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A message from the superintendent

By Superintendent Carlene Oliver, MSN, RN

Every year as the holiday seasons approach, I am always amazed at how fast the year has gone. As I reflect on 2022, the year reminds me of how blessed I am to work with so many great people and to be a part of an even greater purpose: to provide the best care and treatment for some of the most vulnerable people in our community and state. We have wished coworkers and friends well as they have moved on to new adventures and welcomed new members to our teams. Units have been remodeled and refreshed to provide safe and secure environments. Teams collaborating to provide treatment for our most complex individuals. Our treatment has expanded to outside of the hospital to provide jail-based restoration; and the admission waitlist was decreased 60% resulting in the admission wait time under 30 days from 90+ days.

This year has taken us on the start of the journey to a Trauma Informed Care organization. Learning and understanding the story behind those we treat is important as it will guide the individualized treatment plan and encourage compassion and empathy through our words and actions during our interactions. Trauma Informed Care allows us to take treatment to the next level. As evidenced

through research, trauma informed care organizations have a greater impact on the overall success of the individual and typically lead to higher overall job satisfaction.

The Joint Commission surveyors arrived in September with the goal of finding ways we can be better. We finished with an excellent survey rating and as promised, found ways we can be better in documentation, treatment plans, quality improvement, peer review, and continued ligature risk improvements.

For the first time, we were witness to a rarity in the state of Indiana. The state engaged in a compensation study, which revealed the need for adjustments to employee salaries, as many were below the current market range. With much anticipation of the new salary adjustments, the compensation study results were released, and salaries letters were received by staff.

Although this year has been one of challenges, ups and downs, and change, I hope each of you take a few moments to reflect on all your blessings and be reminded that together we can overcome any challenge and most importantly together we will do great things.

Welcome

Thomas Bryan, Nursing
Melvina Drake, Nursing
Dorothy Lingafelter, Nursing
Dinah MaVeety, Nursing
James Perry, Nursing
Virginia Scheer, Nursing

Cyrenna Seibert, Nursing
Jennifer Stone, Nursing
Nenita Villanueva, Nursing
Meredith Woods, Nursing
Robyn Parkhill, Continuum of Care
Tammy Fulcher, Continuum of Care

David Holder, Physical Plant
Johnathon Marshall, Physical Plant
Sarah Pugh, Rehab Therapy
Alex Markle, Information Technology
John Peck, Security



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.



988 suicide prevention lifeline

A new crisis number, 988, went into effect on July 16. This number will automatically connect callers to the National Suicide Prevention Lifeline (1-800-273-8255 or 1-800-273-TALK). 988 was created to work like 911 giving callers who are having a mental health emergency access to immediate resources that can help them.

Sensory fair

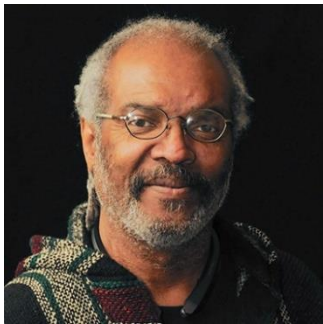
By Occupational Therapist Miranda Kolley, MSOTR/L CLT

Occupational Therapy students from the University of Southern Indiana hosted a sensory fair on Friday, Oct. 21 in the Treatment Mall. Six stations were offered to bring awareness to the sensory systems of sight, taste, touch, smell, auditory and movement. Patients had fun with the hands-on approach as they guessed smells from jars, shook bottles filled with rice, and handled textured items including pasta, loofahs, bean bags, and scouring sponges. A popular station involved the sampling of salty chips, sweet Oreo cookies, savory cheese, and sour candy. The excitement of the event had many talking and distracted at the beginning of the session. However, many found that using their senses could help regulate their emotions. Noteworthy was the calm environment at the conclusion of the 45-minute program.

Special thanks to the students and faculty from USI!



