Division of Mental Health and Addictions.

"People helping people help themselves."

THE SPECTRUM

LOGANSPORT STATE HOSPITAL

Vol. 31, No. 10
October 2021

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LSH OCTOBER EOM GEORGANNA KING

EMPLOYEE OF THE MONTH

October EOM, Georganna King (C) receives her pin and certificate from Medical Director, Dr. Danny Meadows (L) and Director of Nursing, Dawn Sell (R)

October EOM

Georgianna has been so kind and helpful in helping me get acquainted to my new unit. She has gone out of her way several times to help me and even came down to a different unit to help me with an issue I had. She knows her stuff and she doesn't mind helping people who are trying to learn I feel she is an asset to the hospital and deserves acknowledgment for such.

Shinead Montgomery,
Larson Nurse

I certainly support Georganna King's nomination for employee of the month. She is an excellent nurse and treats all with respect and kindness. Georganna is a great resource to both new and seasoned staff members.

Dawn Sell,
Director of Nursing

Find the good Friday

As a reminder!

Superintendent Bethany Schoenradt would like to use Fridays to highlight good things happening throughout the hospital.

Pass on any stories that highlight teamwork, excellent patient care, compassion for co-workers and/or patients, internal and external collaboration, humility, hard work, innovation, flexibility, thinking outside the box, etc, Superintendent asks that you put "find the good Friday" in the subject line so she can easily sort them in her inbox.

Lets see your "find the good Friday!"

LSH Volunteer Calendar

Steve Estes Retires

Steve Estes from Indiana Disability Rights retired from State Service on October 8, 2021. He advocated for patients at Logansport State Hospital for 5 years and visited LSH monthly to conduct on-site monitoring. During his visits, he took time to introduce himself to new patients and visited with those who had contacted him to discuss various complaints. He also advocated for patients who were on the discharge waiting list. In 2020, he was able to assist LSH in discharging two patients. His experience in mental health and heart for patient care were evident in his work. Steve always said the Logansport State Hospital was his favorite place to visit due to the quality care provided to our patients.

LSH thanked Steve for his years of service during his last visit on September 30, 2021 during the Human Rights Committee meeting.

Melissa Stewart, Program Coordinator

Photo provided

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Darrin Monroe .....Information Specialist, Spectrum Editor & Photographer..... ext. 3803
Brian Newell .....Librarian..... ext. 3712
Mike Busch.....Community Engagement Dir..... ext. 3612
Paula Green Scheffer ..Clerical Asst..... ext. 3634

POLICY UPDATES

<u>The following LSH policies were reviewed/updated in September (All Staff are to read all changed Policies)</u>

- **A-8 Reporting Missing State Property –** *No changes.*
- **C-1 Seclusion and Restraint Policy/Procedure –** *Reference to IPOC was removed and replaced with Treatment plan. Monitoring of patient completed every 15 minutes. Significant changes made re the documentation requirements in the EMR.*
- **H-*33 Logansport State Hospital Standards of Appearance –*** *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 outlined in green
- 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.

OSHA EMERGENCY TEMPORARY STANDARD FOR COVID-19

By Quality Management

The federal Occupational Safety and Health Administration (OSHA) has published an emergency temporary standard in response to COVID-19. Indiana (IOSHA) has adopted this federal standard.

The standard requires that Logansport State Hospital state its COVID-19 response in a written plan. The plan provides a brief response in the following areas:

- **Hazard Assessment and Worker Protection**
- **Patient Screening and Management**
- **Personal Protective Equipment**
- **Cleaning & Disinfection**
- **Health Screening and Medical Management**
- **Training**

The Logansport State Hospital Covid-19 Plan is accessible to you on our intranet under publications and is maintained by Infection Control.

Happy Pharmacy Week!

A special thank you to our amazing pharmacy staff: Trisha, Bryce, Jason, Jenny, Heather, Sally, and Summer. They truly take pride in their work, and it shows!

