



Georgia Department of
Behavioral Health & Developmental Disabilities

ECRH Bulletin

VOLUME 12, ISSUE 16

FEBRUARY 29, 2016

East Central Regional Hospital

Special points of interest:

- Art Show Awards Program
- Safety Care Tidbit
- Blood drive Honor Roll
- WRAP Seminar
- What's in a Month
- ECRH Jobs List

"Well done thou good and faithful servant."

Matthew 25:21

Inside this issue:

New Employees	3
Self Injurious Behavior	5
Pharmacy Notes	6
Safety Shop	7
Occupational Health	8,9
Training at a Glance	10-12
Out & About	13
March Birthdays	14,15

Tidbits of ECRH History

On Friday morning, February 19, 2016, Brian Mulherin passed away. On Sunday, February 21st, Bill Kirby's column in the *Augusta Chronicle* paid homage to Mr. Mulherin and Mr. Kirby has graciously allowed the *Bulletin* to reprint his column here. Thank you Mr. Kirby, for you have said it very well. We will miss you Brian.



Brian Mulherin had that great voice. The long-time Augustan who passed away Friday at age 92 leaves many good memories, but I can't forget the way he sounded.

Gracious. Warm. Unhurried. As smooth as something you'd spread on a biscuit.

His voice was so distinctive. I mention the latter because in 25 years, it was the only one Pat on our newsroom switchboard seemed to know without asking.

"He called and asked for you," she'd tell me as I came through the door, "...left a message on your desk phone."

She never had to tell me who "he" was.

"He" was Brian, and "he" was calling to thank me for something I'd done, or to offer a compliment for something I'd said.

Now here is the remarkable thing. The rare thing.

I don't know that over the past four decades he ever asked me for anything in return.

No favors. No requests to cover this or write up that. Just being nice. A true gentleman. A great friend.

He was just being Brian Mulherin, as if that was the easiest thing in the world, when we all know such behavior isn't.

I smile at the memory of the last time I saw him at a public function - the big *Augusta Magazine* party last fall at Sacred Heart Cultural Center.

Here was a man in his 90s, with his lovely wife Neita on his arm, introducing me to people I might not know, but that he did.

Of course he did.

He knew everybody, and everybody knew him. He seemed to think it was his job - his mission - to connect us all to each other.

He was a master of such ceremonies.

(Continued on page 2)

Tidbits of ECRH History

(Continued from page 1)

What a talent. What a gift. And what a résumé.

Brian Mulherin served Augusta like few before him. All those years as a leader at Georgia Regional Hospital and later a volunteer at Gracewood. All those years with the Augusta Red Cross. Years in the Army and the Reserves. All the public appearances and civic work. All those decades he served as a Santa Claus "helper". He started doing that in the 1950s, and later told a *Chronicle* reporter he wore out three Santa suits.

"It's something I enjoy doing because I like to make kids and their parents happy. It makes me happy to make them happy."

Who talks like that? Who acts like that?

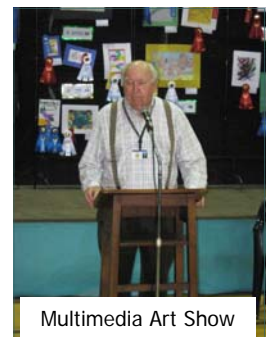
Brian Mulherin did.

Now he is gone and our community is diminished.

At least it was blessed for 92 years by a singular gentleman who gave us a living example of how to take each day and treat each person with whom we come into contact.

We might not reach his level, but in trying, we will certainly make our town a better place, much as he did. Remarkable.

Some pics of Brian from his 90th Birthday party and other functions.



From the Desk of the RHA - Paul Brock



Outstanding CMS Annual Recertification Survey

On February 1, East Central Regional Hospital had surveyors arrive on the Gracewood Campus for the ICF/IID Annual Recertification Survey. They arrived with a seven-member survey team, met with the RHA, Clinical Director, and Associate RHA and provided us with their overall two-week survey schedule. They immediately requested our individual roster along with their diagnosis. The surveyors completed environmental rounds on the day program, residential areas, and the laundry. Immediately following these rounds, the surveyors requested numerous reports including 12 months of Incident Reports, Fire Drills, along with identified lists of individuals requiring hospitalization, psychotropic medications, special observation levels, and adaptive equipment. Surveyors reviewed staff rosters, medication schedules, observed medication passes, and active treatment. Fire Marshall's arrived and completed a Life Safety Code review with the Safety Officer. During the second week, surveyors continued to conduct unit observations of medication passes, meal temperatures and deliveries. They conducted extensive chart reviews, evaluating progress notes, ISP goals and objectives, and even contacting family members to determine their level of satisfaction with the facility services.

