



## Madison State Hospital

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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

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

# MSH Bulletin

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## The Five Key Components in Implementing and Maintaining a Trauma-Informed Framework

- 1. Organizational Assessment-** Conducting an initial organizational assessment helps to create a baseline of competencies and regularly reassess the organization for improvement.
- 2. Paradigm Shift-** Practicing in a TIC framework requires a significant paradigm shift away from how “we’ve always done things” and traditional approaches. It’s not a one-time implementation.
- 3. Safety-** One of the most important foundational principles of TIC is creating a safe environment for those you serve and all who work at your organization.
- 4. Wellness and Self-Care-** The organizational culture needs to be one of overall wellness and self-care, not just of those you serve but all employees and supervisors as well.
- 5. Everyone Is Included-** TIC isn’t a clinical intervention, it’s an approach to every element of your business and involves all staff. If your implementation of TIC involves direct care or clinical staff only, you aren’t truly trauma-informed.

<https://www.relias.com/resource/5-key-elements-to-trauma-informed-care>

## THANK YOU...

THANKS TO EVERYONE FOR THE BEAUTIFUL PLANT, PRAYES AND CONDOLENCES. MY HUSBAND AND I WERE MARRIED FOR 46 YRS, BUT HE HAD BEEN SICK FOR ABOUT THE LAST 5 YRS. I'M SAD, BUT I KNOW HE IS IN A BETTER PLACE. THANKS AGAIN. EVERYONE HAS BEEN SO SWEET AND SUPPORTIVE.

Vickie Sabelhaus



## What is Mindfulness?

*Mindfulness is awareness cultivated by paying attention in a sustained and particular way.*

Mindfulness is on purpose, in the present moment, and non-judgmental. It is one of many forms of meditation.

Meditating is simply thinking deeply or focusing one's mind for a period of time; to think deeply or carefully about (something).

The value of mindfulness lies in paying attention in a different, larger way, to the actuality of life unfolding moment by moment.

It lies in paying attention to our very being and to the expanded possibilities for **being, knowing, and doing** within a life that is lived and met in greater awareness.

~Jon Kabat-Zinn



Please visit the Job Bank to apply!

<https://workforindiana.in.gov/>

**Charge Nurse** Req.131871

**Rehab Therapist** Req.161722

**BHRA** Req.145662

**Program Coordinator 4/ Risk Manager**  
Req.177623

**We're  
hiring!**

## One Choice

You're always *One Choice* away  
from changing your life.

Mac Anderson



# American Red Cross Blood Drive

**Save a Life, Give Blood**

## MSH to host blood drive on Tuesday, July 6th!

Thank you to all the staff who responded to the survey indicating you would be interested in donating blood to the Red Cross if we hosted a blood drive. We are hopeful that more staff will donate blood when the time comes. More information will be sent out closer to the event.

♥ Thank you! ♥

I got my COVID-19 vaccine for:



How would you fill in the blank?

## Curried Chicken & Pasta Salad

WebMD Recipe from [EatingWell.com](https://www.eatingwell.com)

### INGREDIENTS

- 12 ounces large whole-wheat pasta shells
- 2 tablespoons slivered almonds
- 1 tablespoon curry powder
- 1/2 cup reduced-fat mayonnaise
- 1/2 cup low-fat plain yogurt or reduced-fat sour cream
- 1/3 cup mango chutney
- 1 teaspoon turmeric
- 1/4 teaspoon ground cinnamon
- Pinch ground cayenne pepper or to taste
- 2 cups cooked chicken, cut into 1-inch pieces
- 1/2 cup raisins
- 1/2 cup chopped scallions (4 scallions)
- 1/2 cup diced celery
- Salt & freshly ground pepper to taste



### INSTRUCTIONS

1. Cook pasta in a large pot of lightly salted water until al dente, about 10 minutes. Drain and rinse. Set aside.
2. Toast almonds in a small dry skillet over low heat, stirring constantly, until golden, about 2 minutes. Transfer to a plate to cool. Return the pan to the stovetop and add curry powder. Toast, stirring constantly, over low heat until fragrant, about 30 seconds. Transfer to a small bowl; stir in mayonnaise, yogurt, chutney, turmeric, cinnamon and ground red pepper.
3. Combine chicken, raisins, scallions, celery, and pasta in a large bowl. Add the dressing and toss to coat. Taste and adjust seasonings with salt, pepper and ground red pepper. Garnish with the toasted almonds.