Recovery voices are powerful



Ray Charles Lay, CHW/CRS visited the hospital on Friday, Oct. 28 to present NAMI’s “In Our Own Voice” program. Approximately 100 patients and staff were in attendance for this open and personal perspective of living with a mental health condition. Ray shared his story of living with schizophrenia for over 50 years with periods of homelessness, incarceration, and hospitalization. He noted that things improved when he was able to “accept my condition and educate myself.” His message was powerful and inspiring stating that individuals with mental illness “do thrive, do survive, and do recover,” and he encouraged participants to lean on the staff at the hospital to help them and be patient with themselves and others. Ray also reminded everyone that recovery is an ongoing process and that all are worthy of going through the process. He is an advocate for peer support and wishes for people with mental

health conditions be treated as just people.

Ray has achieved many things in recent years and is a homeowner, works with fellow veterans and the courts, and trains correction and police officers on mental health issues. Ray currently serves on the NAMI Board of Directors and is active by serving on the Justice Systems, Equity, Diversity & Inclusion committee, Public Policy Workgroup, and Youth and Young Adults Mental Health Outreach Workgroup. He is the recipient of several awards including the NAMI Indiana Mary Wheaton Award, Diamond Service Award, and Community Champion Award from the Corporation for Supportive Housing. Presentations like his by NAMI members help to reduce stigma and reform criminal justice involvement for people with mental health issues.



Campus closure

The hospital campus is closed to vehicles and pedestrians while a drainage project occurs through Dec. 9 which is subject to change because of weather or project delays. Visitors and donations can still be dropped off at the front main hospital entrance. Please come in from the Lloyd Expressway at the Stockwell traffic light. Take the road between the American Red Cross and Stepping Stone to the staff parking lot. Drive around the hospital building via the east ring road to the visitor parking lot and front main entrance. Thank you for your patience during this massive construction project.

State Employees' Community Campaign

Employees were engaged in various SECC activities over the past two months to promote the annual campaign. FSSA's board game theme carried over in our hospital activities with references to Monopoly. A virtual tug of war took place with hospital SECC committee members beating the mock BMW team. A collection for the Peace Zone the first week of October garnered over 70 individual snack items, office paper, file folders, paint, glue, pens, and canvas which was delivered to the local center. Employees voted by coin and cash donations for the cutest animal residing at *It Takes a Village Canine Rescue*. Donuts, breakfast muffins, baked goods, rice crispy treats, and homemade desserts were sold throughout the campaign. Special activities brought in over \$570 for charities. Special thanks to the 2022 SECC Committee members **Lori Ellerbrook, Angie Paul, Tiffany Spidell, Michelle Martin, Kristen Blikken, Theresa Woerz, Janetta Skelton, Chrissy James, Sarah Rush, and Melinda Combs.**



Unit staff participated in Tuesday Twinning by dressing alike. Pictured from left to right is Josh Horton, Linda Curl, Richele Bolin, Tessa Chapman, and Sarah Rush

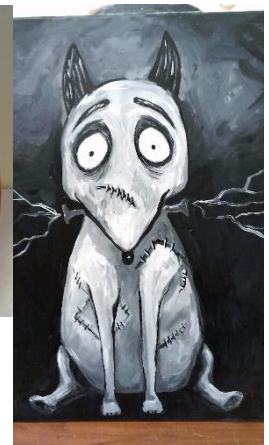


Pictured is Calli, a 9-year-old calico, voted the cutest by ESH employees

Raising funds

Several activities within the hospital have benefited the hospital's Patient Recreation Fund. \$546 was raised from a Halloween auction with five sculpted pumpkins and five paintings. Twelve contest pumpkins from employees of Solaris Salon and Spa raised an additional \$201.

A Christmas Sale will take place Nov. 16 with new and homemade crafts, holiday gifts, and cute trinkets. All proceeds will benefit the Patient Recreation Fund to help with special programming needs and hospital wide patient activities.