Now, you may ask "why are you providing me with this level of detail?" The Executive Team believes it is imperative that each of you understand the level of inspection and thoroughness that was provided in the examination of the services that each of you provide daily to the individuals served. It also provides you with a deeper appreciation for the excellent service that was recognized by this survey team. At the conclusion of this extensive facility review, the survey team wanted to thank every one of you for your marvelous hospitality and for the outstanding care that each of you provide to our individuals. Special recognition was given to the Incident Management staff, Mr. Matt McCue, and the Dietary Services staff. Ms. Smith, RN, Survey Team Leader stated, "The

(Continued on page 4)

New Employees



Front Row(L-R): Pernell Rutledge, CNA; Annunetta Smith, HR Assistant; Samuel Scott, HST; Latraille Dixon, HST

Back Row(L-R): Dennis Mayhand, HST; Donald Powell, LPN; Cameron Hooks, HST; Charlene Moreland, LPN

Front Row(L-R): Ebony Lovett, LPN; She'eere White, HST; Joyce Richards, RN; Elizabeth Black, CNA

Back Row(L-R): Courtney Ramey, Housekeeping; A'Tonya Thomas, CNA; Melvin Jones, Laundry



WELCOME!

From the Desk of the RHA - Paul Brock

care provided to the individuals at Gracewood has vastly improved and it shows". Congratulations to each of you for contributing to the exceptional improvement in the continuity of care brilliantly reflected in this nine-day survey. Thank you all for the care you provide and for a job well done!

*Sincerely,
Paul Brock*

Great Job!

27th

Annual Multi-Media Art Show Awards Program



When: March 2nd 2016

Where: ECRH Gymnasium

Time: 10am - 12pm

Self Injurious Behavior



What is it?

Self-injury, also known as cutting or self-mutilation, occurs when someone intentionally and repeatedly harms herself/himself. The method most often used is cutting but other common behaviors include burning, punching, and drinking something harmful, like bleach or detergent.

It's estimated that about two million people in the U.S. injure themselves in some way. The majority are teenagers or young adults with young women outnumbering young men. They are of all races and backgrounds.

Self-Injury is also termed self-mutilation, self-harm or self-abuse. The behavior is defined as the deliberate, repetitive, impulsive, non-lethal harming of

one's self. Self-injury includes: 1) cutting, 2) scratching, 3) picking scabs or interfering with wound healing, 4) burning, 5) punching self or objects, 6) infecting oneself, 7) inserting objects in body openings, 8) bruising or breaking bones, 9) some forms of hair-pulling, as well as other various forms of bodily harm. These behaviors, which pose serious risks, may be symptoms of a mental health problem that can be treated.

- **Warning Signs.** Warning signs that someone is injuring themselves include: unexplained frequent injury including cuts and burns, wearing long pants and sleeves in warm weather, low self-esteem, difficulty handling feelings, relationship problems, and poor functioning at work, school or home.
- **Incidence & onset.** Experts estimate the incidence of habitual self-injurers is nearly 1% of the population, with a higher proportion of females than males. The typical onset of self-harming acts is at puberty. The behaviors often last 5-10 years but can persist much longer without appropriate treatment.
- **Background of self-injurers.** Though not exclusively, the person seeking treatment is usually from a middle to upper class background, of average to high intelligence, and has low self-esteem. Nearly 50% report physical and/or sexual abuse during his or her childhood. Many report (as high as 90%), that they were discouraged from expressing emotions, particularly anger and sadness.
- **Behavior patterns.** Many who self-harm use multiple methods. Cutting arms or legs is the most common practice. Self-injurers may attempt to conceal the resultant scarring with clothing, and if discovered, often make excuses as to how an injury happened.
- **Reasons for behaviors.** Self-injurers commonly report they feel empty inside, over or under stimulated, unable to express their feelings, lonely, not understood by others and fearful of intimate relationships and adult responsibilities. Self-injury is their way to cope with or relieve painful or hard-to-express feelings, and is generally not a suicide attempt. But relief is temporary, and a self-destructive cycle often develops without proper treatment.
- **Dangers.** Self-injurers often become desperate about their lack of self-control and the addictive-like nature of their acts, which may lead them to true suicide attempts. The self-injury behaviors may also cause more harm than intended, which could result in medical complications or death. Eating disorders and alcohol or substance abuse intensify the threats to the individual's overall health and quality of life.

