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3400 Lincoln Ave., Evansville, IN 47714 | 812-469-6800 | Vol. 16 Issue 2, Second Quarter 2023

National Volunteer Week: April 16-22

Hats off to our ESH volunteers!! Volunteer roles at ESH have slowly resumed over the past several months. Twelve to fifteen sponsors in the Friend-to-Friend program visit each month with their assigned friends. In March the friends met for a St. Patrick’s Day celebration with trivia and a “friendly” feud game. One Main Financial volunteers celebrated Martin Luther King Jr. Day by helping to sort and organize donations. Unit bingo parties have been hosted by church members of Fairlawn United Methodist Church and Oak Hill Baptist

Church over the past quarter. These monthly and quarterly gatherings are full of fellowship and well received. American Legion Auxiliary members continue to visit monthly with hospital veterans for an interactive social hour. Human Rights Committee volunteers are present at monthly meetings providing advocacy. Volunteers Fr. Ted Tempel and Fr. Tom Kessler are scheduled on rotating Wednesday afternoons leading services to our faith-filled patients. Volunteer shopper Doris Ragle makes

a Walmart trip twice a month to help patients acquire desired items. Candy volunteers Chuck and Diane Hirsch provide a friendly presence on the units weekly with peppermint patties to go around for everyone.

Our ESH volunteers are sharing their kindness and touching the lives of so many here. A heartfelt thank you is sent to our dedicated volunteers!



Thank you

Donations over the past quarter included greeting cards, stationery, paperback and hardback books, clothes, puzzle books, tote bags, calendars, gift wrap and bags, magazines, coffee creamer, individually wrapped snacks, garden tools, soil mix, seed pots, seed packets, clay and ceramic pots, toothpaste, lotion, lip balm, athletic shoes, jigsaw puzzles, art kits, a dictionary, wallets, Xbox 360 Connect system and purses.

Donations can be dropped off at the main hospital entrance:

- body wash/hair conditioner
- ball caps (Velcro or snap back fasteners)
- men’s wallets
- CD music (current)
- dictionaries (new or used in good condition)
- Uno, Skip-Bo, Blink card games
- pre-packaged individual snacks (chips, cakes)
- garden supplies – herb, vegetable, and flower seeds; dwarf crape myrtle; potting soil; square hose reel box
- neck and chair massagers (heated/vibration type)
- GPX clock radio with dual alarm C224B
- international phone cards (IDT)
- gift cards - Walmart, Amazon
- coffee creamer, drink mixes
- men’s athletic shoes (or Shoe Carnival gift cards)

If you can help or have questions, contact Community Services at 812-469-6800, ext. 4972.



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.

Occupational therapy services

Vagus nerve stimulation is used as a tool to relieve stress

Vagus nerve – it’s the longest cranial nerve in the human body and connects the brain via both motor and sensory fibers to every organ and system. Vagus nerve stimulation is used as a tool to help patients relieve stress. A great time to stimulate the vagus nerve is when you’re experiencing a heightened state of anxiety. Practicing stimulation activities with patients when they are feeling calm helps them become more natural skills for use when needed in a heightened state. The following stimulation activities can strengthen the vagus nerve: breathwork, singing, gargling, sour or salty treats, wall push-ups, hand massages, yoga stretches, hugs from someone or the patient themselves, and modeling how to blow out a candle.

Trauma Informed Care

Principle Six – Cultural, Historical, and Gender Issues

By Staff Development Director Angie Paul

Cultural trauma can be defined as, “...an attack on the fabric of society, affecting the essence of the community and its members” (Hershberger, 2022, slide 9). An example of cultural trauma is the Rwandan genocide of 1994. From April-July of 1994, the majority population of Hutus sought to eliminate the minority population of Tutsis from Rwanda. In their efforts to do so, over 800,000 people, mostly Tutsis, were killed. An additional two million citizens fled the country (Andreopoulos, 2022).

Culture influences how people view events, and therefore, what they may perceive as traumatic. Individuals growing up in a religious culture may perceive an illness or a condition as a trial or tribulation that brings them the following “gifts”: prioritizing what is important in life, gaining perseverance, and growing closer to God.

“Historical trauma is the cumulative, multigenerational, collective experience of emotional and psychological injury in communities and their descendants” (SAMSHA, n.d., page 1). Native Americans were forcibly removed from the lands they occupied, and Native American children were taken away from their families to attend government-run boarding schools. The removal of children profoundly affected the families and children themselves. Effects of historical trauma include poor physical and emotional health, substance abuse, and even suicide (SAMSHA, n.d.).

Gender, and the way it is perceived, can also affect trauma. In some parts of the world, women are still considered second-class citizens, and as such, are prevented from the same civil, educational, political, and professional opportunities as men. Men, due to the way they are

socialized in some countries, may be shamed when they express feelings of vulnerability or weakness, thus reducing their ability to cope to anger and/or violence. Individuals who consider themselves neither male nor female (nonbinary) and others within the LGBTQ+ community can face hatred and discrimination (Hershberger, 2022).

