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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.



**Madison State  
Hospital**

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# MSH Bulletin

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## Culture and Trauma

### Potential Cultural Triggers

- ◆ Sights, sounds, smells and thoughts
- ◆ Cultural memories
- ◆ Immigration experience
- ◆ Parenting practices
- ◆ Exposure to war or political violence
- ◆ Ceremonial practices
- ◆ Religious persecution
- ◆ Extended family and displacement
- ◆ Race related stressors
- ◆ Social economic status



**Intergenerational trauma** occurs when trauma is not resolved, subsequently internalized and passed from one generation to the next. This leads to family histories of ongoing trauma and dependencies, creates family history of maladaptive coping, leads to loss of cultural understanding and cultural behaviors to effectively deal with trauma.

Neuroscience has found that individuals who experience chronic and perpetuating stress develop a hypersensitivity to it and are more likely to respond to it in maladaptive ways. The hypersensitivity to recognizing and responding in maladaptive ways to stress are transmitted to their children. Individuals who suffer from historical trauma often identify events or situations as stressful or traumatic more frequently than those who do not have historical trauma. Historical trauma has co-occurring health and social problems. Individuals who suffer from historical trauma often have more complex needs requiring more long term and comprehensive care.

## Generator Testing

Beginning with the **January 2023** generator test, all computer-related systems need to be powered-down by **1:30 PM** on the last Thursday of the month in preparation for the monthly test at 2:00PM. All systems should be available approximately **2:45 PM**.

**Thank you for your cooperation!**



## LGBTQ+ Mental Health Course

Beginning **1/30/23**, the ISPHN will have monthly opportunities to watch Zoom videos of this LGBTQ+ training. This 90-minute training shows that stigma, lack of cultural awareness, and unconscious bias affect the quality of mental health care that LGBTQ+ people receive. This training increases the learners' understanding of LGBTQ+ terminology, medical considerations, and offers insight into marginalization, intersectionality, and Hall's Minority Stress Theory in relationship to LGBTQ+ community members and mental health care.

It also works as an in-depth reflection on the ways in which mental health professionals can best support the LGBTQ+ community. This presentation includes storytelling that shares the bio-psychosocial barriers and traumas the LGBTQ+ community encounters when seeking appropriate levels of mental health care, and offers evidenced based, best practice suggestions and tips for those providing this care. This training was co-branded and created in cooperation with the Indiana Department of Mental Health and Addiction (DMHA) and Indiana Youth Group (IYG). Dates, times and locations will be forthcoming. Thank you!



## How Setting Goals Can Positively Impact Our Mental Health

The New Year can often bring goals and expectations that are impossible to keep up with. Instead of focusing on what you're not getting done, take the time to think about what you really want to achieve. After all, goals represent things you want the most, and the best way to make yourself happy is by making goals that are achievable. The important thing to remember about setting and creating goals for yourself is having a plan

of how you're going to get there. Ask yourself, *how am I going to accomplish this goal?*

Having big resolutions and plans for yourself is a great thing, but try to create small, achievable objectives in between that will get you closer to reaching that goal. Make a small timeline of steps to complete that will get you closer to achieving your big goal. When you achieve your goals, it can make you feel proud of yourself and boost your self-esteem. "Goals can do wonders for your mental health," says Rebecka Warren, Clinic Manager at Centerstone, "The hope is that they can add more happiness in your life and alleviate whatever struggles you might be going through during this time of year."

## How Setting Goals can Positively Impact our Mental Health (continued)

Some of the benefits to completing goals are to provide a sense of direction, help keep you accountable, and shed light on a sense of self.

When you are setting goals for yourself, it is important to know yourself and your limitations. If you fail to consider aspects that are detrimental to completing your goals, then you might be setting yourself up to fail. In order to help you in the journey to achieving happiness through healthy goal setting, here are some tips to help:

- **Know yourself.** “Be honest about your ability to do something. If you know that in the past you haven’t been good at something—be realistic in your goal,” says Warren. Avoid having daily goals for things that you haven’t done before, and start small. Try to work your way up to something rather than expecting perfection immediately.
- **Small objectives.** Take a look at what you’ve got around you, and start by making smaller changes in your lifestyle. Instead of extreme elimination or extreme activity, try to slowly offer yourself options and alternatives. “Broad goals need to be focused on. Try to integrate something you can do in your daily life to help you achieve your goals,” says Warren.
- **Accountability team.** People like to feel supported by their friends and family, and it often encourages them to succeed. Try to find a trusted individual to help offer you support and hold you accountable in your journey to achieving these goals. Having an accountability partner is the best way to measure your progress and stay on track.
- **Healthy expectations.** You only have so much control over your goals and the outcomes due to outside circumstances. Things such as moving, birth and death, and weather can disrupt your goals. Try to be accepting and forgiving to yourself, and know that any progress is good progress. If you had a goal to do something five times a week and you only did it four times, that’s still an achievement worth celebrating. Remember you can keep trying to build on those accomplishments! Goals aren’t meant to cause stress and worry, so try to find something that will make you happy. You have the power to create happiness in the future.

<https://centerstone.org/our-resources/health-wellness/how-setting-goals-can-positively-impact-our-mental-health/>



### HOT WATER AND LEMON AND GINGER

As we know, hot lemon water is something we should all be drinking in the morning regardless of the season because of its immune-boosting qualities. The addition of ginger makes the drink that bit tastier, but that much healthier too. So, put the kettle on, fill up your favorite mug and add a couple slices of lemon and ginger. If you’re suffering from a scratchy throat, a drizzle of honey will help too. Sip this magical elixir and feel instantly cured.