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3400 Lincoln Ave., Evansville, IN 47714 | 812-469-6800 | Vol. 15 Issue 4, July/August 2022

Lactation room

Submitted by Quality Management Director Diana Matlock

What once was the Cherry Bark conference room on the second floor is now ESH's new lactation room. The lactation room is a private space where an employee who is a nursing mother can express breastmilk for her baby. This room offers comfortable seating with private partitions.

The big space allows for three separate areas to accommodate more nursing mothers.

"The best part about this room is the natural lighting with the large windows creating a relaxing and comfortable area..."

Each partition has a table with shelves to store your equipment when not in use. The best part about this room is

the natural lighting with the large windows creating a relaxing and comfortable area for the ones who are nursing. In addition, the room provides the nursing mother with an area to clean their machine/parts and a fridge to store the milk.

A special key is needed to access this room which can be requested through an employee's supervisor.

Needs

- gel pens (non-retractable)
- PlayStation 3 gaming console with controllers (new or used in good condition)
- Visa Vanilla gift cards
- Amazon gift cards
- men's socks, low-cut or crew in extra-large sizes 12-15
- current CD music (in all genres)
- international pre-paid phone cards (\$10 cards from CVS pharmacies)
- body spray for men in aerosol cans (Axe, Old Spice, etc.)
- simple alarm clock radios (cord cannot be detachable and must be affixed to the device)

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





Efforts to maintain a safe and clean environment

A safe environment involves all hospital staff

The Environmental Services department consists of only three laundry and 12 housekeeping employees. Staff are busy and have a full schedule with cleaning patient areas and units. Did you know that over 400 trash cans are emptied each day? 137 restrooms are cleaned and sanitized daily. 20,000-30,000 pounds of articles are laundered each month. Other duties include daily floor care and delivery of clean supplies to the units, periodic stripping and waxing of floors, washing exterior windows, assistance with unit moves, and special event set up, take down, and clean up.

With the pandemic, housekeeping and laundry chores have expanded to include more frequent cleaning particularly when illness is at bay. "Staffing during the pandemic has been a challenge. It has been great to have other departments jump in to help," said Executive Housekeeping Supervisor Tiffany Spidell. All hospital staff are responsible for the safety of the environment and do take part in the cleaning of the hospital by sanitizing after programs, meals,

meetings, and trainings. Work programs to teach patients job skills are offered within the laundry department where patients help to fold towels and bed linens.

"It has been great to have other departments jump in to help," said Executive Housekeeping Supervisor Tiffany Spidell

It is common for patients to approach housekeeping and laundry staff when

on the units. Several employees have shared that this interaction has improved their day, particularly when a patient shares a quick joke with them or extends a daily greeting. Patient feedback reinforces their efforts to make a difference within the walls of the hospital and serve as integral team members. The focus of providing a safe and clean environment is just one example of staff embracing the principles of a trauma informed care organization.



Welcome

Nursing Service employees:

- Jesarey Caalim
- Candice Gates
- Patricia Grant
- Tracy Haire
- James Hamner
- Tristen Huff
- Cheryl Kennedy
- Geneva Mays



- Leo Robles
- James Self
- Zion Stewart
- Kameron Trinh

- Melinda Combs, Continuum of Care
- Zachary Niemeier, Rehab Therapy



Goodbye

- Melvina Drake, Nursing Service
- Jamie Durham, Nursing Service
- Cassandra Gribble, Nursing Service
- Heather Wickstrom, Rehab Therapy
- Melissa Williams, Housekeeping

Wellness efforts – feeling good?

Many employees are taking advantage of the health coaching sessions through ActiveHealth, whether by telephone or by visiting with the on-site coach **Emily Thompson**. This year, online group health coaching sessions are offered to help staff with a variety of wellness topics. Completing four group coaching sessions in the same series through ActiveHealth is one of four options for the 2023 Premium Discount reward. Employee **Andy Hartmann** says, “I prefer this group method of coaching by far. It is anonymous so that you do not see other participants’ names and responses. The coach leads these sessions providing a good amount of content and then encourages you to commit to a goal which is reviewed at the next session.”

Feeling good is **April Moore** of the Quality Management department, after losing 93 pounds. “I was surprised at how quickly I lost weight by simply refraining from bread and other carbohydrates. I didn’t exercise,” she said with a smile. April has not followed a true Keto diet but does watch her carbohydrate intake and has reduced it significantly. She has cut out the sugary snacks and chips and instead now eats fruit, nuts, pumpkin seeds, and a bit of honey. April says, “the crunch of a pumpkin seed mimics that of chips.” With the weight loss, she has gained an increase in energy and activity. She

purchased season tickets to Holiday World for her and her son and planned a trip to Scotland to attend a rock concert, tour castles, and hike. After dropping several sizes, she has had to buy new clothes. How? Why? This all began over a year ago when she was mourning the death of her long-time family pet dog and heard a song from the Irish rock band, The Script, that resonated with her. With the support of friends, she began her weight loss journey and continues to work towards a target weight. She shares that this has not occurred without a few plateaus along the way. “Slow and steady” has been her mantra as she worked on small goals which have added up in a big way. Great job April!