Strategies to addressing cultural, historical, and gender issues include education on community cultures and their histories, historical trauma and its effect throughout generations, and coping with stress and regulating emotions. Along with education, creating diverse, equitable, and inclusive organizations with opportunities for all is essential (Hershberger, 2022).



References: Andreopoulos, G. J. (2022, September 20). *genocide*. *Encyclopedia Britannica*. <https://www.britannica.com/topic/genocide>; Hershberger, B. (2022, November 30). Principles of a trauma informed care organization: Principle #6: Historical, cultural, and gender issues [PowerPoint slides]. Retrieved from SuccessFactors.Substance Abuse and Mental Health Services Administration (SAMHSA). (n.d.). Tips for disaster responders: Understanding historical trauma and resilience when responding to an event in Indian country. Retrieved from: https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/pep22-01-01-005.pdf



Spring mixer

Family and friends are welcome to visit

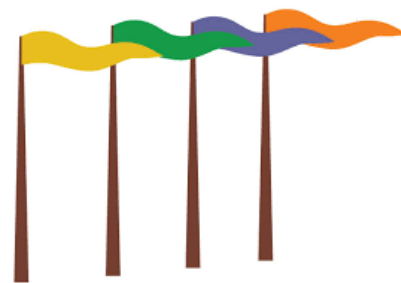
Invitations have been mailed to family and friends for the May 6 mixer. The spring theme is a Hawaiian luau. A photo booth and live music is planned for the fun-filled day. A BBQ meal will be served for lunch with doors opening at 10 a.m. Family and friends should RSVP at 812-469-6800, ext. 4930 by April 21.



Renaissance Faire

The summer hospital-wide patient event is being planned for June 22 and 23. The courtyard will be turned into a renaissance village with a variety of booths including a spinning wheel, maypole, catapult, javelin throw, fortune teller, juggler, hula hoop contest, and photo booth. Simple art projects, games, a jousting

competition, minstrels, and live action role-playing are also slated for the event. There will be a special lunch and an afternoon “drive-in” movie. Volunteers are needed to help with the fun booths from 8:30 a.m. – noon on Thursday, June 22. Contact Community Services at 812-469-6080, ext. 4972 if interested in volunteering.



Patient Recreation Fund

Fundraisers to support special events and therapeutic equipment

The Patient Recreation Fund continues to fund supplies, entertainment, and specialty foods for special events such as the upcoming Renaissance Faire. A few examples of therapeutic equipment purchased by these funds include bowling shoes, portable karaoke machines, bicycles, yoga mats, hand weights, pickleball rackets, acrylic paint, and video game

controllers and games. These recreational activities provide opportunities for patients to develop hobbies and leisure preferences, wellness and exercise routines, as well as social and team building traits.

Special thanks to those who have contributed to the Patient Recreation Fund recently. The March 16 Hacienda

Give Back fundraiser was well attended. A pool tournament fundraiser is scheduled for April 15. Sign up for the tournament by April 10 by contacting Community Services at 812-469-6800, ext. 4972. The event is open to ESH employees, family and friends. Thank you in advance for supporting this cause!



Birthday sponsorship program resumes

Sponsor a patient on their birthday and bring a smile to someone's face

Patients' birthdays are recognized through the Community Services department. With the census of 140 patients, there are usually between seven to 12 birthdays each month. The sponsorship program was put on hold throughout the pandemic but is now back up in full swing. Sponsors send a birthday card and/or a small gift. Small gift suggestions are given which may consist of placing a few dollars in the card for canteen snack purchases, body care products, novelty tees or miscellaneous gift items. The frequency of participation varies with some sponsors sending cards monthly to just a few times a year. Sign up for the birthday program by contacting Community Services at 812-469-6800, ext. 4972.

Welcome employees

Stephanie Biseri, Laundry
Ellen Clements, Nursing
Sarah Cobb, Nursing
Carmen Cruz, Nursing
April Diehl, Nursing
Courtney Doersam, Nursing
Kristy Ernspiger, Occupational Therapy
Shanen Franklin, Fiscal Management
Melissa Hayes, Nursing

Angela Holder, Nursing
Mike Knakmuhs, Physical Plant
Jessica Ben-Lamine, Nursing
Mark LeGate, Nursing
Jason Lively, Nursing
Monica Morson, Nursing
Makayla Quinn, Nursing
Robert Rainey-Combs, Housekeeping
Cherel Repuelo, Nursing

Crystal Rich, Nursing
Angela Robinson, Nursing
Steve Rodgers, Physical Plant
Kila Stinchcomb, Nursing
Crystal Williams, Laundry
Robyn Woerz, Secretary
Mary Jane Woods, Nursing

Goodbye

Daphne Gentry, Nursing
Andy Hartmann, Psychology
Joshua Horton, Rehabilitation therapy
Quincy Irick, Nursing
Terri Morris, Vocational therapy
Edwina Mosley, Secretary
Thomas O'Malley, Physical Plant
Kimberly Phipps, Nursing
Megan Rech, Continuum of Care
Madison Roach, Housekeeping
Sarah Siddall, Nursing
Samuel Spring, Nursing

