

COMMUNITY CONNECTION

A NEWSLETTER FOR FRIENDS OF EVANSVILLE STATE HOSPITAL

Hope in the Change Process

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

A Greek philosopher, Heraclitus, once said, “Change is the only constant in life.” He said these words over 2,500 years ago and how true they still are today. Healthcare and mental health treatment is all about change. In fact, hope in the change process is embodied in “Active Treatment,” the therapeutic interventions/processes to cure or stabilize the psychiatric symptoms. Joint Commission regulations require Active Treatment be provided to a patient on a daily basis. Everything we do is part of Active Treatment. When a patient is resistive to engagement, we individualize active treatment to meet them where they are.

For our patients, who are gravely debilitated with their symptoms, we treat and work with them until they turn the corner. There are times we wish the change would be quicker, and other times we are weary from all of the changes. This process can be exciting, but can also be scary. Still, we continue to maintain hope in this process.

How do we continue to nurture our hope and take care of ourselves in such a high energy job? After working in this field for nearly 30 years, I have seen people change and remain stabilized, which reinforces my hope in this work. The different forms of self-care are critical in helping us recharge hope and prevent burnout. Play is not only for children. Adults who play live longer and are happier. Lastly, looking out at nature and seeing views like this picture gives hope an extra boost. This picture was taken on the afternoon of June 19, 2019, our Employee Recognition Day. Some people might think this is a coincidence, but we can all give our own meaning to this picture.

Thank you to all staff for your giving spirit, to our patients, who are a constant source of purpose, and to the community that supports our efforts.

Hats off to ESH Employees!

Employees on all three shifts were treated to a summer picnic meal sponsored by the Recognition Committee and assisted by the hospital’s Executive Team. The grilled hamburgers, cheeseburgers, and veggie burgers were a bit hit! This event helps to build upon our community of support, recognizing the efforts and contributions of staff who continue to work towards the mission of hope and recovery.



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Exploration - Earth

The Summer Event took place on Friday, June 28 that focused on exploring our great Earth. In the morning, Jeff Lyons, WFIE Channel 14 meteorologist, gave a presentation on weather wonders and how weather happens. Jeff talked of cloud formations and explained the difference in clouds. He spoke on the importance of alarm systems for weather events to keep everyone from harm. One question led to another and hit on a variety of weather topics – thunder and lightning, El Nino vs. La Nina, tornadoes, hurricanes, hail, monsoons, sand storms, rainbows, Doppler radar system, and gravity. After the talk, Jeff stayed to pose for pictures and passed out autographed photos.



Meteorologist Jeff Lyons points out how bugs are seen on the Doppler radar.

The afternoon was filled with educational activities related to the earth theme. Fun facts about planets and famous astronauts were given out in the Space room decorated with glow-in-the-dark stars. You could smell the beach in the Ocean room which showcased shells, sand, and sea animals. A display on the importance of recycling plastics featured items found on the shorelines that pollute and endanger marine fish and mammals.



Pictured are employees Erik Estep, Richele Bolin, Shane Hickrod, and volunteer Becky Hickrod as they get ready for spelunking in the Cave room.

Hot yoga was offered in the Desert room, and spelunking in the Cave room among stalactites, stalagmites, and gemstones. The beat of a drum and sound of rain made by musical shakers had participants feeling as though they were walking through a Rainforest. The natural process of composting was highlighted along with a display of tree branches, rocks, shells, and reptiles found in the Rainforest. Brutus, ESH's pet therapy dog, joined in the fun in the Photo Shop room with patients getting their picture taken with props and a space-themed backdrop. Kudos to the Summer Event Committee (Richele Bolin, Kevin Reising, Heather Wickstrom, Cathy Gostley, Bambi Barlett, Elisa Phillips, and Nicole Powell) for an extraordinary day!

Good News



Wednesday afternoon worship services in the Treatment Mall have been enhanced by the implementation of a church choir. Attendance at weekly services has spiked as a result of this.

Patients participated in SWIRCA's Senior Games in June and came back with bronze and gold medals in ladies fishing, washer toss, and ball toss. They also participated in ring toss and wheelchair races. The group had fun mingling and talking with local nursing home residents.

Visitor Policy

Effective July 1, all visitors must sign a visitor confidentiality and safety agreement. To ensure the privacy and safety of our patients and staff, it is required that visitors agree to hospital guidelines that deal with personal item storage during visits, restricted items including cell phones, cameras, and other electronic devices, and policies on disclosure and exchanging of information. Privacy and safety is our priority!