Making just one change can help in your overall wellness. For example, **Laura Greenwell** of the Pharmacy department wanted to increase her exercise routine. “I have always wanted to learn how to play pickleball. It was on my bucket list,” she said. Laura purchased two pickleball



Down 93 pounds is employee April Moore

paddles and balls and began hitting balls with her granddaughter on the side of her house. She became the underlying push to resume pickleball sessions for staff in the gym each week after expressing this wish to EShape Fitness Chair Theresa Woerz. “We’ve had a core group of pickleball players over the years, and many have missed playing since the pandemic,” said Woerz. “Laura has played tennis in the past, so she picked up the game rather quickly. Games are usually short with a winning score of 11; however, ties can lengthen the game further. Pickleball is a good aerobic workout for all age groups as it is easy on the joints and muscles.”



TIC principle #3: peer support specialists

Submitted by Staff Development Director Angie Paul

At the end of May, employees participated in trauma informed care trainings related to peer support specialists. The hospital has a team devoted to assist employees with TIC principles, and this team is comprised of employees Kristen Blikken, Dr. Jenny Braun, Tessa Chapman, Donna McCall, and Mary Lou Petrisko. Did you know the hospital employs two staff members that embody peer support in their roles? They are Kathi Goen and Andy Hartmann. Kathi and Andy recently took the time to answer some questions about their important role at ESH.

Q: What does peer support mean to you?



Andy: Peer support is quite literally supporting our peers. Our peers are essentially anyone with shared life experiences or values. Intentional peer support asks individuals like Kathi and I that are in long-term recovery from either substance-use disorders or some other mental health challenge to support our patients in both classroom and casual

settings at the hospital.

Kathi: To me, it means giving encouragement, encouraging use of coping skills, and emotional help by someone who has experienced the same/similar problems. Hopefully understanding what you are going through. Non-biased or judgmental.

Q: What do you do in your role as peer support specialist?

Kathi: As a peer specialist, I facilitate/co-facilitate programs, many of which are substance abuse and the relapse prevention type and help with the Wellness Recovery Action Plan program. I also enjoy facilitating spiritual programs as well and like to encourage a holistic approach to healing. I also advocate for the patients and hopefully meet them where they are, to be able to understand their needs and get those needs met, when appropriate by using non-violent communication. I educate on many topics including coping skills, medication compliance, healthy diet, and the importance of seeking out support when needed, to name a few. One of the best parts of being a peer specialist at ESH is having Brutus, my pet therapy dog, come in with me once a week, when possible, to visit with staff and patients.

Andy: I try to reach out to patients who are the most disengaged with or are experiencing challenges with participating

in active treatment, but I also try to meet immediate needs and provide support to our patients when I recognize that they are experiencing a crisis or other challenges. I am continuously looking for ways to improve the experience for our patients and advocate through management for necessary changes.

Q: Beyond what you offer, what are some other ways peer support is provided for or by patients at ESH?

Kathi: When staff are not available or are busy, the other ways peer support is provided is by patients for patients. A lot of our patients have grown close to each other and can vent, share their frustrations, or have a laugh with each other. I have heard snippets of advice coming from one patient to another patient about certain skills, or what works for them when they are not feeling well. There are several peers who play cards or other games and listen to music with each other. Just being there.



Andy: We currently have at least one patient that sits on a patient advocacy board with several department heads where he takes suggestions from other patients and presents them to those members.

Q: What do you believe are the benefits of peer support?

Andy: I think that the most important component of peer support is hope. My email signature has this quote from Dr. William Anthony: "Essential to recovery is having at least one hope-inspiring relationship: a person that will stand by and believe in you, even when you can't believe in yourself." My role here revolves almost entirely around this principle. Our patients are experiencing (or just experienced prior to their admission) the darkest hours of their lives. They have likely damaged many of the most important relationships in their lives and we are the end of the line. I want to be sure that they know that no matter what they have done or are experiencing, I believe in them, I care about them, and I am here for them.

Kathi: I believe, having a mental illness diagnosis, that I can relate to those patients who are struggling, or having a rough time because of symptoms or maybe just needing someone to talk with; I can relate and understand what they are going through. Patients, I feel, can be more open with a peer since we are not "connected" to a team.