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Holiday planning

Contact Community Services at 812-469-6800, ext. 4972 to participate in the gift program

The Christmas Gift Lift program has been going on for more than six decades and continues to generate holiday gifts for patients at ESH. Sponsors in the tristate area are invited to shop from a personalized wish list, drop off popular unwrapped gift items, or contribute monetarily for gift items. Popular gift items requested in 2022 are:

- t-shirts and casual shirts (sizes small-XL; 2X-4X)
- sweatshirts and hoodies
- zipped jersey jackets
- pajamas
- sweatpants
- cargo pants and jeans (34-40W/30-34L)
- crew socks for men (extended sizes 12-14)
- men's belts
- ball caps (Velcro or snap back fasteners)
- house shoes (medium-XXL, extended sizes 12-14)
- digital and analog watches (easy read – large numbers)
- activity trackers/pedometers
- stationery sets (writing paper/envelopes)
- adult coloring books, activity puzzle books
- thin color markers and color pencils

- playing cards
- Uno, Skip-bo, Magic: The Gathering game cards
- Walmart, Target gift cards
- Shoe Carnival gift cards
- Amazon and Visa Vanilla gift cards

The hospital could also use holiday gift wrap, tissue paper, and new or gently used holiday gift bags to replenish our supply.

*“Christmas will always
be as long as we stand heart to
heart and hand in hand.”*

Dr. Seuss

Letters and emails were sent to sponsors in August for their commitment to participate again this year. Wheeled bucket carts are now in the lobby foyer for sponsors to drop off gifts early and will remain there through the first week of December. The Christmas gift parties are scheduled for the week of December 12th.

If you can help, contact Theresa in Community Services at 812-469-6800, ext. 4972.



Dog Days of Summer

An ice cream social was held on each unit on Friday, Aug. 12 to beat the heat. This event was made possible by a donation from **Vicki Brasel Insurance Agency**. Thank you!



Evansville State Hospital is a public behavioral health facility operated by the state of Indiana and one of six state psychiatric hospitals within the Family and Social Services Administration Division of Mental Health and Addiction.



Recovery month

Celebrating sobriety in September

Our mission of hope and recovery is one that is achievable particularly with the collaboration and partnerships of community. The hospital serves as a safe, trusted community for one to share and face feelings, challenges, and discovery oneself. On Friday, Sept. 30 there will be a variety of activities on the unit and in the Treatment Mall to celebrate Recovery Month. A café for specialty coffees and a spa will be offered to beat stress. A bingo and social gathering will be held in the afternoon. A special lunch will be prepared by the Dietary Department. Together, we can break the stigmas of mental illness where one can ask for help without shame.



Volunteer recognition

Doug Goepfner was awarded the *Volunteer of the Year* award for his commitment to serving on the Human Rights Committee for more than 15



years. He has been able to participate via zoom meetings during the pandemic and additionally serves in the same role at the Evansville Psychiatric Children's Center. "It definitely is and has been an honor and my great pleasure to be involved with ESH for all these years! I hope to continue serving as long as I am able," says Goepfner. Superintendent Carlene Oliver shared that Doug is a great person and well-deserving. He ensures patient rights are protected during the review process with his non-judgmental approach and impartiality. This long over-due celebration took place in August at the Human Rights Committee meeting where he was surprised with a cake and certificate. Thanks, Doug, for all you do!



Welcome

- Victoria Brownfield, Nursing
- Clay Davis, Nursing
- Jared Tepool, Nursing
- Octavia Burris, Nursing
- Casey LaMell, Nursing
- Kimberly Lynn, Nursing
- Shakira Morgan, Nursing
- Alphie Tuazon, Nursing
- Madison Roach, Housekeeping
- Thomas O'Malley, Physical plant
- Jenna Brunton, Secretary
- Lyndy Bryan, Secretary
- Kyle Davis, Security



Goodbye

- Patricia Bryan, Nursing
- Tammy Butler, Nursing
- Natalie Jeffries, Nursing
- Melinda Johnson, Nursing
- Cheryl Kennedy, Nursing
- Julius Mabutas, Nursing
- Lisa Mills, Nursing
- Aimee Sommerkamp, Nursing
- Reed Stover, Security

TIC principle #4: collaboration and mutuality

Submitted by Staff Development Director Angie Paul

Collaboration & Mutuality are defined as the “partnering and leveling of power differences between staff and patients and among organizational staff from direct care to administrators; [they] demonstrate that healing happens in relationships, and the meaningful sharing of power and decision making. Everyone has a role to play; one does not have to be a therapist to be therapeutic” (SAMSHA, 2018, p. 44).

How do we build collaboration with patients and staff? We build collaboration by improving our trust, tolerance, and self-awareness skills. To build trust, we offer choices, when possible, in a clear way so our patients easily understand. Maintaining appropriate boundaries, being authentic, and providing full and accurate information are additional ways to build trust. We build tolerance by being open to interacting with patients and staff from different cultures, becoming educated on their cultures, and developing empathy. Building self-awareness comes from knowing our emotions, motivations, and blind spots. In knowing these, we communicate more effectively (Rigby, n.d.).

