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Vol. 27, No. 8 
August 2017

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**Division of Mental Health and Addictions.**

“People helping people help themselves.”

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**Logansport State Hospital**

**The Spectrum**

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**SECC IS COMING**

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**YOU CAN CAPTURE THE GOAL $**

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**SECC LSH**
POLICY UPDATES

The following LSH policies were updated in July 2017 (All Staff should make time to read all changed Policies):

- LSH Policy Video Tape / DVD / Film Selection and Utilization for Patients (A-38) – No major changes at this time.
- LSH Policy Personal Possessions of Patients (A-44) – Minor changes made to reflect current practices.
- LSH Policy Uses & Disclosures for Which an Authorization or Opportunity to Agree or Object is Not Required (IM-11) – No major changes at this time.
- LSH Policy Facsimile (FAX) Use (IM-03) – Has been rescinded. We will now reference Section 8: Fax Policy Section (page 49) of the FSSA Privacy & Security Compliance Policies Handbook, Version 2.0 Effective Oct 5, 2014. There is now a link to this PDF document in the Policies Folder under FSSA Policies on the LSH Internet.

All LSH and DMHA Policies referenced can be found on the LSH intranet site under Policies.

Policies on the LSH intranet are the current and official policies.
It is without hesitation that I recommend Ms. Courtney Carter, Behavioral Clinician, to be our next Logansport State Hospital Employee of the Month.

Ms. Carter is a valuable asset to the 3 West treatment team for many reasons. First, she has a knack of connecting with our patients in a sincere, warm, calm, and caring manner that helps put them at ease. Second, she is an intelligent woman that writes concise notes that keeps me up to date on our patients’ progress. Third, Ms. Carter, shows leadership as she takes the initiative to do whatever needs to get done when a treatment team member is absent. The final reason Ms. Carter is a valuable asset to the 3 West treatment team is her conviviality; she is very pleasant to work and I think we all on the 3 West Treatment Team enjoy having her as a member. It is for these many reasons that I nominate Courtney Carter, Behavioral Clinician, to be our next Logansport State Hospital Employee of the Month.

Sincerely,
Robert McDaniel, M.D.
Staff Psychiatrist
Isaac Ray Treatment Center
I recommend Ms. Courtney Carter, Behavioral Clinician, to be our next Logansport State Hospital Employee of the Month.

Courtney is very busy with groups, individual therapy and other testing she has scheduled but she never fails to lend a helping hand whenever she is needed. She gives very insightful comments during treatment team on each patient. These are just a few of the reasons I nominate her.

Sincerely,
Kim Rogers RN

I am responding as Courtney Carter's supervisor to endorse both nominations by Kim Rogers, RN, and Robert McDaniel, M.D., for Courtney as LSH Hospital Employee of the Month.

I echo and wholeheartedly agree with everything both Kim and Dr. McDaniel have endorsed as Courtney's strong suits. Courtney has proven herself to be a valuable hospital employee both within the Psychology Department and also amongst her co-workers in other disciplines in the hospital. As the Behavioral Clinician for the IRTC 3 West Unit, she is kind, caring, encouraging, and professional with the patients. She has a "keen eye" for identifying relevant forensic and clinical issues. She has the ability and expertise to conduct a variety of services as a member of the Psychology Department, including many group therapies, competency restoration, individual therapy, violence risk assessment, and behavioral assessment. Courtney is a responsible treatment team member and has taken on a leadership role in team discussions. Further, she has been involved in training and interviewing potential employees of the Psychology Department. She is always willing to lend a hand and offer help to all co-workers, including myself! What I love most about Courtney is her kind heart, willingness, and flexibility in offering her patients and co-workers what they need at the right moment. This is why I am endorsing the nominations for Courtney Carter, M.A., BC-III, as the next LSH Employee of the Month.

Sincerely,
Megan E. Shaal, Psy.D., HSPP
Staff Psychologist
Isaac Ray Treatment Center
Hoosier S.T.A.R.T.

Matthew Bates will be here October 11. You can call HR to book a 30 minute appointment time beginning Sept 1st.

GET INTERESTED

Meet your representative

What can your Hoosier S.T.A.R.T. representative do for you?

- **If You’re Just Starting to Save . . .**
  We can help you determine how much you may need to work toward your retirement income goals and the specific ways the Plan can help—including advantages of tax-deferred investing.

