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Change

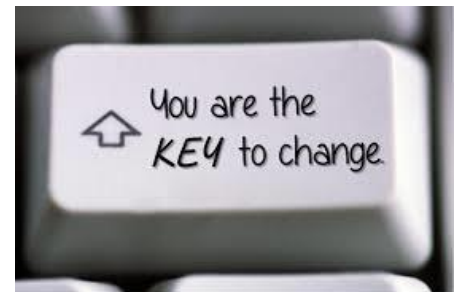
By Gene Schadler, L.C.S.W., Superintendent

We are living in a period of ongoing change. At ESH, we continue to navigate the obstacles of the pandemic as we move towards increased normalization all the while providing psychiatric treatment. The brain is drawn to things remaining the same which makes life more efficient. When anyone moves to a new space or area there is a process of working through the confusion to acclimate to the space. Recently, I was working with a new group in the community. I noticed within myself how quickly I was drawn to talking to the people that I knew not the strangers that I did not know. As I realized this, I took time and went around introducing myself and talking to the “strangers” only to notice commonalities and

connections with others that I would have missed if I did not go beyond my comfort zone.

“Ongoing growth in a trauma informed environment continues to help us individually and organizationally provide our mission of hope and recovery.”

As we could expect, cultural changes take time to shift. Trauma Informed Care is not a new concept to ESH but as we continue our all-staff education in the coming month this provides a period to understand trauma/chronic



stress, the importance of safety at all levels, compassion, collaboration to support recovery efforts and awareness of our own biases as we meet one another where we are. Just like change, which takes effort, ongoing growth in a Trauma Informed environment continues to help us individually and organizationally provide our Mission of Hope and Recovery.

Go for the Gold! Summer Olympics!

Quarterly hospital-wide events add fun to the routine program schedule

Patients will take part in a series of summer activities on Friday, July 23 in the solarium courtyard. Units will rotate to different “events” including but not limited to a horse race, hula hoop marathon, javelin throw, and golf. Patients who participated during the day will have a chance to win “medals” as well as special canteen lunch. The units will be creating a unique country name for their unit with a flag, map, and motto to go along with it. The units will be decorated with the patients’ help and will be judged by a select panel, with the winner receiving the traveling trophy. Like the Olympic creed, it will not be important to win, but to simply take part.

Article written by Sarah Rush, Rehabilitation Therapy



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.

Celebrating Support Staff

Beautician Freda Lewis was recognized for her service in April during Hairdresser’s Week. Patients constructed appreciation signs during their evening programs led by Rehabilitation Therapy staff. The star-themed signs displayed sentiments absorbed while receiving services at the salon such as “Thank you so much!” and “You do an amazing job!” The sentiments were creative with one patient designing a poem. To Freda’s surprise, the group members decorated the walls of the salon with the signs. She was overwhelmed with tears by the gesture commenting “That was so thoughtful and kind. You sure know how to make a beautician cry!” Rehabilitation Therapy Director Donna Mesker says “We are very lucky to have Freda on our staff. She is a professional at cutting hair, efficient and dependable. And the skill that prevails at every salon appointment is best stated by a patient’s sign -“You are so kind and joyful, and it spreads!”

“Our main role is protecting our patients, staff, visitors, and property.”

Officer Mike Cherry

Support staff at the hospital include the Security Department staff. Dressed in uniform, security staff man the two entrances of the hospital building checking in hospital visitors at the south lobby as well as staff, vendors, and contractors who arrive at the north entrance. “Our main role is protecting our patients, staff, visitors, and property.” says Officer

Mike Cherry, who regularly works at the south lobby entrance. With his training in law enforcement, he is vigilant about potential dangers and the need to take action swiftly to prevent crisis. The Security Department staff consist of Director **Gary Fortner, Gary Harter, Chris Brunner, Dave Brewer, Bruce Blankenship, Reed Stover, Jeff Duncan, Linda Hogan, Jim Parrott, Mike Cherry, Jake Benton, and Marty Richards.**

The Security Department crew is staffed 24 hours a day, every day, 365 days of the year. Their responsibilities are numerous and include participating in emergency drills, checking and ensuring emergency equipment is operational, and responding to hospital crisis. Security staff make routine walks throughout the hospital buildings checking for locked egress doors and unattended office areas. Protecting state property includes routine monitoring of the grounds. The troubleshooting on campus usually involves redirecting those staying after dusk, parking in unmarked areas, and investigating reports of suspicious activities.

Security staff also assist with several off-campus tasks, such as daily bank runs during the week, transporting patients to medical appointments, and assisting with community placements.

Highlighted in last month’s staff newsletter were support staff in the Nursing Office. With over 75 years of combined state service, six secretaries man the busy nursing hub – **Carolyn Covert, Beth Phillips,**



Freda Lewis holds the appreciation signs.

Kathy Barnett, Josh Jordan, Phyllis Phillips, and Angela Jordan. Fill-in staff consist of staff members **April Moore, Sharon Young, and Marty Richards.** Every day is different with secretaries juggling the scheduling of nursing staff to ensure adequate coverage on the units. Being flexible is a learned trait with the amount of traffic and requests hospital wide. Associate Director of Nursing Kristy Ashley says, “The secretaries play an intricate role in running this hospital and I am very appreciative of the job they do.”

