

RSH Insider

The newsletter of Indiana's

Richmond State Hospital

498 N.W. 18th Street, Richmond, IN 47374 | <https://www.in.gov/fssa/dmha/3305.htm> | October 2019

Superintendent's Message

by Katrina Norris, LCSW, LAC

Fall is the season of change. The crispness of the air, the colors in the trees, and darkness that falls upon us earlier are all a part of this season. Many people love this time of year and others perceive it as a dreary reminder of what lies ahead with the bitter cold of winter looming around the corner. I chose to reflect this time from a similar view of author Adam Sicinski. "Seasons change constantly. The seasons of life are constantly changing as a result of the choices and decisions that we make on a daily basis. A seemingly insignificant choice today could very well change the tide of the seasons as we move into tomorrow". In order for things to never change; we would have to remain the same and how boring would that be?

Change is a positive concept as it invites innovation, collaboration, and opportunities for us all. More importantly, it brings better care for the patients we serve. We don't always communicate changes well and this leads to frustration and burn out. This is something I would like for the entire organization to be more cognizant of as we move through the seasons.

I challenge us all to communicate changes at the "richest" level, face to face, whenever possible. If you are unable to meet face to face then call. Use email and text as your last resort as they tend to be perceived inaccurately. In 2013, Kim Schneiderman had an article in *Psychology Today* that described when people had delicate or difficult conversations, they tended to utilize texting/emailing based upon the following rationales:

- To avoid revealing vulnerable emotions.
- To protect oneself from having to hear another person's distress, whether it be crying, anger, or strain in their voice.
- To have some control over the conversation, including setting boundaries with difficult or verbose people. Sometimes this can devolve into manipulation, especially if one party refuses to talk on the phone.
- To expend less energy. Texting requires fewer sentences than talking or emails.

As an organization, we are moving rapidly and making great strides towards improvement and our strategic plan goals. I am proud of the accomplishments thus far and you should be as well.



Squirrels Get Smarter during the Fall

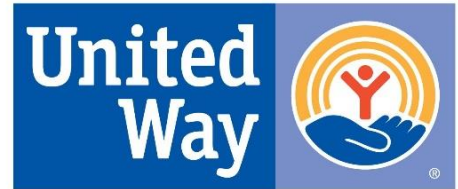
During the gray squirrel's fall caching season, when the critters bury nuts and seeds in hundreds of scattered caches to serve as emergency winter larders, a typical squirrel shows a 15% increase in the size of its hippocampus—the memory and emotion center of the brain—compared to the rest of the year.

Wolverine Shoe Sale

October 15-17, 2019

Richmond State Hospital had 11 individuals who volunteered to work the Wolverine Shoe Sale for United Way. Volunteers included: Lysta Guess, Jeana Smelser, Jennifer Sellers, Jessica Guth, Terri Ogle, Mary Clark, Rachelle Brown, Angela Britto, Marge Hunt, Sara Vanwinkle, and Angela Richie. Thank you to everyone who helped!

LIVE UNITED



Ivy Tech Service Learning

October 8 & 15, 2019

Ivy Tech's HUMS 101, *Introduction to Human Services* class visited the Richmond State Hospital Campus on October 8 and 15 for a service learning project. The students were given a tour of our Clinical Treatment Center, Residential Treatment Center, and other various locations on campus, including the museum. The class also served in our museum, organizing and cleaning in preparation for photos. A special thank you to their instructor, Jessica Cate, PhD, LCAC, for encouraging the students to learn more about the history of Richmond State Hospital.

IU East Trick or Treat

October 25, 2019

The Indiana University East Psychology Club hosted their annual community Trick or Treat event on Friday, October 25. During the event, the Psychology Club collected donations, all of which went to the RSH Christmas Gift Lift Program!

Kathleen Langer, a Rehab Therapist and Jessica Guth, Community Services Director attended the event to provide information about Richmond State Hospital and our Christmas Gift Lift Program.



UPCOMING: Patient Fun Day

October 30, 2019

The Rehab Department is planning an eventful patient fun day for October! The day's activities include: bingo, face painting, a craft project, an 80's themed dance with a dance contest, and movies.

