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Patient safety remodel project - status

By Jessica Golba, assistant superintendent

A lot has transpired in the past 60 days. The replacement flooring in the main hallways is making the hospital look like new. Working among the ice, snow, and supply chain issues, contractors have progressed with their work with only minor delays.

One unit has now moved to its new location. E unit is now on C unit. F Unit has temporarily moved to E Unit while theirs receives the upgrades. They will be moving back in about a month. Maintenance and housekeeping have taken the lead with ensuring the patients are moving into safe and clean rooms. It's been a monumental task involving all disciplines. Numerous desks, chairs,

tables, bookshelves, beds, and personal items of patients have been relocated. Unit staff are assisting patients with putting their belongings in their new areas. It's great to see everyone coming together for a common cause. Patients alike are noticing the improvements and voicing how nice everything looks.

"It's great to see everyone coming together for a common cause."

Improvements include new clock covers, toilet paper holders, soap dispensers, faucets, door alarms and



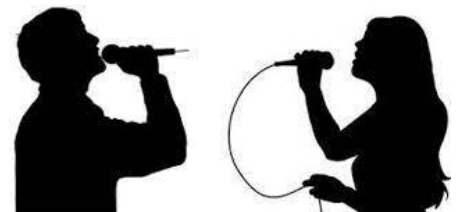
sensors, key switches, taller Lexan on communication desks, TV cabinets, and wall lockers. The quiet rooms received new carpeting.

This project is addressing many ligature concerns and will help the hospital reach the goal of Zero Harm.

Mystery Melodies of Spring

Submitted By Shane Hickrod, rehabilitation therapy

The spring event "Mystery Melodies of Spring" is scheduled for Friday, April 29. The focus will be music-related activities that work on sensory stimulation, socialization, and cognitive stimulation as well as boost morale and reduce stress for both patients and staff by engaging in leisure activities that foster a sense of community within the hospital. It will be an all-day event broken out into two parts, the morning and afternoon. Units will compete in music trivia with the unit with the most correct answers winning a trophy that will be displayed on their unit. Slated for the afternoon session is karaoke by mystery singers with everyone guessing. Patients will enjoy coffee and cake, and eight lucky patients will win a pizza party by a random drawing of attendees.



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.

Happy retirement

At the end of February, staff wished three veteran employees goodbye. Employed for 40 years in nursing service, **Carole Johnson** started as a summer worker when she was a student attending college. She continued employment after the summer and found her niche at ESH. She remembers when patients had jobs making beds, mopping floors, and working in the garden plots. She said there were many opportunities for the patients to stay busy. A common practice was music and games in the large courtyard where patients could mingle in a large group setting. She recalls watching fireworks on the Fourth of July from the hospital rooftop.



John Cowling, associate director of nursing, presents retirement mementos (engraved clocks) from the Recognition Committee to C Unit nursing staff leaving in February – Macey Uplinger, Dale Rhoads, and Carole Johnson.

The camaraderie among nursing employees was evident with harmless pranks that usually involved scaring one another in some way or another. She will miss her coworkers and the patients and found ESH a good place to work. She has been grateful for the amount of support among her peers.

With 39 years of service in the nursing department, **Dale Rhoads** came to ESH looking for a good steady job with nice benefits, like his father who worked for the federal government. When he first started, patients were receiving electroconvulsive therapy treatments on campus and felt that it was used with good results. “It was impressive, not like the horror stories you might have heard,” said Rhoads. ECT is still a viable treatment but is now done through a local hospital. Something else you no longer see now is smoking. Smoking cigarettes used to be a popular activity throughout the campus, on the units, and in the colonnades.

“It was impressive, not like the horror stories you might have heard”

Dale recalls the fun Christmas parties and visiting the barber shop for some holiday cheer. He will miss his coworkers and encourages new employees to take one day at a time.

Macey Uplinger came to ESH over 32 years ago; her husband Mark was working here. She started in the nursing department when the hospital was beginning to downsize. A large number of patients were being discharged into the community, many that had been here for many years. There was an increase in the hiring of nurses so that each unit had its own nurse. Workflow and staffing was such that you would see and interact with many, and breaks and meals were times of catching up. Macey was only 21 when she was hired and feels like she “grew up here”. She has many fond memories of coworkers and the silliness that transpired throughout the years, even in the dumb waiters.

