



Evansville State Hospital

NEWSLETTER

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Continue What We Know Works

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

The pressures on hospitals, manufacturing, and other industries to continue services while dealing with the pandemic, labor market and ongoing operational challenges have been intense. The past year has provided growth with the use of technology and looking at alternative ways to reach our goals. Challenge and problems provide an opportunity for growth with the self and organizations. There are times that I think or say, "Enough challenges and growth, I need a break!" This can be part of our humanity in dealing with adversity or the call to take some respite for self-care.

Now we are in year two of the pandemic and continuing operations while we strive to normalize patient care as much as possible at Evansville State Hospital. When I say normalize, this refers to patients who have privileges to move more freely throughout the building.

"Enough challenges and growth, I need a break!"

Staff continue to wear masks with all patient care, use hand hygiene as we move in and out of spaces, and monitor our symptoms. The need to continue what we know works is



important as we continue to navigate COVID-19. As we continue the stressors with the pandemic, please keep in mind that anyone can call Be Well by dialing 211 or text HOME to 741741. Likewise, for state employees they can use their Employee Assistance Program benefits by calling 800-223-7723. These services are available to support us as we continue our service at Evansville State Hospital.

Recovery Month

Recovery is For Everyone: Every Person, Every Family, Every Community

September is National Recovery Month. Unique activities for our patients are planned for the Fridays in September beginning with a September 3rd visit from Michelle Krack, author, Peace Zone Outreach Coordinator, and Certified Recovery Specialist. The virtual presentation by Michelle will focus on the subjects of service and recovery. Friday activities will include a self-care shop offering nail painting, a relaxation station featuring massages, and homemade crafts. A community give-back project will be offered with patients making scarves for those in local homeless shelters. One Friday will be dedicated to fun and exercise with outdoor games, board games, and video games. The library will be available to all for checking out books and music. Special snacks are planned as well as a Cheeseburger paradise lunch. The month will end with virtual guest speakers sharing their experiences with recovery. Community resources during the month can be accessed by the National Recovery Month website: <https://rm.facesandvoicesofrecovery.org>.



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.

Rehab Rocks Recovery By Tonya Smith, Rehabilitation Therapy

Rehabilitation Therapy: Areas of Focus -Survival, Physical, Social, & Leisure



RT Staff pictured are Justine Blanke, Paula Hurst, Sarah Rush, Britteny Adams, Donna Mesker, Tonya Smith

What is Rehabilitation Therapy (RT)?

Rehabilitation Therapy is a treatment service designed to restore, remediate, and rehabilitate a person's level of functioning and independence

in life activities, to promote health & wellness, encourage & teach social skills, improve thought processes, build confidence, and learn new leisure skills.

"RT is a treatment service designed to restore, remediate, and rehabilitate a person's level of functioning and independence..."

What do RT Staff do? RT utilizes a wide range of activity and community-based interventions and techniques to improve the survival, physical, cognitive, emotional, social and leisure

needs of their patients all to promote independence! RT staff assist patients to develop skills, knowledge, and behaviors for daily living and community integration. The therapists work with patients to incorporate specific interests and resources into therapy to achieve optimal outcomes that transfer to real-life situations. Our staff have diverse educational backgrounds & experience including music, recreational, physical, and occupational therapies, education, psychology, health management, art, and kinesiology.

What are examples of programming & skills learned?

- Sew & Weave: executive function, self-regulation, self-esteem & leisure skills.
- Sensory Connection: use as a coping skill, for self-regulation, & awareness.
- Game Room: social skills, improves attention to task, & explores leisure interests.
- Music: stress reduction, communication skills, sensory skills, & cognitive skills.
- Gym: physical health, body awareness, reduces stress, & improves mood.
- Gardening: independent living skills, personal responsibility, increases self-esteem, & coping skills.
- Painting: motor skills, creativity, sensory, & cognitive skills.
- Pen 2 Paper: planning, self-initiation, social interaction, communication, self-expression.

Recognizing Service

Ice cream sandwiches and bags of popcorn were passed out to ESH employees in July and August as a small token of appreciation for their dedication and hard work.

The Anniversary Appreciation Celebration will be held on September 15th recognizing staff members who have reached milestone years of service - 5, 10, 15, 20, 25, 30, and 35 years.

Special recognition of COVID pandemic services by Katrina Norris, Executive Director Indiana State Psychiatric Hospital Network (ISPHN): "Please extend my gratitude to your teammates for their outstanding service throughout one of the toughest years in our lives."



Christmas Planning Begins

Donations and interest in giving program begin to roll in

The holiday season comes each year, sometimes with a bang, sometimes with a peaceful calm. Amid the pandemic, traditional celebrations last year were more subtle, but the spirit of Christmas was truly evident.

