



**Madison State
Hospital**
711 Green Road
Madison, IN 47250
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**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

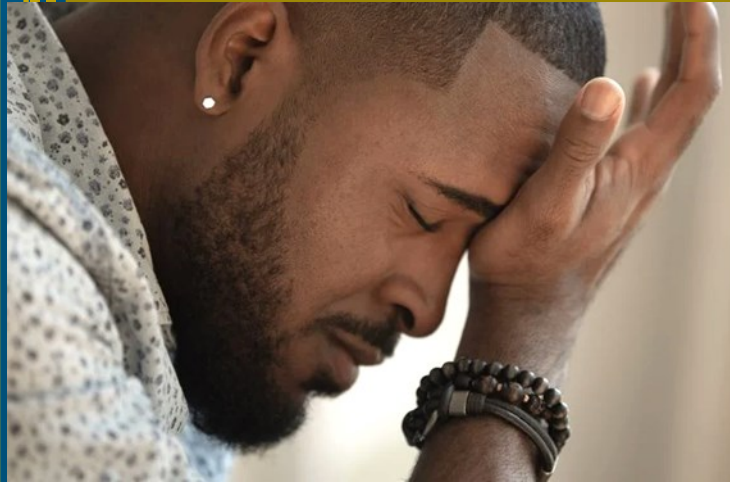
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MSH Bulletin

Volume 24, Issue 5 February 3, 2021

Drinking during COVID-19 up among people with anxiety and depression

January 19, 2021
New York University



People with anxiety and depression are more likely to report an increase in drinking during the COVID-19 pandemic than those without mental health issues, according to a new study by researchers at NYU School of Global Public Health published in the journal, *Preventive Medicine*.

While drinking grew the most among younger people, *older adults with anxiety and depression saw a sharper increase* in their risk for harmful alcohol use.

"This increase in drinking, particularly among people with anxiety and depression, is consistent with concerns that the pandemic may be triggering an epidemic of problematic alcohol use," said Ariadna Capasso, a doctoral student at NYU School of Global Public Health and the study's lead author.

People often drink to cope with stress and traumatic events; a 2002 study found that a quarter of New Yorkers increased their alcohol consumption after the September 11 terrorist attacks. COVID-19 has created many stressors, including isolation and the disruption of routines, economic hardship, illness, and fear of contagion, and studies suggest that people are drinking more during the pandemic.

Individuals with existing mental health conditions are particularly susceptible to increased alcohol use during stressful events. People with depression were 64 percent more likely to increase their alcohol intake, while those with anxiety were 41 percent more likely to do so.

Drinking behaviors varied by age. In general, younger adults under 40 were the most likely to report increased alcohol use, 40%, during the pandemic, compared to those 40-59 years old 30%, and adults over 60, 20%.

However, older adults (40 and older) with symptoms of anxiety and depression were roughly **twice as likely** to report increased drinking during the pandemic compared to older adults without mental health issues.

"We expected that younger people and those with mental health issues would report drinking as a coping mechanism, but this is the first time we're learning that mental health is associated with differences in alcohol use by age," said study author Yesim Tozan, assistant professor of global health at NYU School of Global Public Health.

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The researchers support increasing mental health and substance use services during COVID-19 -- using telehealth to overcome barriers to accessing care -- and actively reaching out to people with mental health issues who may engage in unhealthy drinking in response to stress. They also recommend tailoring public health messaging by age group to more effectively communicate the risks of excessive alcohol use.

"Lessons we've learned from previous disasters show us that intervening early for unhealthy substance use is critical and could help lessen the pandemic's impact on mental health," said Ralph DiClemente, chair of the Department of Social and Behavioral Sciences at NYU School of Global Public Health and the study's senior author.

<https://www.sciencedaily.com/releases/2021/01/210119113215.htm>



HR / Payroll Modernization

Please email [FSSA Payroll](#) with questions.