A focus on the six principles of a Trauma Informed Care organization

Submitted by Angie Paul, staff development director

For 2022, our Indiana State Psychiatric Hospital Network will focus on the six principles of a Trauma Informed Care or TIC organization. The six principles are as follows:

- 1) Safety (January-February)
- 2) Trust & transparency (March-April)
- 3) Peer support (May-June)
- 4) Collaboration & mutuality (July-August)
- 5) Empowerment, voice & choice (September-October)
- 6) Cultural, historical and gender issues (November-December)

Every two months, as indicated above, staff are being educated on a principle through a 15 to-20-minute training. Throughout the year, supplemental materials like newsletter articles, tidbits on electronic messaging boards, flyers on bulletin boards, brochures, and e-mails will help to educate employees on the six principles as well.

At ESH, we utilize many tools to help us provide a safe environment. For example, 24-hour security, hospital policies, disaster drills, high reliability, nonviolent/compassionate communication, and debriefing to name a few.

Music as therapy

Submitted by Kelly Kissel, rehabilitation therapy



Music can be a huge part of one's life. Many of the patients at Evansville State Hospital use listening to music as a coping mechanism. The hospital has purchased MP3 players for the patients to check out from the patient library for this purpose.

The MP3 players are loaded with music from different genres including Pop, Country, Relaxation, Instrumental, Rock, 2000+, Oldies, Christian, and Classical.

Most of the music downloaded on the players have been from donated CD's over the years. The hospital would like to update the MP3 players with current music from the past decade by purchasing music from community resources such as Super Mega Replay and The Book Broker. If you'd like to help with updating the MP3 players through gift certificates or CD's, please contact Community Services at 812-469-6800, ext. 4972.

Although we are focusing on the principles one at a time, they are linked to one another in many ways. For example, in order to feel safe, both staff and patients need to feel like they can trust one another. Just as the principles are linked, so are the different programs we use. Verbal de-escalation tools from Crisis Prevention Intervention trainings are consistent with non-violent/compassionate communication and TIC techniques. Staff will have an opportunity to discuss the principles in more depth during the annual CPI Refresher trainings beginning in May.





Evansville State Hospital thanks the Indiana National Guard

On Nov. 30, 2021, record low staffing stemming from the COVID-19 pandemic lead ESH to humbly ask for help. The Indiana National Guard, in coordination with the Indiana Department of Health, answered the call. The INNG quickly provided teams known as Hospital Recovery Support Teams to support our staffing need.



These guards have been providing full-time direct support in patient care by assisting special attendants and the nursing department on shifts that needed coverage. Additionally, they have been providing full-time indirect support for security, laundry, housekeeping and maintenance. Their last day of service will be March 12, 2022.



We are forever grateful for the collaborative support that was provided to ESH. We thank the INNG for their service to our hospital and their country!

Our heartfelt appreciation,
Jeff Wedding, director of operations,
Indiana State Psychiatric Hospital Network

New employees

- Brandon Bretzinger, nursing service
- Michelle Fluty, nursing service
- Kenneth Park, nursing service
- Tasha Pullara, housekeeping

Goodbye

- Chelsey Baxter, nursing service
- Gene Schadler, superintendent
- Robert Tyler, laundry
- Buff Fallen, continuum of care

Self-care resources

Be Well Indiana: <https://bewellindiana.com/> is a website providing mental health and wellness, substance use and recovery, and COVID-19 resources. The Assistance for Hoosiers section provides resources for insurance, unemployment, and childcare.

Coping with stress and compassion fatigue: Tips for healthcare professionals on how to cope with stress and compassion fatigue: https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-016_508.pdf

Indiana 2-1-1: 2-1-1 is a free and confidential service that helps Hoosiers across Indiana find the local resources they need, including mental health. Dial 2-1-1 to connect with a navigator or visit <https://in211.communityos.org/>. They are available 24 hours a day, 7 days a week.