Please visit for more information <http://www.mentalhealthamerica.net/self-injury>.

Pharmacy Notes



"Pharmacy for Nurses" Class:

ALL nurses are encouraged to attend the
"Pharmacy for Nurses" class:



Gracewood Campus - Building 103B:

during New Employee Nursing Orientation

March 2, 2016

March 16, 2016

March 31, 2016

1:30pm – 2:30pm

**Please contact Casandra Roberts or Adeola Oke
 in the Pharmacy for more information (ext. 2496)**

ECRH Incident Management Hotline Procedure

The purpose of this Hotline is to establish an alternate means of reporting incidents in a timely manner. The Hotline is to be utilized by any employee, contractor, family member, visitor and volunteer that may feel uncomfortable reporting an incident or allegation of abuse, exploitation or neglect in person. This is an alternate reporting system and by no means replaces the current protocol outlined in the Incident Management Policy.

Hotline Number:

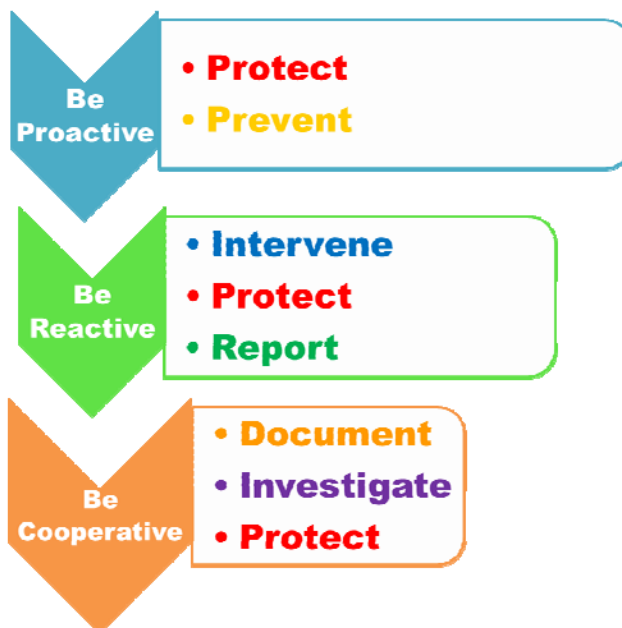
(706)
 7150



945-

PRIDE IN PLACE - It Starts with Me

"If you change the way you look at things,
 the things you look at change." - Wayne Dyer

