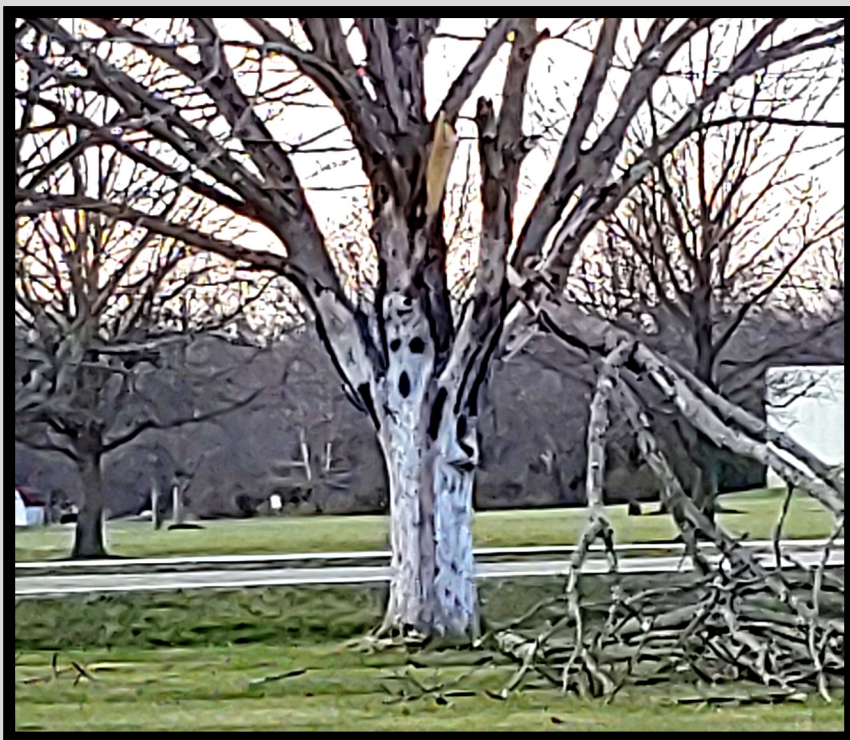
Rehab Unit Bowl II
2022 Champion



In two weeks the AFC Champions Cincinnati Bengals represented by **Healing Heights** will play the NFC champions Los Angeles Rams represented by **Serenity Way**.

For Cincinnati, the rookie kicker in OT once again came through with a 31 yard field goal to beat Kansas City 27 – 24 to advance to the big game for first time in 33 years.

Detroit's Mathew Stafford of 13 years, was acquired by Los Angeles to take them to the Super Bowl and that he did winning 20 – 17 over San Francisco to advance to the big game.



BOO-fore you go home...

make sure to notice the old friendly ghost that waves goodbye to all the MSH hard workers every day.

Thank you, Toni Olberding, RT, for noticing our friend.

Toni says, "I like how his arms are stretched way up high in excitement, but I think he should really shave the armpits!!"