News from Medical Director

LSH

I hope everyone is having an enjoyable fall so far. I wanted to thank everyone on their efforts as we are now COVID free in the facility and hopefully will be able to enjoy more of those days moving forward. It has been no accident or simple feat that this hospital has performed well during this tough period with all of the challenges put forth. The care that the patients have been receiving remains strong which has included collaboration with Logansport Memorial Hospital so that our at risk COVID patients received valuable treatments to help with the course of the disease, CVS arranged a COVID vaccination clinic for our patients here on campus, and we are in process of receiving more vaccinations for our patients in the coming days. Most important however is that every department in this hospital has stepped up and taken on its role to make sure that have met this challenge and will continue to do so. That should give everyone here great confidence that if we can do this we can meet any challenge given to us.

All of you are working hard for our patients and it is much appreciated. Demand for our services remains very high and like health care in general we are being challenged on what needs to change and be improved upon to meet the state's future challenges. That is not an easy task but the dedication to the mission and role that we play is too important. Our competency to stand trial education, restoration rate, and evaluations remain 2nd to none. Reports from the community have been extremely positive on how most of our patients are doing well in the community and being prepared for the challenges that they face. Take pride in the role that you have played with our COVID response and the gratitude from the patients/families that have succeeded when very few others believed that they could. This is further testament to the excellent services that we provide here. Enjoy your weekend and the season!

Dr. Meadows

LSH VOLLEYBALL

Here is a picture of 6 of us after last nights game. Zach Rice also played but took off before the picture.

The games are played best 2 out 3. Last night we lost the first match, won the second match, and then lost in a close third match.

We are looking super fly thanks to Kathy Strong buying our team shirts.

Next week we play at 6pm again. A huge thank you from the whole team to everyone that has helped sponsor us.

SCARECROW

Just in case you didn't get a chance to see this downtown, check out the scarecrow created by a small group of OUTSTANDING and CREATIVE employees here at LSH! Shout out to Katie Bowyer, Rena Magers, Mike Busch, Mark Michael, Julie Utter, Darrin Monroe, Lettie Hoeppner, Liz Mills, Amber Peterson, Angela Edwards, and Alex Austin!

Bethany Schoenradt, Superintendent

2022 Open Enrollment

Dear fellow state employee,

I am writing to deliver good news about your health benefits. Employee premiums are staying the same for the third year in a row and we are offering you a new opportunity to pay less for medical services with the introduction of a tiered network. No matter which plan you choose, you will now have the option of using a Tier 1 preferred in-network provider which has lower visit costs and lower cost sharing than Tier 2 in-network providers.

This is a new concept for many of us. The Indiana State Personnel Department (INSPD) will be providing a lot of information so you can confidently navigate the tiered network and understand how tiers work within each health plan. INSPD will be hosting webinars and information sessions across the state because we understand that these matters are important to you and your family. We encourage anyone with questions to call INSPD's Benefits hotline–knowledgeable benefit specialists are available to help you!

Hoosier's health and well-being have been at the forefront of our minds during the pandemic, and I ask that you take some time to dive in and understand the benefits the state is offering for 2022. Your pocketbook and personal health can benefit from this exciting change!

Matthew A. Brown
Director, Indiana State Personnel Department

2022 Open Enrollment

Open Enrollment begins Oct. 27 and ends Nov. 17 at noon EST.

The Indiana State Personnel Department is excited to announce that there will be **no increase** in employee premiums in 2022. Many things are staying the same, for example you can still choose between three health plans (CDHP 1, CDHP 2, and Traditional). New for 2022 is the addition of a preferred in-network tier for each plan that can help lower your costs.

Within each health plan, in-network providers will now be split into two tiers that have different coverage levels:

- **Tier 1 - HealthSync (NEW!)** Preferred provider tier with lower visit costs, lower deductible, lower coinsurance, and lower out-of-pocket maximum.