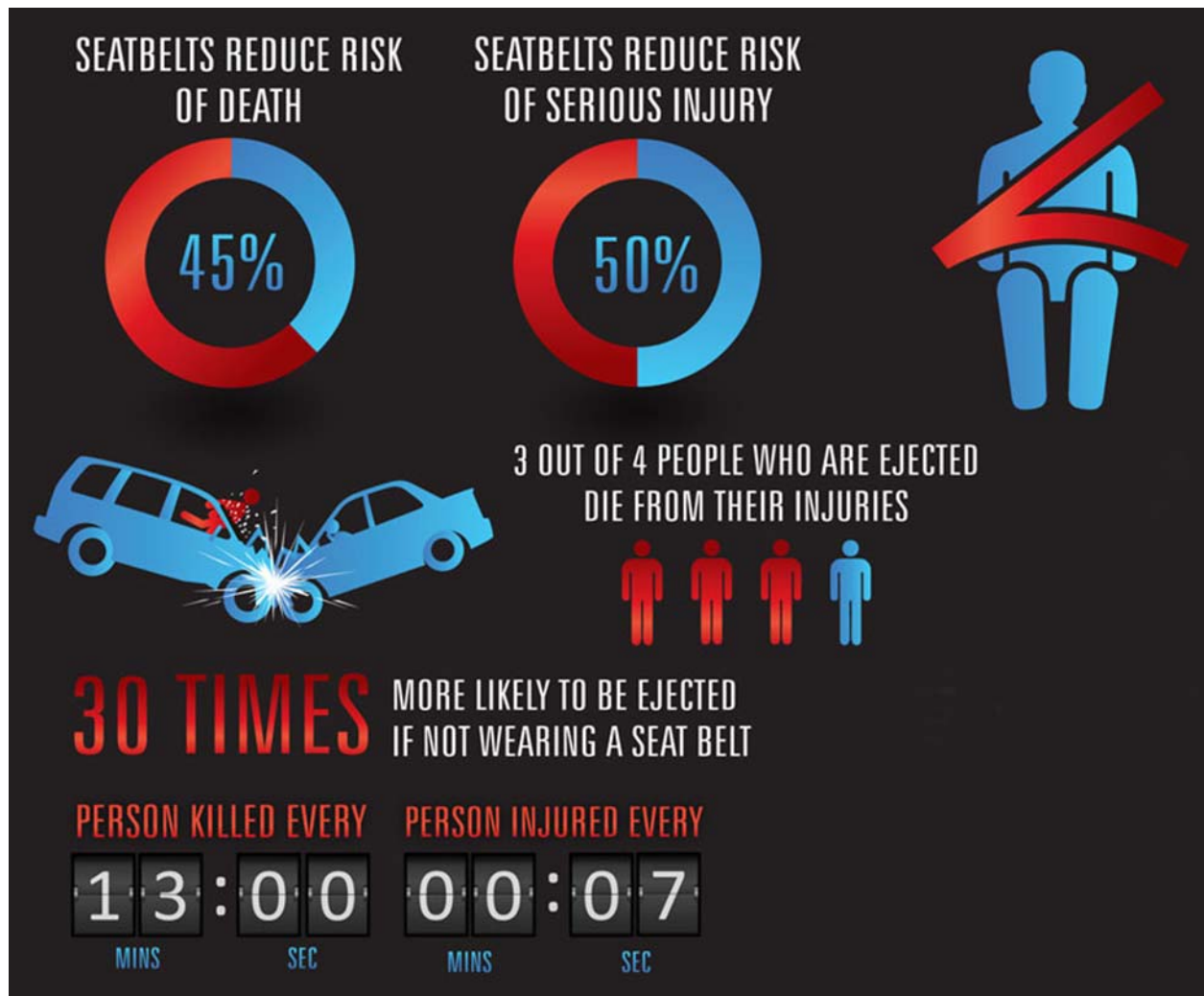


Safety Shop - Seatbelts

As we all know, it is a State law as well as a State policy that you and all of your occupants are to wear a seat belt while you are in a vehicle. I am still finding a lot of State vehicles that are in violation of the Transportation policy by occupants not wearing their seatbelts. **Citations will be given if you or your individuals are caught in a state vehicle not wearing seatbelts.**

Below are some statistics of injuries or deaths related to not wearing your seatbelt. As you can see, the percentage of injury is very high. Think of it this way, would you drive a van load of toddlers around without having them seat belted in?

Be Safe and make sure to buckle up.



HELP ME HELP YOU make ECRH a safe place for our individuals, visitors, and staff. For safety related issues, contact Kenneth Hillman at 790-2400.

Occupational Health - Healthy Hearts



Why do you need to keep a healthy heart? - Heart disease is the #1 cause of death in men and women, greater than the next five causes of death combined! According to the latest estimates by the American Heart Association, over 64 million Americans have one or more forms of cardiovascular disease (CVD).

There are ways to significantly lower your chances of developing heart disease and reverse the effects of a current heart condition you may or may not be aware of. Lower cholesterol, triglycerides, homocysteine, and CRP levels are a start to promoting healthy hearts. With a few lifestyle changes along with a heart healthy diet and exercise regimen, you can maintain a healthy heart for life!

Risk Factors Heart Disease - Learning the risk factors of heart disease is the first step towards lowering your chances of having a heart attack, stroke, or similar health condition. Although you may have a genetic predisposition, there are many dietary and lifestyle changes you can implement to not only reduce the risk, but actually reverse the damage of heart disease.

