



MSH Bulletin

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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.



Madison State
Hospital

Editor:

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TIC Principle #5: Empowerment, Voice & Choice

What makes the patients we serve feel they have empowerment, voice, & choice?

*My team
listens to me.*

*I'm given a list of
options from my
treatment team
that I can choose
from.*

*I'm part of my own
treatment team.*



What makes staff feel they have empowerment, voice, & choice?

Being heard.

*Knowing I'm
supported by others.*

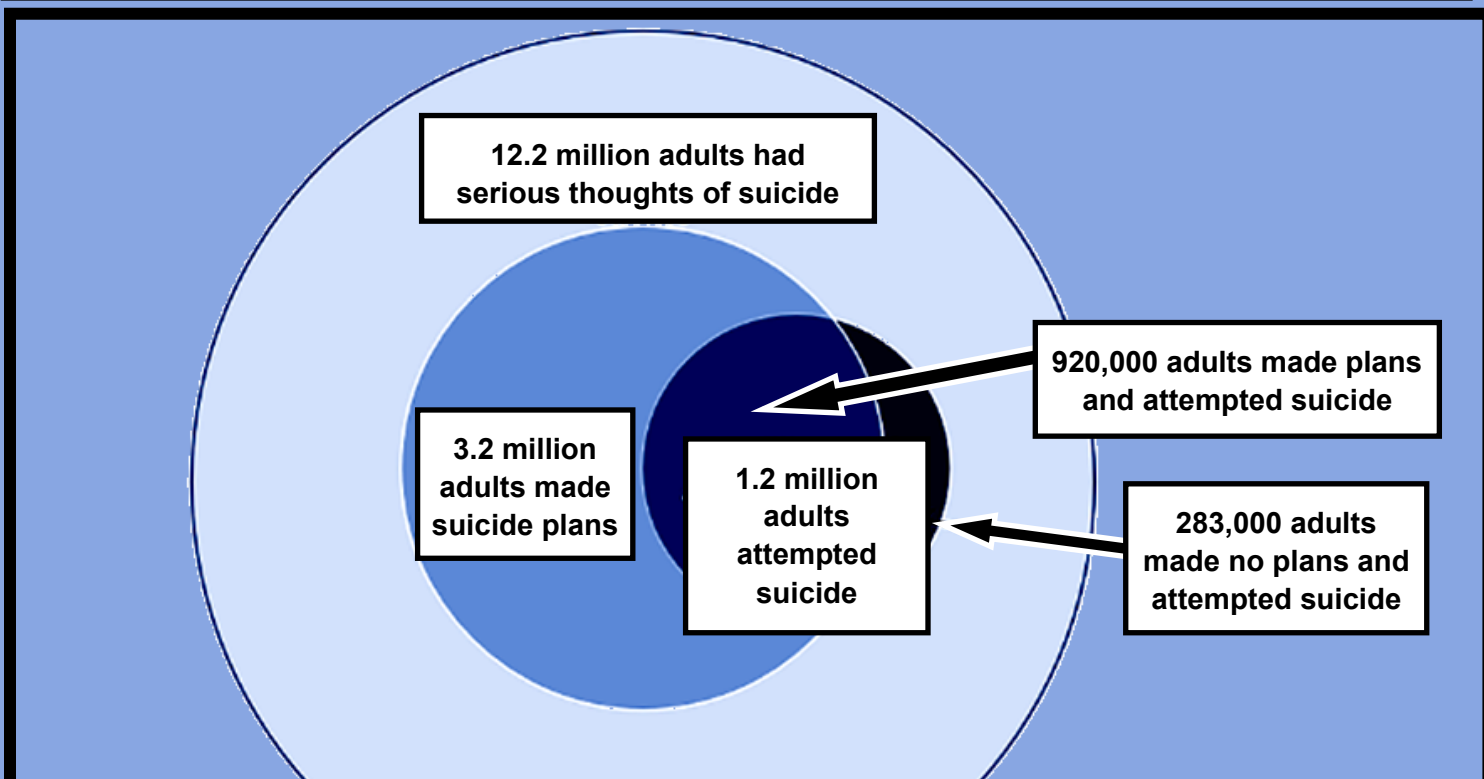
*Having a
say in policies
and
procedures.*