Check out Anthem's provider search to see which providers are in Tier 1 - HealthSync.

- **Tier 2 - In-Network** All other in-network providers with the same deductible and out-of-pocket maximum you have today.

Although choosing Tier 1 - HealthSync providers lowers your costs and makes your Health Savings Account (HSA) dollars go even further than before, you are not required to select Tier 1 – HealthSync during open enrollment. Rather, you will select one of the three offered plans: CDHP 1, CDHP 2, Traditional. This is the same as last year.

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Here is a quick look at our most popular plan design, CDHP 1, for 2022:

CDHP 1	Tier 1 HealthSync	Tier 2 In-Network	Out-of-Network
Deductible			
Single	$2,000	$2,500	$2,500
Family	$4,000	$5,000	$5,000
Out-of-Pocket Max			
Single	$3,500	$4,000	$4,000
Family	$7,000	$8,000	$8,000
Co-Insurance Rate			
Office Visit	10%	30%	50%
Urgent Care	10%	30%	50%
Inpatient Hospital	10%	30%	50%
Emergency Room	10%	10%	10%
Preventive Care	0%	0%	0%

Annual Employer HSA Contribution: Single $1,124.76 Family $2,249.52

A comparison of the health plans offered, including premiums, can be found on the Open Enrollment website.

Prescription drug coverage is the same and will accumulate to all tiers.

INSPD's Open Enrollment website has other educational materials for you, including definitions and examples showing how our Tier 1-Healthsync can work for you.

Open Enrollment information sessions begin Wednesday, Oct. 6.

- Find an information session near you >

New EAP provider for 2022

Another exciting change for 2022 is a new Employee Assistance Program (EAP) provider, Optum Health.

Optum EAP provides tools, resources, and counseling sessions to help with challenging work and life situations. You will still have access to eight free in-person or virtual counseling sessions with community providers.

Appointments can be scheduled online or by calling Optum EAP after Jan. 1, 2022. Look for more information and the new Optum EAP phone number coming soon.

Optum EAP is available for all full-time state employees and members of their household and at no cost to the employee.

Steps to prepare for Open Enrollment

1. Visit in.gov/spd/openenrollment to review your plan options and rates.
2. Visit InvestInYourHealthIndiana.com to see all of the resources the state of Indiana offers to help proactively manage your health.
3. Log in to Anthem.com or the Sydney Health app to estimate your medical expenses for next year.
4. Log in to CVS Caremark.com to review your pharmaceutical claims.
5. Read the information available to you, attend carrier fairs and information sessions, and ask questions to become a well-informed healthcare consumer. If you plan to take advantage of the meetings or webinars, make sure you first get your supervisor's approval. These events are usually allowed on state time.
6. Contact the Benefits Hotline. Benefits Specialists are available Monday through Friday, 7:30 a.m. to 5 p.m. ET.

By phone: 317-232-1167 (Indianapolis area) or 1-877-248-0007 (toll-free)
Email: SPDBenefits@spd.in.gov

This information applies to state employees eligible for benefits and does not apply to conservation officers, excise officers, Indiana State Police plan participants, temporary employees or contractors .

Being the Strongest LINK

Recognize, Respond to, and Prevent Information Security Incidents.

Do ✓

- Take responsibility for securing the information you create and manage.
- Report known or suspected security issues, such as a computer without antivirus software or a stranger calling and asking for inside information.
- Recognize sensitive information, such as medical, personnel, financial, trade secret, or confidential information, and ensure it is protected.
- Follow our Acceptable Use Policies by limiting your personal use of workplace resources and respecting copyright laws.
- Use secure forms of email when transferring sensitive information over the Internet.
- Use a pass-phrase generated password that is strong and complex, e.g., "Welcome to the 1992 high school varsity reunion." "W2t1992hsvr."
- Report it immediately if your computer lacks antivirus or antispyware software.
- Purchase and use mobile devices with security features such as password protection and encryption.
- Follow our Clear Desk Policy by keeping sensitive information locked away and inaccessible while you are away from your desk.
- Dispose of sensitive information properly, for example, by shredding paper documents with sensitive information.
- Follow all laws, regulations, and policies, including our security policies, which apply to your job function and ask your supervisor when in doubt.

