



## Madison State Hospital

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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  
and their families.



Madison State Hospital

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# MSH Bulletin

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**How can we  
promote resilience  
and recovery for  
people who have  
experienced  
traumatic events?**



*“The experience of trauma is simply not the rare exception we once considered it. It is part and parcel of our social reality.” – FalLOT and Harris, 2009.*

Over the last few decades, there has been a growing awareness of how traumatic experiences can significantly affect our health and well-being. This awareness, coupled with research showing that trauma is relatively pervasive, has led to an increased focus on providing children, adults, and families with services and supports that are specifically designed to be comfortable, accessible, and effective for people who have experienced trauma.

Within fields such as mental health and child welfare, it has become increasingly common to hear about “trauma-specific” or “trauma-informed” approaches, and much has been written about how to infuse principles of trauma-informed care within settings such as criminal justice, child welfare, and schools.

People who have experienced trauma may be people that you see every day in the community – friends, neighbors, colleagues, or family members.

We know that trauma rates are high. National community-based surveys find that 50 to 90 percent of adults have experienced at least one traumatic event, with some studies finding **an average of nearly five traumatic events occurring in their lifetimes.**

However, it is difficult to arrive at a consistent estimate of trauma exposure. Variability in research methods, definitions of trauma, and study populations make it difficult to state exactly how prevalent trauma is.

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Some studies have explored the prevalence of trauma within specific service settings, finding a high representation of people with a history of trauma. For example, some studies have estimated that at least 90 percent of people receiving mental health services have a trauma history. Prevalence rates have also been found to be high in areas such as juvenile justice, child welfare, homeless shelters, and substance use treatment programs.

While trauma can have a powerful influence, it is important to note that it does not affect all people the same way. Some people who experience trauma develop significant and long-lasting problems, while others (who may have experienced similar traumatic events) may have minimal symptoms or recover more quickly.

The term “resilience” is generally used to describe the capacity of people to successfully adapt and recover, even in the face of highly stressful and traumatic experiences. Resilience can be enhanced by strengthening a variety of protective factors. A number of personal characteristics can promote resilience, such as having a positive temperament, sociability, optimism, and an internal locus of control.

Some of these characteristics represent personality characteristics that can be difficult to change. However, much can be done to promote resilience. Research has found that resilience can be optimized by strengthening three levels of protective factors: 1. Individual (i.e., cognitive ability, self-efficacy, self-regulation, coping strategies, spirituality) 2. Family (supportive parent-child interaction, social support) 3. Community characteristics (positive school experiences, community resources).

Protective factors that promote resilience can also vary culturally. Much of the existing research on resilience was conducted with white university students, and the results may not generalize to other populations. Very few studies have been conducted with persons of color, people with disabilities, and other populations. We need to learn more about culturally-based aspects of resilience. For instance, existing models of resilience may place too much emphasis on individualistic aspects of coping, while more collectivist characteristics may be more relevant in other cultural communities.

[https://www.wilder.org/sites/default/files/imports/AnokaCountyMWCtrauma%20Snapshot\\_10-14.pdf](https://www.wilder.org/sites/default/files/imports/AnokaCountyMWCtrauma%20Snapshot_10-14.pdf)

## Welcome New Employees!



The new staff shown began General Orientation this Monday.

Back L to R:

Chelsey Peters, SA;  
Cassie Denning, SA;  
Trey Turner, Stores Clerk;  
Christopher Allen, SA;  
Kaitlinne Moldero, SA;  
Sally Vogel-Hall, SA

Front:

Skyla Bailey, SA

# Joint Commission Readiness: Infection Prevention and Control Chapter

Mitzi Lawson, Performance Improvement



The Centers for Disease Prevention and Control (CDC) reports that 1.7 million infections annually are health care related, and as a result, 99,000 people will die each year. Health care practitioners in the hospital environment know all too well about hospital-acquired infections. Modern health care, despite its great strides in preventing and treating disease, has yet to conquer the risk to patients of acquiring an infection in the very place where infection should be least present. However, multidrug-resistant infections can be acquired in almost any setting, including homes, schools, and vacant lots, making the need for effective infection prevention and control in hospitals more important.

Certainly, everyone who has clinical contact with patients should wash their hands frequently to help prevent the spread of disease. However, effective infection prevention and control plans go well

## Infection Control

beyond this approach. A strong plan will have the input and support of hospital leadership and will stress communication and collaboration. Everyone involved in the daily operations of the hospital, from practitioners to secretaries to kitchen staff and maintenance workers, should play a role. All hospital staff should take precautions to prevent germs from passing among patients via medical equipment, or staff who receive patients at intake should take measures to prevent the spread of disease. Everyone should observe proper infection prevention and control techniques at all times.