Additional skills for collaboration include empathy, transparency, active listening, and conflict resolution. When we empathize or feel and imagine what it might be like “in someone else’s shoes,” we can defuse a potential conflict. When we are transparent and able to tell the truth even when no one asks for it, we build trust. When we actively listen and pay attention to what a patient or staff member is saying and then mirror back what we heard, we show concern. When we resolve conflict by finding out what a patient or staff member wants, observing rather than judging their behavior, and avoiding power struggles, we contribute to a calmer, more peaceful environment (Rigby, n.d.).

Mutuality goes hand-in-hand with collaboration. Like collaboration, it involves empathy and tolerance. It is characterized by interdependency not dependency. It is a two-way process of reaching mutual understanding, of connecting people. While working with our patients, it means meeting them where they are and realizing that if something is not working for them, it simply is not working (Sidor & Karen, 2017). The relationship needs to work for both patients and staff.

Through continued training on the principles of a TIC organization, staff are finding that the principles are inter-related. For example, in our discussion of collaboration and mutuality, we find that trust and transparency are important. So, as we improve our skills in one principle, we are simultaneously improving and growing our skills in other principles: it’s an added benefit!

Kudos to our TIC Superuser Team which has been enhanced to include night shift nursing staff Jason Hunter and Terry Oxford. Other team members are Kristen Blikken, Dr. Braun, Tessa Chapman, Jason Hunter, Donna McCall, Terry Oxford, and Mary Lou Petrisko.



References: Rigby, A. (n.d.). 3 important skills for teamwork and collaboration (in the new normal). Retrieved from <https://www.fingerprintforsuccess.com/blog/3-important-skills-for-teamwork-and-collaboration#>; Sidor, M. & Karen. (2017). 5 tips to help engage your patients and clients. Retrieved from [https://sweetinstitute.com/5-tips-to-help-engage-your-patients-and-clients/Substance Abuse and Mental Health Services Administration \(SAMHSA\). \(2018\). SAMHSA’s trauma informed approach: Key assumptions and principles. Retrieved from https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf](https://sweetinstitute.com/5-tips-to-help-engage-your-patients-and-clients/Substance-Abuse-and-Mental-Health-Services-Administration-(SAMHSA).-(2018).-SAMHSA's-trauma-informed-approach:-Key-assumptions-and-principles.-Retrieved-from-https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf); Substance Abuse and Mental Health Services Administration (SAMHSA). (2014). TIP 57: Trauma-informed care in behavioral health services. Retrieved from [https://store.samhsa.gov/product/TIP-57-Trauma-Informed-Care-in Behavioral-Health-Services/SMA14-4816](https://store.samhsa.gov/product/TIP-57-Trauma-Informed-Care-in-Behavioral-Health-Services/SMA14-4816)



State Employees' Community Campaign

The annual campaign runs from Sept. 1 – Oct. 31

Pay It Forward is this year's theme. The hospital is kicking off the campaign with a charity fair on Friday, Sept. 8 during the lunch hours of 11 a.m. – 1 p.m. Employees will have an opportunity to visit tables with information from several non-profits in the area to learn how they can help and make a difference.

Last year, more than 90 ESH employees pledged over \$9,300 to their favorite charities through the campaign. SECC gives state employees the opportunity to support the causes they care about and impacts communities across the tri state and beyond. This year's state goal is to raise \$1.5 million.

Fun activities are planned to bring awareness to the campaign such as charity t-shirt Fridays, photo ops, virtual tug of war, character dress up day, and treat sales. SECC Committee members are Theresa Woerz, Lori Ellerbrook, Angie Paul, Tiffany Spidell, Michelle Martin, Kristen Blikken, Janetta Skelton, Chrissy James, Sarah Rush, and Melinda Combs.



988 suicide prevention lifeline

A new crisis number, 988, went into effect on July 16. This number will automatically connect callers to the National Suicide Prevention Lifeline (1-800-273-8255 or 1-800-273-TALK). 988 was created to work like 911 giving callers who are having a mental health emergency access to immediate resources that can help them.

Crisis resources

For Immediate Assistance

- Mental Health America of Vanderburgh County 812-422-1100 (local hotline)
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
Text CSIS to 839863
<https://suicidepreventionlifeline.org/>
- Veterans: Dial the National Suicide Prevention Lifeline or chat online at: www.veteranscrisisline.net
- SAMHSA's National Helpline 1-800-662-HELP (4357)
(Substance Abuse & Mental Health Services Administration)

NAMI classes on mental illness

Classes start Sept. 12 for eight consecutive Mondays from 6:30 p.m. – 9 p.m. in Evansville. These free classes are designed for family members of someone living with mental illness and are offered by NAMI Evansville in collaboration with the Department of Veterans Affairs. Register for the classes by calling 812-423-4333 or email namievanville@gmail.com.