Don´t ✗

- Assume security is someone else´s job and not your responsibility.
- Fail to report security incidents for any reason, since without reporting, security issues cannot be resolved and future issues cannot be prevented.
- Share sensitive information with any unauthorized person, discuss it in public places, or store it in unsecured mobile devices.
- Use workplace resources to access inappropriate, sexually explicit, or threatening material or in such a way that interferes with your productivity.
- Transmit medical, financial, trade secret, confidential, or other sensitive information over unencrypted channels.
- Leave your password unchanged for more than 180 days, write it down on a piece of paper, or use easily guessed information, such as your birthday.
- Download and install unapproved software from the Internet, which could contain malware or security holes.
- Place sensitive information on unsecured mobile devices.
- Forget to use a password protected screensaver to ensure no one accesses your computer while you are away from your desk.
- Keep information indefinitely. Instead, follow our Records Retention Policy by disposing of information when its retention period expires.
- Bend or break security rules in order to "simplify" things. Instead, bring positive suggestions to your supervisor on how to securely increase efficiency.

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Travel Safety Best Practices

Please follow these best practices to help ensure your personal safety while traveling.

- Leave a complete itinerary and copies of important documents, like your ID and passport, with someone and check in with that person periodically.
- Ensure your luggage is tagged with your name, address, and phone number and not left unattended.
- Do not transport items for others.
- Be cautious with business gifts received overseas before returning home with them.
- Only use registered taxi services and be sure you are dropped off at a safe, well-lit place. Travel with a trusted colleague or companion if possible if in an unfamiliar locale.
- If you are being picked up at the airport, verify the identity of the driver before getting in the car.
- Watch the work you do on places since people may be able to see what you are doing.
- Avoid taking or displaying expensive equipment or jewelry.
- Only take credit cards and money that you need for the trip.
- Do not use hotel business center computers for sensitive data. They can be compromised by cybercriminals.
- Lock expensive items and a backup credit card in your hotel safe.

*This companion document to our security awareness training includes some, but not all of the things you should and should not do to be a **strong link** in the security chain.*

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Art-n-Facts
Student Nurse Program
By Jerry Kelley, retired Rehabilitation Therapist (1965 – 2003)

Student Nurses wearing capes (1954) with Superintendent Dr. John A. Larson, center.

The student nurse program started in 1951. The program lasted for 13 weeks. The students were house on the top floor of the Personnel Building (now the location of the Isaac Ray Forensic Unit). In each group there were 40-55 students. The students attended classes for one half of a day and worked on the wards or assisted treatment and/or activity groups for one half a day. If they didn't go home for the weekend, they were expected to be in their rooms by 10 pm Monday through Saturday; with one exception, a student could designate one evening to stay out to 12:00 midnight.

The students came from several different hospital nursing programs that included: Saint Elizabeth Hospital in Lafayette; Saint Anthony Hospital in Terre Haute; Ball Memorial Hospital in Muncie; Lutheran Hospital in Fort Wayne; and Parkview Hospital in Fort Wayne. A new group of students came to LSH every three months. Each group wore a color-coded uniform associated with their hospital. They could eat breakfast, lunch and supper in the dining room located in Rear Center. Rear Center was directly south of the Administration Building.

One half of the students' time was spent in the classroom. They learned about the various mental health issues associated with diagnosis, symptoms, and behaviors. They also learned a variety of approaches to deal with symptoms and behaviors. The hospital's Nursing Education Program was under the direction of Ms. Julia Dee and her assistants. They provided excellent instruction and learning experiences. On the wards, students interviewed clients and assisted the nursing staff with ward groups and activities. They also assisted in hospital-wide activities involving Arts & Crafts, Music, Cooking Classes, Day Camps, and Walk-Exercise to name a few.