To help reduce the possibility of acquiring and transmitting an infection, hospitals need to establish a systematic infection prevention and control program. The design and scope of the organization's program are determined by the specific risks faced by your location, the population(s) you serve, and the types of services you provide. The infection prevention and control activities adopted should also be practical and reasonable to follow. No organization wants to jeopardize a patient's health because its infection control activities are outmoded or too confusing to practice daily. After an effective program is in place, the hospital takes measures so that the program operates according to plan and is evaluated appropriately.

The processes outlined in the "Infection Prevention and Control" (IC) chapter are applicable to all infections or potential sources of infection that hospital staff, practitioners, and administrators might encounter, including a sudden influx of potentially infectious patients. The standards are designed to assist hospitals, both large and small, in developing and maintaining an effective program that covers a wide range of situations.

These standards address activities of planning, implementation, and evaluation and are based on the following conditions necessary to establish and operate an effective infection prevention and control program.

### **Every hospital, regardless of its size or the services it provides, should do the following:**

- Recognize that its infection prevention and control program plays a major role in its efforts to improve patient safety and quality of care
- Demonstrate leadership's commitment to infection prevention and control by endorsing and participating in the organization's efforts to control infection, provide resources, and encourage improvement
- See that staff collaborate with each other when designing and implementing the infection prevention and control program
- Regularly assess its infection prevention and control program by using an epidemiological approach that consists of surveillance, data collection, analysis, and trend identification
- Coordinate its program with the larger community
- Take into account that the potential exists for an infection outbreak so extensive that it overwhelms the hospital's resources.

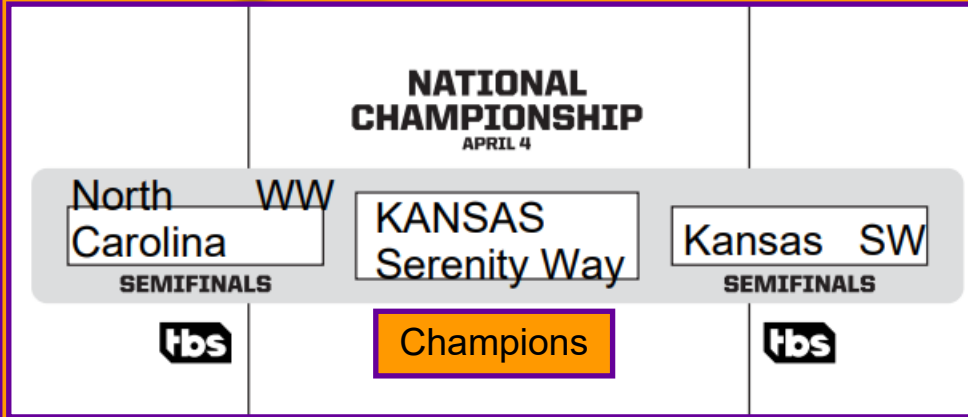




## In the 2022 NCAA Championship on Monday night April 4, was a history breaking night.

It has been since 1963 when Cincinnati, winning by 15 points, eventually lost to Loyola-Chicago, the largest deficit come back in the history of college basketball in the NCAA Championship game.

This night, North Carolina, represented by Wisdom Way jumped up to a 16 point lead as Kansas, represented by Serenity Way was not giving up. It was then that Kansas/Serenity Way, went on a 30 – 6 run and defensively stopped North Carolina/Wisdom Way on a final shot, and it was over.



Kansas sets a historical NCAA record with a deficit of 16 points behind, to go on and become the 2022 NCAA National Champions for the 4th time in school history and runner-up 6 times.

Congratulations to Serenity Way becoming back-to-back bracket winners in the Super Bowl and now NCAA Champions. They will choose a snack for their unit.

## Invest In Your Health



### Tips for well-being

APRIL 2022

## Find balance

## with moderation



### Wellness Webinar Series

**Mastering moderation.** Learn more about the gray areas in your eating habits and how to spot the line between just enough and too much.

**April 19, 2022 | 10:00 AM, 12:30 PM and 4:30 PM, ET**  
<http://go.activehealth.com/wellness-webinars>

You want to eat healthy, but it's hard to stay on track 100% of the time. Did you know it's OK to indulge in a sweet or salty treat as long as it's in moderation? In fact, this is often a more sustainable approach to a healthier lifestyle.

- Being too strict can sometimes lead to giving up healthy eating whereas a special treat once or twice a week or on special occasions can help be the balance between bingeing and total denial.<sup>1</sup>
- Reducing the portion size that you eat can also reduce the calories you intake without missing out on the taste and experience of having a treat.
- When you do treat yourself, try to have a standard such as waiting until after you've had a healthy lunch or dinner, or try to balance it out with something healthy such as including fruit or nuts.

Want to learn more about how this method can work for you? Attend our group coaching webinar!

Practice the 80/20 rule.  
Focus on those good behaviors and habits 80% of the time.