REMINDER: Costume Contest

October 31, 2019

It is time for some Halloween FUN – a costume contest! Grass Roots will be providing prizes for the most “creative” costume(s) on both shifts for staff. To enter, simply submit a photo of your costume via email to Teresa Bradburn (Terresa.Bradburn@fssa.in.gov). Winners will be announced November 1. Jeans and “fall” attire are also acceptable on October 31.

Please note – with respect to our staff and patients, please refrain from costumes that may be deemed too scary or inappropriate.



MARK YOUR CALENDARS: Papa John's Pizza Fundraiser

October 31, 2019



RSH Grass Roots Committee is hosting a Papa John's Pizza Fundraiser on October 31 from 11 a.m.-1:30 p.m. in the CTC Parking Lot. Pizza choices include: pepperoni or cheese pizza, \$3 per slice or two slices for \$5. Pop and water will also be available for \$1 each.

Please note – purchases will be CASH ONLY. B-shift staff members can place a pre-order for pizza by October 30. Pizza for B-shift will be delivered on October 31, between 6 -8 p.m.

LAST CHANCE: Wick's Pie Sale

The Rehab Department is taking orders for frozen Wick's Pies for \$7 per pie. The pie options include: sugar cream, pecan, peanut butter, pumpkin, and pumpkin chess. To order, call or email any rehab staff member by November 1. All pies will be in by November 20. All proceeds will go to the Patient Rec Fund!





Staff Shout Out

Eric Scalf, a Warehouse Stores Clerk and Macy Scalf (Hibbard), a Behavioral Health Recovery Attendant were married on September 21. They then welcomed their baby girl, Violet on October 16. Violet weighed 6 lbs., 7 oz. and measured 18 inches long.

Congratulations
Eric & Macy!

RSH Continues to Welcome New Employees

Janelle Vest (Nurse Practitioner), Summer Ball (BHRA), Amanda Galliher (NP Student).



State Employees' Community Campaign

September 26 - November 30, 2019

The State Employees' Community Campaign is happening now! The State Employees' Community Campaign is the annual charity campaign administered by the State of Indiana employees. The SECC allows state employees to contribute to any charity with a 501(c)(3) ruling through either a one-time contribution or the convenience of payroll deductions.

This year's SECC campaign runs from September 26th through November 30, 2019. Everyone is encouraged to participate!

2020 Benefits Open Enrollment

October 30 - November 20, 2019

2020 Benefits Open Enrollment is approaching! The deadline to enroll for your 2020 benefits is Wednesday, November 20, by noon EST. Visit www.in.gov/spd/OpenEnrollment to complete your Open Enrollment.



Retirement Plan Advisor Visit

November 19, 2019

You are invited to schedule a 1-on-1 appointment with Matthew Bates CFP, your Retirement Plan Advisor. Your Retirement Plan Advisor will: (1) help you determine a possible retirement age, (2) help you protect your future retirement income from all sources, including: pension, Social Security, Hoosier S.T.A.R.T, and other retirement accounts, and (3) provide suggestions for your retirement, including savings rate and investment allocation.

Please note –your spouse is welcome to attend.

Mr. Bates will be here on Tuesday, November 19, from 10 a.m.- 4 p.m. in the Superintendent's Conference Room, located on the second floor of the Administration building. To schedule an appointment, visit:

<https://richmond.state.hospital.empowermytime.com/> [richmond.state.hospital.empowermytime.com]

Upcoming Open Interviews

November 13, 2019

Richmond State Hospital will be hosting open interviews for Behavioral Health Recovery Attendants on Wednesday, November 13, from 10 a.m. - 2 p.m. Spread the word!

Annual Thanksgiving Luncheon for Patients

November 21, 2019



The Annual Thanksgiving Luncheon for patients has been scheduled for Thursday, November 21.

The Rehab Departments is seeking volunteers to bake a turkey for the event – Rehab will provide the turkey, roasting pan, cooking bag, and zip lock bags for the cooked, de-boned turkey. They are also asking volunteers to provide desserts for the event. All food items will need to be ready by Wednesday, November 20.

If you are interested in baking a turkey or providing a dessert, please contact Carolyn Miller (Carolyn.Miller@fssa.in.gov).