- **If You’ve Been Saving for a While . . .**
  You may want to take a fresh look at your portfolio to evaluate whether your balance between risk and return potential still makes sense for you today. Also, it could be time to increase your contributions. We can help you understand your options.

- **If Retirement Is Just Around the Corner or If You’ve Just Retired . . .**
  We can provide you with information to help you make the smooth transition to retirement, including your distribution/withdrawal options and how you can continue to benefit from the Plan after you leave the workplace.

Consider the benefits of the Hoosier S.T.A.R.T. Plan

**Good Company** – There are more than 42,000 participating employees, so together you have mass purchasing power.

**Investment Options** – The Plan offers a variety of different investment options, including age-based funds, to fit your goals and time horizon.

**Advantage** – The 10% early withdrawal penalty that applies to 401(k) plans and IRAs does not apply to distributions of 457 contributions or any applicable earnings (provided you have separated from service).

**Representatives** – There are dedicated Plan representatives located throughout Indiana, so there are real people available to help you navigate your road to retirement. To find out how you can meet with your dedicated representative.
Quick Facts: Pertussis (Whooping Cough)

What is pertussis?

Pertussis, also called whooping cough, is a disease caused by bacteria. It may cause coughing fits that can cause breathing problems. Pertussis can lead to pneumonia (inflammation of lungs), seizures, and sometimes death. Most of these serious problems occur in infants who are less than a year old. Pertussis is generally milder in older children and adults. Pertussis often presents in a cycle, with peaks in pertussis cases every few years. Indiana generally has several hundred reported cases of pertussis every year.

What are the symptoms of pertussis?

The symptoms of pertussis occur in three stages:

1. During the first stage, symptoms are like a cold: slight fever, sneezing, runny nose and dry cough.
2. During the second stage (about 1-2 weeks later), the cough becomes more intense. There may be short, intense coughing spells followed by a long gasp for air. The coughing fits may be followed by vomiting, nose bleeds, or bluish color to the lips or face.
3. During the third stage, the cough is less intense and less frequent. The cough eventually stops, but this may take several months.

How is pertussis spread?

Pertussis is spread by contact with nose or throat droplets from an infected person. This can happen when an infected person coughs or sneezes or when an uninfected person touches objects with nose or throat droplets from an infected person. An infected person can spread the disease for up to three weeks from the time the cough begins. However, after five days of antibiotics, an infected person cannot spread pertussis.

Who is at risk for pertussis?

People who haven’t received all recommended doses of pertussis vaccines or who have not received pertussis vaccine for several years are at higher risk for pertussis. Occasionally, vaccinated individuals may still get a mild case of pertussis due to waning vaccine effect. Infants who are too young to be fully vaccinated are at greatest risk for severe illness and death from pertussis.
How do I know if I have pertussis?

If you have had close contact with someone who has been diagnosed with pertussis or if you have the symptoms described above, you should talk to your doctor. Your doctor may test you for pertussis.

How is pertussis treated?

Pertussis can be treated with antibiotics. While antibiotics make pertussis less contagious, they do not get rid of the cough unless taken very early in the illness. Everyone who lives in the same house of someone with pertussis should receive antibiotics to prevent spreading pertussis to others. Other people, such as playmates and classmates, might need antibiotics as well.

How can pertussis be prevented?

Keep you and your children up to date with vaccines. The diphtheria, tetanus, pertussis (DTaP) vaccine is a five dose series for children under 7 years of age. Teens and adults (ages 10 years and older) should also get one dose of Tdap (tetanus, diphtheria, pertussis) vaccine to protect against pertussis and a booster vaccine every ten years for continued immunity. Pregnant women should get 1 dose of Tdap during each pregnancy. It is very important anyone having contact with an infant be fully vaccinated with the correct pertussis vaccine for their age. Tdap can be given no matter how much time has passed since the last dose of tetanus vaccine. Indiana requires that students in grades 6-12 get a single dose of Tdap. See your doctor to decide if you or anyone in your family needs a vaccine against pertussis.