There are four blood indicators you need to be concerned with, and all are important risk factors for heart disease. The next time you get a blood test, insist that your doctor also check your triglycerides, homocysteine, and CRP levels in addition to your cholesterol...it could save your life!



High cholesterol: High cholesterol, specifically LDL, can clog your arteries and lead to a heart event. Interestingly, only 20% of your body's cholesterol comes from your diet...the other 80% is manufactured by your liver. So even if you follow a low cholesterol diet, you might still have high LDL, which is why you need to have your levels checked.

Triglycerides: Triglycerides, or fats, are directly influenced by what you eat, and are one of the major heart disease risk factors. Triglycerides thicken your blood, increasing the risk of clotting and blockage.

Homocysteine: An abnormal protein that can damage your arteries if not cleared out of your system properly. This risk of heart disease is caused by a lack of B Vitamins (Folic Acid, B6, B12) in your diet. Most of us get an ample supply of B Vitamins, and needn't worry too much about high homocysteine levels. However, vegetarians should be concerned about this condition.

C Reactive Protein: C Reactive Protein, known as CRP, is a measure of inflammation in the blood. Studies show that CRP is a very accurate predictor of future heart problems, and may double your chances of having a stroke. Anti-inflammatories can treat elevated CRP levels.

Ways to Lower Your Risk of Heart Disease:

1. **FOLLOW A HEART HEALTHY DIET** - Limit intake of trans fats and hydrogenated oils found in margarine, fast food, fried food, etc., Limit refined sugar intake from cakes, cookies, candy, etc., Use extra virgin olive oil and garlic in cooking - they can lower cholesterol, and Add Omega 3 Fatty Acids to your diet - the best source is Fish Oil.
2. **EXERCISE REGULARLY** - Try to exercise 3-4 times per week, for at least a half hour at a time., keep your routine going, and start off slow - always stretch before and after training., keep yourself hydrated/ rest between sets.
3. **LEAD A HEALTHY LIFESTYLE**- You should also try to do the following: stop smoking / avoid second hand smoke, limit intake of alcohol - excessive alcohol can deplete your body's supply of vitamins and other nutrients., reduce stress and anxiety, keep your weight within recommended limits.

(Continued on page 9)

Occupational Health - Healthy Hearts

(Continued from page 8)

4. KEEP TABS ON THE (4) BLOOD INDICATORS OF DEVELOPING HEART DISEASE - Make sure you get tested for increased cholesterol, triglycerides(fat), homocysteine and C Reactive Protein levels, and follow protocols to reduce if elevated.

Information Taken From: healthy-heart-guide.com



Safety Care Tidbit - Differential Reinforcement

Differential Reinforcement (DR) is a way to reinforce positive behavior instead of challenging behavior. If we do that then the challenging behavior will probably happen less often.

How to use DR

- Identify and define the specific challenging behavior
- Praise and reinforce the individual when not engaged in the challenging behavior.
- Withhold attention and reinforcement when the individual is engaged in challenging behavior.

Ways of Delivering DR

Continuous DR: When one staff person stays with one individual to provide reinforcement and praise when the challenging behavior is not happening, even for just a few seconds.

Random DR: When we catch an individual or several individuals not engaged in the challenging behavior we provide praise and reinforcement.

Structured DR: When expectations are set and reinforcers are identified for individuals. As the individual meets the expectation (goal) he/she will then receive the reinforcer (i.e., stickers, personal time, TIP points or any other item/activity that the individual may value, that was previously identified). Schedules, point sheets and checklists can help the individual to keep track of the expectations (goal) and the reinforcers.