HR/PAYROLL MODERNIZATION

Several FSSA staff have received emails from IOT requesting them to assist the state in assessing employee awareness and readiness for an upcoming change in HR and payroll services. ***This is a legitimate state email and is not spam.***

Some of you may have already participated in a similar survey that set an initial baseline for awareness. Since this is an ongoing effort of assessing readiness of the changes coming in late August or early September 2021, more surveys have been sent out.

We appreciate state staff taking the time to answer the survey and we ask that you complete this latest survey as soon as possible in an effort to measure our effectiveness as the project progresses.

Thank you for your attention and contribution to this effort.

As the state transitions away from **PeopleSoft ELM** to **SuccessFactors Learning** (our new Learning Management System), there will be a disruption in our monthly education/training inservices.

Our electronic inservices will be paused probably until the new system, **SuccessFactors Learning**, is available this spring/early summer. We will catch-up on missed monthly inservices later in the year.

Please continue to complete data intake sheets for instructor-led trainings (Bridge Building, CPR, etc.) and on-line trainings via WebEx, Zoom, etc.

Please contact Staff Development with any questions. Thank you!



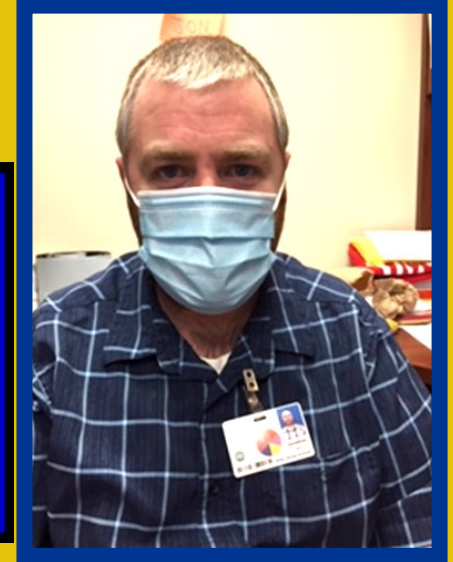
Rehab Unit Feud!

Those Rehab staff from Success Road were at it again on January 28, 2021!



Wilbert Lowe III - RT3

Let's Play



Jon Vest - RTA

They held their monthly **Campus Wide Event: Rehab Unit Feud** which consists of questions that were surveyed by the patients, and when the units name is drawn, they are asked the question and then reveal what the survey says. Here are the results of this month's event:

Serenity Way 1st place: 3,100 points

Journey Way 2nd place: 2,400 points

Recovery Road 3rd place: 2,300 points

Healing Heights 4th place: 2,200 points

Success Road 5th place: 2,000 points

Harmony Lane 6th place: 1,700 points

Wisdom Way 7th place: 1,600 points

Progress Road 8th place: 1,200 points

**Congratulations to Serenity Way on their victory!!
Great job, everyone!**

**Remember,
you are now
eligible to
receive the
COVID-19
vaccine!**

Indiana State Psychiatric Hospital Network staff (that's you!) are now authorized to utilize the attached link to register for the COVID-19 vaccine. Please make an appointment here: <https://scheduling.coronavirus.in.gov/vaccine> using Firefox or Chrome.

You can also use your mobile device. The website will direct you to the right vaccination site for you. Many of us MSH staff are taking advantage of this early opportunity!

**That's
you!**



Happy Retirement, George!



George True is pictured here with Governor Eric Holcomb and Secretary Jennifer Sullivan in Indianapolis on Dec. 3, 2018 when he received an award for 50 years of service to the State of Indiana!

Congratulations to George True!

George,

Your friends and coworkers at Madison State Hospital wish you the very best in your retirement. We recognize and thank you for nearly 53 years of service to the State of Indiana. With the last almost 18 years at MSH, as Security/Safety Officer you will surely be missed.

While it is with great sadness we say goodbye, we can only imagine how exciting it is to soon be the master of your own time! You will always be remembered for your contributions and dedication to our team, and once again, congratulations on your retirement!

George's last day will be this Friday, Feb. 5th. Come by to say goodbye!