'Health is Wealth' Employee Health Fair


Approximately 80 employees attended the annual health fair in June. "Health is Wealth" was this year's theme and focused on a healthy balance of good mental health, physical health, financial stability/wealth, community involvement and work satisfaction. Vendors included Planet Fitness, Bob's Gym, Orthopaedic Associates, Digestive Care Center, Tri State Colorectal Group, Smokefree Communities, Gilda's Club, Komen Evansville, United Way, E is for Everyone, Pampered Chef, Colonial Life, Old National Bank, and Indiana Public Retirement System. Employees received some nice giveaways and door prizes - restaurant and store gift cards, gym memberships, drink bottles, lunch bags, tote bags, Evansville Otters tickets, and BikeShare Upgrade coupons. The demonstration area included several stress relievers such as cooking, painting with dots, crocheting, wreath making, and gardening tips. A wellness survey was conducted which resulted in some interesting employee statistics:



Vendors pictured participated in the June 5 Employee Health Fair in the gym.

employee statistics:

	ESH Employees		2015 on-line comparison	
	No	yes	No	yes
WALLET				
Sets aside money for leisure	42%	58%	25%	75%
Saves money for future/retirement	10%	90%	8%	92%
Plans with a monthly budget	29%	71%	40%	60%
COMMUNITY				
Has close relationships with family/friends	8%	92%	9%	91%
Celebrates events with loved ones	8%	92%	7%	93%
Volunteers or donates money to charity	23%	78%	30%	70%
BODY				
Fruits and veggies make up 1/2 of every meal	54%	46%	47%	53%
Exercises at least 2 1/2 hrs each week	43%	57%	39%	61%
Gets 7-8 hrs of sleep each night	44%	56%	33%	67%
MIND				
Journals about experiences/life goals	75%	25%	53%	47%
Does mind/body practices such as yoga/meditation	61%	39%	71%	29%
Has a go-to stress reliever	23%	77%	11%	89%
WORK				
Invests in developing new skills	33%	67%	29%	71%
Takes breaks in workday to destress	48%	52%	28%	72%
Work is purposeful, meaningful, and rewarding	14%	86%	22%	78%
OVERALL WELL-BEING				
Rate your satisfaction with life 1-10 (rated 7 or more)	9%	91%	24%	76%

 **The Residential Mental Health Steering Team,** which consists of the city mayor, hospital administrators, and CEO of Southwestern Behavioral Health, toured the hospital in June to increase their awareness of services in the Evansville area. It was our pleasure to educate leaders in the community about the work we do at ESH.

Christmas in July



Most of us don't want to think of the busy holidays in the heat of summer. However, the Community Services Office begins preparations for the seasonal rush in July by securing commitments from holiday sponsors. The program has helped to bring Christmas cheer and joy to hospitalized residents for over 50 years. Sponsoring a patient involves receiving a wish list and shopping for gift items. Cost usually runs between \$40-\$60 for three gift items. If interested in becoming a sponsor, contact the Community Services Office at 812-469-6800, ext. 4208.



Hospital Needs

- Flow magazine subscription
- Gift cards (Amazon, Shoe Carnival, Walmart)
- Friend to Friend Volunteers
- Grounds Crew Help (weeding)

COMMUNITY CONNECTION

COMMUNITY CONNECTION is published every other month for friends of Evansville State Hospital. News items are welcome and should be submitted to the Community Services Office.

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WE'RE ON THE WEB!
WWW.IN.GOV

SECC Annual Picnic

ESH employees took part in a picnic in May to raise funds for the State Employees' Community Campaign. A total of \$310.06 was raised for the Shriners Hospital for Children through food sales and a baby photo contest. One week old baby Elliot collected the most contest votes. Elliot is the grandson of Leslie Mayes, Nursing Service.



Nursing employee Brandon Bretzinger puts in his vote for the baby photo contest. Food vendors Chino Taco and Jeanne's Gelato participated in the SECC annual picnic.

New Employees

*Cassandra Gribble, Nursing Service
Melinda Johnson, Nursing Service
Andre Meriweather, Jr., Housekeeping
Randall O'Risky, Physical Plant
Daija Porter, Nursing Service
Rian Ray, Information Technology
Heather Schlumpf, Housekeeping
Shera Smith, Nursing Service
Rhonda Tingley, Nursing Service
Tiffany Tooley, Nursing Service*



Goodbye Employees

*Melinda Combs, Psychology
April Driver, Nursing Service
Christopher Mott, Physical Plant
Marsha Reyher, Nursing Service
Adria Rivers, Nursing Service
John Schnakenburg, Housekeeping
Michele Whitaker, Health Info Services*