Training at a Glance - March

Class	Date	Time	Place
NEO Principles of Recovery	3/1/2016	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
Updated Safety Care Level #1	3/1/2016	8:00 a.m.-2:30 p.m.	BLDG 99F
MH-Incident Management Annual	3/1/2016	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	All will be in BLDG 99L
CPRC	3/1/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C ROOM C-23
DD-Incident Management Annual	3/1/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	Bldg. 20 Gracewood Bldg. 20 Gracewood Bldg. 20 Gracewood Bldg. 20 Gracewood
Updated Seizure Management	3/1/2016	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO Infection Control and Prevention+Handwashing	3/2/2016	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
MH-Incident Management Annual	3/2/2016	8:00 a.m.-10:00 a.m. 10:00 a.m.-11:30 a.m. 1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	All will be in BLDG 99L
EMR Nursing	3/2/2016	8:00 a.m.-1:30 p.m.	BLDG 103-C Room C-18
NEO PBS Training	3/2/2016	8:00 a.m.-12:00 p.m.	BLDG 20 Gracewood
DD-Incident Management Annual	3/2/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m. 4:30 p.m.-6:30 p.m.	Bldg.103-C, Lab Bldg.103-C, Lab Bldg. 20 Gracewood Bldg. 20 Gracewood BLDG 103-D E&R
Ostomy DD Training	3/2/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
First Aid	3/2/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	3/2/2016	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Infection Control and Prevention+Handwashing	3/3/2016	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-D E&R
NEO Safety Care Level #1	3/3/2016	8:00 a.m.-4:30 p.m.	BLDG 99F
NEO Safety Care Level #2	3/4/2016	8:00 a.m.-12:00 p.m.	
	3/3/2016	8:00 a.m.-4:30 p.m.	BLDG 99L
	3/4/2016	8:00 a.m.-4:30 p.m.	
	3/7/2016	8:00 a.m.-12:00 p.m.	
CPRA	3/3/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C ROOM C-23
First Aid	3/3/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
Updated PNS Professional	3/3/2016	1:00 p.m.-3:00 p.m. 3:00 p.m.- 5:00 p.m.	BLDG 103-C Lab

Training at a Glance - March

Class	Date	Time	Place
DD-Incident Management Annual	3/3/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	Bldg. 20 Gracewood Bldg. 20 Gracewood Bldg. 20 Gracewood Bldg. 20 Gracewood
Infection Control and Prevention+ Handwashing	3/4/2016	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Lab
DD-Incident Management Annual	3/4/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	All will be in BLDG 103-D E&R
Updated PNS End User	3/4/2016	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-C Room C-23
MH-Incident Management Annual	3/4/2016	8:00 a.m.-10:00 a.m. 10:00 a.m.-11:30 a.m.	All will be in BLDG 103-C ROOM C-23
Updated Seizure Management	3/7/2016	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
CPRC	3/7/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C ROOM C-23
Updated PNS Professional	3/7/2016	1:00 p.m.-3:00 p.m. 3:00 p.m.-5:00 p.m.	BLDG 103-C Lab
MH-Incident Management Annual	3/7/2016	8:00 a.m.-10:00 a.m. 10:00 a.m.-11:30 a.m.	All will be in BLDG 103-C Lab
Updated Safety Care Level #2	3/8/2016 3/9/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
Infection Control and Prevention+ Handwashing	3/8/2016	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-D E&R
MH-Incident Management Annual	3/8/2016	8:00 a.m.-10:00 a.m. 10:00 a.m.-11:30 a.m. 1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	All will be in BLDG 99F
Updated PNS End User	3/8/2016	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-C Lab
NEO CPRA	3/8/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
NEO CPRC	3/8/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO First Aid	3/8/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care Level #1	3/9/2016	8:00 a.m.-2:30 p.m.	BLDG 99F
MH-Incident Management Annual	3/9/2016	8:00 a.m.-10:00 a.m. 10:00 a.m.-11:30 a.m. 1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	All will be in BLDG 103-C Lab
First Aid	3/9/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23

Training at a Glance - March

Class	Date	Time	Place
CPRA	3/9/2016	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO Medical Emergency Response System	3/9/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO Seizure Management	3/9/2016	12:30 p.m.-2:30 p.m.	BLDG 103-D E&R
MH-Incident Management Annual	3/10/2016	8:00 a.m.-10:00 a.m. 10:00 a.m.-11:30 a.m. 1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	All will be in BLDG 99F
CPRA	3/10/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
First Aid	3/10/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Defensive Driving	3/10/2016	8:00 a.m.-2:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care Level #2	3/10/2016 3/11/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO Observation of Individual to Ensure Safety	3/10/2016	8:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Seclusion and Restraint	3/10/2016	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
NEO Therapeutic Incentive Program	3/11/2016	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
MH-Incident Management Annual	3/11/2016	8:00 a.m.-10:00 a.m. 10:00 a.m.-11:30 a.m. 1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	All will be in BLDG 99F
Updated Safety Care Level #2 (Weekend)	3/12/2016 3/13/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO PNS Professional	3/14/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO PNS End User	3/14/2016	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Defensive Driving	3/14/2016	8:00 a.m.-2:30 p.m.	BLDG 99F
MH-Incident Management Annual	3/14/2016	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	All will be in BLDG 103-C Room C-23
Updated Safety Care Level #2	3/14/2016 3/15/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
MH-Incident Management Annual	3/15/2016	8:00 a.m.-10:00 a.m. 10:00 a.m.-11:30 a.m. 1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	All will be in BLDG 99F
First Aid	3/15/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	3/15/2016	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Seizure Management	3/15/2016	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	Bldg. 103-D E&R