The nursing office is staffed 24 hours each day. Job duties include scheduling staff for trainings and managing monthly written in-services, processing after-hour and weekend work orders, responding to emergencies and assisting with fire drills, keeping up with call-ins and leave requests, and coordinating patient runs off campus. The central nursing hub is utilized as the communication center during a disaster. The secretaries are heavily versed in emergency policy and procedures to respond efficiently to various crisis. ADON Donna McCall points out that “the secretaries help with problem solving particularly over the weekends and holidays. They are often the glue that holds us all together.”

Community Support

“I am interested in visiting when the hospital reopens for volunteers. Stay Positive! Test Negative!”

Volunteers and group members were queried as to their interest in resuming volunteer service in the fall. Most volunteers reported feeling comfortable visiting, given their state of being vaccinated and their knowledge of our infection control protocols in place. A few of our volunteers have participated in our virtual options and several have sent warm greetings through cards and letters. A big thank you to those for their prayers and well wishes.

Several community partners were more than willing to provide refreshments to celebrate the

Independence Day holiday. Special thanks to Oak Hill Baptist Church, Vicki Brasel State Farm Insurance, Fairlawn United Methodist Church, East Side Lions Club, North Woods Church, and St. Vincent DePaul Society of St. Benedict Cathedral for the donation of festive cakes, cookies, and ice cream. “It is so nice to see the delight on our patients’ faces brought forth by kind acts of support.” reported Buff Wallace-Fallen, Continuum of Care Director.



Oak Hill Baptist Church members Margie & Susie Duncan drop off a sheet cake for the July 4th celebrations.

Ice cream donated by Vicki Brasel State Farm Insurance was served to staff and patients on Friday, June 25. Pictured serving ice cream are employees Linda Curl and Josh Horton.

Wall Mural Project Begins

Artwork enhances calm surroundings of the quiet rooms

Each unit has a room available for our patients to use when needed, to be by oneself, to de-stress away from others, to enjoy a quiet setting. You might find patients visiting the quiet room with de-escalation materials of their choosing such as stress balls, scented cotton balls, or therapy putty.

To add to the calm environment of the quiet rooms, activity murals are being painted in each room. Scenes include trees with labyrinths in the bark and wall push away spots for proprioceptive heavy work. The artwork adds a bit more to the lighted ceiling screens in the room that depict bright skies. The mural project is being piloted on Unit G and will progress to the other units throughout the summer months.



Rehabilitation Therapists Sarah Rush and Shane Hickrod work on the wall mural on G unit.

Sensory Tools Help with Managing Emotions

"I don't want to be at the mercy of my emotions. I want to use them, to enjoy them, and to dominate them." Oscar Wilde



Sensory carts on the units were revamped recently by Occupational Therapy intern Ashlyn Edwards. New items were added, and the drawers of the cart were organized in a fashion for easy access to patient specific materials. The variety of sensory

items available range from stress balls in assorted shapes and textures to weighted lap pads, gel pads, bottles, and visual aids.

The wheeled carts are utilized by unit staff routinely, offering sensory tools to patients to help calm one from a distressed state. Many patients have emotion control plans identified in their treatment plan which outline specific tools of choice. Occupational Therapist Miranda Kolley recommends relaxation tools for patients experiencing anxiety, behavior outbursts, and difficulty focusing. Patients are evaluated for the type of tool that work best for them.

The addition of sensory tools in the past few years has given patients more options for self-regulation and leisure exploration. Regulating emotions can make a difference in

developing and maintaining interpersonal relationships and has an impact on daily living. Sometimes it is as simple as providing a device to use as an outlet for increased energy such as a fidget toy.

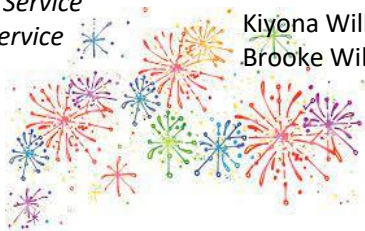
Using sensory items at the hospital will help to empower patients to continue using coping techniques after discharge. Donations of sensory items such as weighted blankets have been received and are sent along with those who have benefited from these items while here.

New Employees

Kathy Barnett, Nursing Service
Glorivic Harvey, Nursing Service
Lisa Mills, Nursing Service
Aileen Motz, Nursing Service
Lori Rodriguez, Nursing Service
Rubina Simpson, Nursing Service
Jaquan Smith, Nursing Service
Chris Taylor, Nursing Service

Goodbye

Lindsey Glenn, Nursing Service
Larry Harvey, Security
Rhonda Lester, Nursing Service
Nichole Matlock, Nursing Service
Aimee Onyett, Nursing Service
Michael Paul, Nursing Service
Kiyona Williams, Nursing Service
Brooke Wilson, Nursing Service



Hospital Needs

- Sally Beauty gift cards
 - Medium sized duffel bags
 - Cloth ear loop masks
 - Stationery sets
- Contact Theresa at 812-469-6800, ext. 4972 if you can help!