Employee Dining Room (1959)

In a walk-exercise group the students were instrumental in detecting an individual with a heart problem. Before participating in a walk-exercise group, each individual was given a resting pulse-read score, after lying down for 5 minutes and then immediately given a standing pulse-rate score. In this case the resting pulse rate was 96 and the standing pulse rate was 88.

At this time the short form of the Harvard Step Test was given to measure the fitness level based upon a person's ability to recover after a three minute 18-inch step-up-and-down-exercise program. After one minute, the nursing students noticed the individual was sweating a great deal. They discontinued the test and checked his pulse rate…it had fallen from a resting 96 to an exercise rate of 76. This was an anomaly…it was the opposite of what was expected. Central Nursing was notified. The individual was evaluated and then taken to Indianapolis for additional evaluation and treatment. Later we learned the individual was successfully treated and then transferred to another facility.

It was noticed when the student nurses administered the resting pulse and resting blood pressure procedures, the men would calm down and be cooperative. When some men came to the program with a somewhat belligerent attitude, they were informed the student nurses needed to take their pulse rate and blood pressure. During these procedures, the men became quiet, calm and cooperative. This approach was utilized several times to change attitudes from resistance to willing to participate in the program. It is true that nurses do make all things better.

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Please visit the Longcliff Museum and learn more about the student nurse program… also, view the beautiful nurse's capes on the second floor.

To learn more fascinating facts and see more pictures and artifacts, visiting the Longcliff Museum.

Sixteen Logansport, Indiana Pharos-Tribune 2-28-63

NURSES BEGIN TRAINING—A 12-week training period began recently for 54 student nurses from five schools of nursing at Logansport State Hospital. They are, in alphabetical order, Mary Allbritten, Mary Applegeet, Joanne Ashbaugh, Macy Barnard, Jennie Beeson, Dianne Bentz, Judith Bergdall, Joanne Beutell, Mary Blodgett, Peggy Brewer, Beverly Brown, Carolyn Buck, Anna Carey, Joyce Cook, Emmalou Crouse, Marjorie Cushman, Nancy DeLong, Judith Detterer, Karen Durflinger, Karen Elliott, Alice Etzler, Elizabeth Evans, Joan Fields, Judith Fischer, Judy Flick, Judy Fulkerson, Mary Gehring, Linda Harris, Betty Hobson, Kathleen Hoffman, Judith Houser, Mary Hurst, Janet Johnson, Dorothy Kellenberger, Kathleen Kuntz, Barbara Laukhuf, Sharon Lewis, Diane Linker, Sharon MacPherson, Susan McKay, Hildegarde Meyer, Nancy Osborn, Bonnie Price, Karen Quinn, Janet Reed, Emilie Schortgen, Brenda Snyder, Marie Strobel, Evelyn Tschester, Rebecca Wade, Patricia Whelan, Donna Woodruff and Nancy Zion. (Staff Photo.)

October Changes at LSH!

Re-Hire

Justin Blankenship

New Hires

Cynthia Colorundo
Gina Duncan
Katherian Huggins
Edward McMillan
Nehemie Enteril Mercier
Peyton Resler
Caitlynn Sink

Farewells

Jana Parsons
Tabbitha Burt
Sharon King
Brittany Flatt
John Kruger
David Barron
Shinea'd Montgomery
Amanda Verdusco
Mary Bowles
Cindy Bruce
Isiah Hardy
Zosima Hart
Brian Gittings

2 HOUR TURKEY REALLY

https://www.justapinch.com/recipes/main-course/turkey/2-hour-turkey-really-3.html

Course: Dinner | Cuisine: American

Ingredients:

- 1 thawed, whole turkey (from 10 - 24 pounds)
- 2 Tbsp. olive oil, extra virgin
- 1 to 3 tsp. coarsely ground salt (Kosher or sea)
- freshly ground pepper

Directions:

PREHEAT OVEN TO 475 degrees F (240-250 degrees C). This is what you'll roast it at for the ENTIRE time. Since this employs the use of a VERY hot oven, make sure your oven is CLEAN before you start, AND put about 1 inch of water in the bottom of the roasting pan to reduce the risk of smoking your family out of the house.