All information presented is intended for public use. More information on pertussis (whooping cough) can be found at:
  - http://www.cdc.gov/Features/Pertussis/
  - http://www.cdc.gov/vaccines/vpd-vac/pertussis/default.htm
  - http://www.cdc.gov/pertussis/
  - http://www.cdc.gov/vaccines/hcp/acip-recs/vacc-specific/tdap-td.html

Last reviewed: July 1, 2016
Wellness Wisdom from the Wellness Committee

LSH BLOOD DRIVE Tuesday, September 12, 2017

THIS EVENT IS BROUGHT TO YOU BY YOUR LSH WELLNESS COMMITTEE!

OUR GOAL IS 34 BLOOD DONORS!!!

On Tuesday, September 12, from 10am to 3pm we will have the American Red Cross here on the campus for a Blood Drive.

You can schedule a time to donate through HR, and please be sure and coordinate this time with your Supervisor. You can remain ON THE CLOCK while you donate!!! You should budget about 45 minutes to get through the entire process.

Sometimes folks are turned away due to low iron levels. Check out the attachment, or go to http://www.wikihow.com/Increase-Iron-Absorption for ways you can increase your iron levels.

Our goal is to have 34 donors give blood on Tuesday, September 12. So step up, roll up your sleeve, and give!!! Those who are successfully able to donate will be given a pass and be allowed to wear jeans and a t-shirt on the following Thursday, September 21, 2017.

REMEMBER: Jeans day will be the following week on THURSDAY the 21st. Blood donation is on TUESDAY the 12th.

Because the Blood Drive is not considered a fund raiser for the Wellness Committee, we will no longer be accepting the $1 donation in lieu of donating blood to be able to wear jeans. Thanks for your understanding.

Did you know you can get 50 go365 points for donating blood?

The Wellness Committee consists of:
Diana Anderson, Courtney Carter, Mary Clem, Theresa Dexter, Becky Dowden, Maureen Guimont, Kris Keeler, Bart Kraning, Marcy LaCosse, Donna Little, Darrin Monroe, Kathy Pattee, Kelly Russell, Sarah Rutschmann, Julie Stapleton, Marcia Woolley, and Deb Yerk.
NEW EMPLOYEE FITNESS ROOM

OPEN HOUSE

AUGUST 22\textsuperscript{nd}

7:00am – 4:00pm

LSH EMPLOYEE FITNESS ROOM

IS LOCATED OFF THE CIRCLE DRIVE
(also known as the old staff dining area)

PLEASE COME BY AND SEE THE GREAT THINGS WE HAVE TO OFFER

- EXERCISE EQUIPMENT
- HEALTHY SNACKS
- WELCOME GIFTS
- RAFFLE FOR GREAT PRIZES

Use of the Employee Fitness Room will be limited to current LSH, AVI/lands, Contract, Agency, and Securitas employees only.
Family members will not be permitted to use due to liability.

The fitness room is funded by profits received from the sales of Healthy Snacks and the Salad Bar. Thanks for your past and future support.
Culinary Corner
Prize Winning Baby Back Ribs

Ingredients
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1 tablespoon paprika
- salt and pepper to taste
- 3 pounds baby back pork ribs
- 1 cup barbecue sauce

Directions
1. Preheat a gas grill for high heat, or arrange charcoal briquettes on one side of the barbecue. Lightly oil the grate.
2. In a small jar, combine cumin, chili powder, paprika, salt, and pepper. Close the lid, and shake to mix.
3. Trim the membrane sheath from the back of each rack. Run a small, sharp knife between the membrane and each rib, and snip off the membrane as much as possible. Sprinkle as much of the rub onto both sides of the ribs as desired. To prevent the ribs from becoming too dark and spicy, do not thoroughly rub the spices into the ribs. Store the unused portion of the spice mix for future use.
4. Place aluminum foil on lower rack to capture drippings and prevent flare-ups. Lay the ribs on the top rack of the grill (away from the coals, if you're using briquettes). Reduce gas heat to low, close lid, and leave undisturbed for 1 hour. Do not lift the lid at all.
5. Brush ribs with barbecue sauce, and grill an additional 5 minutes. Serve ribs as whole rack, or cut between each rib bone and pile individually on a platter.

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Who's Next?

Sneaky Snaps!

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

Who's Next?

The new Computer Lab is Done!
Who Am I?

Can you guess who’s taking a checking out the Solar Eclipse, pictured below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by September 15, 2017.

Employees with correct answers will have their names put into a drawing, sponsored by

Winner Will Be Announced In
The Next Spectrum.

Congratulations to Sarah Rutschmann for guessing Sandy Jones, 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.