Support by community sponsors through the annual gift program was noteworthy with funds and gifts adequate to provide many gifts for all our patients.

The Community Services office has begun contacting participants in the

Christmas Gift Lift program. Donors are being asked to contribute as they feel comfortable doing so, through monetary donations for shopping, dropping off unwrapped popular gift items, or shopping for a particular patient using their personalized wish list.

Like last year, wheeled bucket carts will be placed in the main lobby foyer in October for no-contact delivery of gift items. Donors are asked to sign the donation log book and/or

schedule their delivery. Those shopping for a particular patient will also drop their items off unwrapped with an identifying number clearly marked.

Our deadline for gift items this year is Friday, December 3 with gift opening parties scheduled for the week of December 13. If you can help, contact Theresa at 812-469-6800, ext. 4972.



Requested Popular Gift Items

Drop off gift items in the "no-contact" delivery zone in October (main lobby entrance foyer)

- T-shirts, short and long sleeved (adult S-XL, plus sizes)
- Fun novelty shirts (themes of sports, music, movies, positive affirmations, logos, etc.)
- Flannel shirts
- Dress or casual shirts
- Novelty sweatshirts (adult S-XL, plus sizes)
- Hoodie sweatshirts
- Zip up sweatshirt jackets
- Casual slacks
- Blue jeans
- Sweatpants (adult S-XL, plus sizes)
- Athletic pants, elastic waist
- Pajamas (adult S-XL, plus sizes)
- Underwear (adult S-XL, plus sizes)
- Socks (crew, ankle cut)
- Baseball caps, must be Velcro or snap back plastic – no metal fasteners
- Croc style shoes with heel strap (adult S-XL, plus sizes)
- Fleece throws
- Watches (easy read preferred)
- 2022 Calendar
- Regular playing cards
- Uno & Skip-Bo card games
- Word Search puzzle books
- Stationery sets/postage stamps
- Adult coloring books
- Body lotions
- Body wash
- Body spray/perfume (plastic bottles or aerosol cans)
- Shampoo
- Conditioner
- Mousse and styling gels for men and women
- Ethnic hair products
- Lip balm
- Laundry detergent
- Walmart gift cards
- Vanilla Visa pre-paid gift cards
- Amazon gift cards
- New and gently used holiday gift bags (small & medium sizes)



Major Depression

Increased suicide risk for those suffering from recurrent depressive disorders

The rate of major depression in the United States is 1 in 10 for men and 1 in 5 for women, before one reaches the age of 40 years old. The rate of depression peaks at age 55-70. In recurrent depressive disorders, the average number of episodes of depression in a lifetime is about 7. Tragically, 15% of individuals suffering from recurrent depressive disorders kill themselves. This is a suicide rate 30 times greater than that of the general population.

With a major depressive episode, mood is affected with symptoms of sadness and the loss of interest and pleasure in daily activities. Thinking is also affected with feelings of worthlessness, having low self-esteem, inability to concentrate and think, and suicidal thoughts. Withdrawn behavior is common, isolating oneself. There is usually a lack of motivation and attention to hygiene. Physical symptoms include insomnia or sleeping too much, change in appetite and weight, agitation, and extreme fatigue.

It's never too late to educate yourself. There are a host of online resources available. Many educational offerings can be found in the local area such as QPR: Question, Persuade, Refer training; Mental Health First Aid; NAMI Family-to-Family classes; virtual and on-site support group meetings. Be the change – fight mental health stigmas!



New Employees

- Steven Adams, Physical Plant
- Kim Blankenship, Nursing Service
- Crystal Foster, Housekeeping
- Sidney Huff, Continuum of Care
- Alma Koch, Nursing Service
- Valerie Perez, Nursing Service
- Anissa Pugh, Psychology
- Ben Sarabia, Nursing Service
- Adele Torres, Nursing Service

Goodbye

- Cassie Bretzinger, Nursing Service
- Mary Evans, Nursing Service
- James Grant, Physical Plant
- Paige Hubbard, Nursing Service
- Meagen Madison, Nursing Service
- Jan Madison, Nursing Service
- Terrie Matlock, Nursing Service
- Staci McCord, Nursing Service
- Elisa Phillips, Rehabilitation Therapy
- Virginia Valenzuela, Nursing Service



Special Requests

Wii & Playstation II video games (new and gently used; E for everyone and sports themed games)

Headphones – over-the-ear basic headset (**MUST NOT** include microphone/recording, Bluetooth, wireless features)

Alarm clock radios (**MUST NOT** include detachable cords)

Cloth masks with elastic ear loops in holiday designs (adult size - **MUST NOT** include pipe cleaners, wiring, and/or beads)

Contact Community Services at 812-469-6800, ext. 4972 if you can help.