NOTE: Even WITH a pristine oven, I still smoked out my house last Thanksgiving... so a tip to cut down on the smoke issue is to add about an inch of water (or broth) to the roaster pan...and keep replenishing it as needed. By doing this, not only was the smoking problem eliminated, but I had terrific drippings for gravy!

Place oven rack on LOWEST or SECOND-TO-LOWEST position in oven. The lowest position may be too hot in some ovens since it's directly above the heating elements.

Remove all giblets, neck, pop-up thermometer (if there is one), and any trussing (like the plastic thing that holds the legs together). Rinse turkey THOROUGHLY, inside and out with cool water, letting all water drain out of neck and body cavities. Pat dry, inside and out, with paper towels.

Place on V or U-shaped wire rack in roasting pan, so that turkey doesn't rest on the bottom of the pan. The first time I made this I didn't have a rack, so I just slapped it in my grandmother's old-fashioned blue-enamel roaster pan and it turned out FINE.

If you don't have a rack...take a long piece of aluminum foil and wad it up into a long rope, then coil it in the bottom of the pan and rest your turkey on that.

NOTE: I STRONGLY RECOMMEND KEEPING 1-2 INCHES OF WATER IN THE BOTTOM OF YOUR ROASTING PAN DURING COOKING. This will GREATLY reduce smoking (which can be brutal). The first year I made this, I didn't put water in the bottom of the pan...and I smoked out my house. The turkey was fabulous, but the house was SO smoky.

Rub the entire outside of dried-off turkey with olive oil. Sprinkle generously with salt and pepper. I use Kosher salt because it has large, coarse grains.

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Pull wing tips AWAY from the body, twist them and tuck them, backward, under the bird... up by its neck.

Pour 2 inches of water into the bottom of the pan.

Bake on the 2nd to lowest rack in the oven.

Halfway through cooking time, turn the roasting pan around 180 degrees to ensure even cooking. Do NOT flip the bird over.

It's done when the internal temp (in the thickest part of BOTH the THIGH and BREAST is 160 degrees. Make certain they are BOTH at temp. Sometimes the thighs take a bit longer. When done, remove from the oven.

Approximate Cooking Timing:
10-13 lbs. = 50 minutes to 1 1/4 hrs.
13-16 lbs. = 1 1/4 hrs to 1 hour 50 minutes.
16-19 lbs. = 1 1/2 hrs to 2 hrs.
19-22 lbs. = 1 3/4 hrs to 2 1/4 hrs.
22-24 lbs. = 2 hrs to 2 1/2 hrs.
25+ lbs. = 2 1/4 to 2 3/4 hrs...or a bit more depending on how humongous it is. Are you sure it's not an ostrich you're roasting? If not, call the Guinness Book of Records.

Cover completely with foil and let rest 30-45 minutes before carving. The internal temp will continue to rise to the recommended 165 degrees. After resting, transfer to a platter for carving.

NOTE: There will likely be a lot of juices in the cavity. Drain them before transferring the bird to a platter. Save the juices to make gravy or moisten dressing.

WHO AM I?

Can you guess who is behind the Smiley face pictured below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by November 23, 2021.

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

Now Retiree, Kristi Tribbett (C) shows off her picture blanket she was given.

Congratulations to Paula Scheffer for guessing Kristi Tribbett pictured as the 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 or email Darrin at darrin.monroe@fssa.in.gov