Goodbye

Kimberly Shoulders, Nursing
Kameron Trinh, Nursing
Zion Stewart, Nursing
Jared Tepool, Nursing
Angela Holder, Nursing
Candice Gates, Nursing
Curtis Turney, Nursing

Michael Jones, Physical Plant
Nickolas Cave, Physical Plant
Donna Washington, Transitional Care
Richard Weber, Nursing
Janet Williams, Nursing
Mary McBride, Nursing
Kathy Barnett, Nursing

Mary McBride is pictured with co-workers on her last day, September 27. Congratulations on your retirement after 35 years of service!



TIC principle #5: Empowerment, Voice, & Choice

Submitted by Staff Development Director Angie Paul

Staff training on TIC Principle #5: Empowerment, Voice, & Choice was launched in October.

Empowerment is defined as “the process of becoming stronger and more confident, especially in controlling one’s life and claiming one’s rights.” Voice is defined as “the right to express an opinion” and choice is defined as “the right or ability to make, or possibility of making, such a selection”.

So, what does empowerment, voice, and choice look like in our hospital? For patients, it means being an active participant in the decision-making process regarding their care. Patients’ input on their treatment plans and patient representation on committees are also examples. For staff working with patients, it means meeting the patients where they are at, appreciating the patients’ perception of their situation, and viewing the patients’ response to the impact of their trauma as adaptive.

Staff are facilitators of recovery rather than controllers of recovery. Staff, just like patients, also need empowerment, voice, and choice. Staff can feel empowered by information readily relayed to them about policy and procedures, by having input into those policy and procedures, and by their voices being heard. The TIC Feedback/Process Sessions staff participated in this year are an example of the opportunity to be heard.

Hats off to the TIC Superusers who facilitated the TIC Feedback/Process Sessions this year: **Kristen Blikken, Dr. Braun, Tessa Chapman, Jason Hunter, Donna McCall, Terry Oxford, and Mary Lou Petrisko. Special thanks to Dr. English, Dr. McDonner, and Dr. Pugh.** A huge thank you goes to staff for providing feedback and being willing to lend your voice on topics that concern you. Training on principle #6: Cultural, Historical, and Gender Issues will begin in December. Our culture, history, and gender greatly influence how we perceive events, and the perception of events is crucial to our experience of trauma.

References: Brown, S.M., Baker, C.N., and Wilcox, P. (2012). Risking connection trauma training: A pathway toward trauma-informed care in child congregate care settings. *Psychological Trauma: Theory, Research, Practice, and Policy*, 4 (5), 507-515.

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Substance Abuse and Mental Health Services Administration (SAMHSA). (2014). SAMHSA’s concept of trauma and guidance for a trauma-informed approach. Retrieved from https://ncsacw.acf.hhs.gov/userfiles/files/SAMHSA_Trauma.pdf

Christmas Gift Opening Parties

River Birch Dining Room from 9-10:30 a.m.

December 12 – G unit

December 13 – D unit

December 14 – F unit

December 15 – C unit

December 16 – E unit



- ball caps (Velcro or snap back fasteners)
- pajamas and house shoes (medium-XXL, sizes 12-14)
- digital and analog watches (easy read – large numbers)
- holiday gift wrap, tissue paper, and new or gently used holiday gift bags

Donations can be dropped off at the main hospital entrance through Dec. 12.

- t-shirts, sweatsuits and hoodies (sizes small-XL; 2X-4X)
- zipped jersey jackets
- cargo pants and jeans, belts (34-40W/30-34L)
- crew socks for men (extended sizes 12-14)
- stationery sets (writing paper/envelopes)
- adult coloring books, activity puzzle books, color markers, playing cards, Uno, Skip-bo, Magic: The Gathering game cards
- Gift cards -Walmart, Target, Shoe Carnival, Amazon

If you can help, contact Theresa in Community Services at 812-469-6800, ext. 4972.