September is National Suicide Prevention Month

Past Year Suicidal Thoughts and Behaviors Among U.S. Adults 2020

Data Courtesy of SAMHSA



Adults Over the Age of 45

- **Middle-aged** people, especially **men**, have the highest rate of suicide compared to other groups.
- **80%** of all deaths by suicide in the U.S. are among **men and women age 45-54**.
- **Men ages 85 and older have the highest rate of any group in the country.**

Help for You

Talking with someone about your thoughts and feelings can save your life. There are steps you can take to keep yourself safe through a crisis.

Call or text 988 any time or [chat online](#) with the [988 Suicide & Crisis Lifeline](#) to get support, also find resources on:

- Finding a therapist/support group.
- Building and using a support network.
- Making a safety plan for yourself

Help for Someone You Know

Learn how to recognize the warning signs when someone's at risk, and what action steps you can take. If you believe someone may be in danger of suicide:

- Call **911**, if danger for self-harm seems imminent.
- Ask them if they are thinking about killing themselves. This will not put the idea into their head or make it more likely that they will attempt suicide.
- Listen without judging and show you care.
- Stay with the person or make sure the person is in a private, secure place with another caring person until you can get further help.
- Remove objects that could be used in a suicide attempt.
- Call or text **988** to reach the [988 Suicide & Crisis Lifeline](#) to talk to their professionals and follow their guidance.

Stephanie Simmonds, MSH Security Officer, shared these beautiful photos she took, along with some beautiful thoughts:

I was hanging the flags one morning and was able to capture this butterfly that was visiting the flowers. I tweaked the photos a little bit, and found this quote by Maya Angelou which I thought was so fitting.

I have always loved butterflies because they are a reminder that change though sometimes hard, can lead to the most beautiful outcomes.

Working in mental health, change is constant and necessary as mental health often grows and changes. It's not only important on a personal level, but also a professional one, so that we can help our patients meet their goals, and I thought the butterfly sums that up perfectly.



“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.”

— Maya Angelou

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

**QUICK
DIAL**

988
SUICIDE
& CRISIS
LIFELINE

988
Suicide & Crisis Lifeline

Suicide can touch anyone, anywhere, at any time. But it is not inevitable. There is hope.



SECC

Gratitude Challenge!

Everything is set up on a table
in the downtown area.

How to make someone's day!

- 1.** Take an index card and write a note to the person you choose. Be sure to write **their name** at the top. You can sign your name or leave it anonymous.
- 2.** Take an envelope and insert your **\$1.00 donation per card**. Write **your name and shift** on the outside of the envelope if you would like to be eligible for one of several **thank-you gifts** that will be given out for participating. There will be gifts for **day and evening shift** staff at the end of this event.
- 3.** Place the money envelope, and the card you wrote on, into the **donation box**. We will hang up the cards each morning. At the end of this event, you can take down any card with your name on it, or if you're the writer of the cards, you can hand deliver them yourself.

We won't be able to leave **ink pens** on the table, so bring a pen with you, or take a card to fill out, and drop in the box later.

This year's SECC theme is "Pay It Forward".
Your donations will go to Big Brothers
Big Sisters of Jefferson County.

Big Brothers Big Sisters of Jefferson County is a local youth organization that matches youth in need with adult volunteers in one-to-one mentoring relationships. The adult role models assist the child in reaching his/her potential by providing consistent contact, guidance, and friendship.

Big Brothers Big Sisters
of Jefferson County

**START
SOMETHING
BIG**



Big Brothers Big Sisters