Out & About

Red Cross Disaster Drill



Camellia Black History Celebration



March Birthdays

March 1	Amber K. Hayes Barbara A. Martin	March 14	Rohelia E. Okeys John Douglas Pearson
March 2	Amanda C. Brooke Tracey L. Evans Milledge Tyler	March 15	Thelma M. Ross Jeffrey W. Carson Ronald M. Watson
March 3	Tyandra D. Rackins	March 16	Shameeka T. Webster Nakia K. Graham Robyne Denise Jackson
March 4	Vincent B. Averhart Christine Rosetti Collins Kimberly J. Evans Lola S. Hopkins Erica Denise Williams	March 17	Carletta Michelle Lewis Nechelle O. Logan Tony Brooks Chelsea M. Carson
March 5	Jeanette Burdett	March 18	Sequoia Elite Hatcher Graham Stephanie M. Johnson Elizabeth C. Porter
March 6	Debra E. Chenault Summer R. Steele	March 19	Michelle Osborne Danny J. Robinson Stephanie N. Armand
March 7	Dominique C. Gilchrist Vanessa M. Miller Camerlitta M. Shooks-Berry	March 20	Terri D. Hattaway Paul Edward Benjamin Chanda R. Coleman
March 8	Malika J. Lodge Bethany L. Nixon	March 21	Nessie M. Davis Joyce Ann Gathers Omaira Estela Raiford
March 9	Jennifer L. Alexander	March 22	Annette Devoe Walker Velma H. Goodson Nina M. Kemp
March 10	Yvonne M. Hicks Geri Agneta Kemp Sara N. Rogers Jimmie Small	March 23	Takisha N. Richburg Karen Walker Nancy A. McFerrin
March 11	Claudia Marie Frazier Michelle R. Furse Donald Lee Pyle Samuel Lee Scott III Sherry Louise Wilson	March 24	Natalie M. Brinson Freda M. Hughes Annunetta Smith Fannie P. Chester
March 12	Steven L. Miller		Kim D. Cunningham Teresa A. Morgan Deborah Deanne Gunnin
March 13	Earnest W. Brown Denise W. Echols Yolanda Jenkins Nitarshi S. Landburg Delores W. Lewis		Yolanda K. Evans Tracy D. Howard
March 14	Marvin Dunnom Christina N. Hall Jayquan R. Lewis Mattie Lou Lyons		

More March Birthdays

March 24	Ranardia Caroline Gaillard
March 25	Lawanda M. Collins
	Lizzie B. Henry
	Annie M. Hill
	Tina A. Landy
	Georgene Mashel Tolbert
	Victoria R. Walker
	Damien R. Willis
	Courtney Allison Moody
March 27	Jessica D. Garrison
	Joni Lee Gill
	Clarence O. Johnson III
March 28	Juanita Allen
	Erin M. Klosson
March 29	Marcus D. Callender
	Clara T. Jenkins
	Florence D. Townson
	Monica L. Wilson
March 30	Robert W. Adams
	Mary A. Bennett
	Shanica S. Boatner
	Carol Coleman-Dougherty
	Uzella Jackson
	Felicia Dubose Jenkins
	Cynthia Liller Doss
March 31	Alexander E. Brinson
	Kenya Dennison
	Tanaysa T. Green

Don't forget your PPD!



Blood Drive Honor Roll



Angela R. Feeser

Debra P. Brizius

Louis M. Scharff

Wanda J. Boone



WRAP Seminar

A two day WRAP (Wellness Recovery Action Plan) seminar was held on February 17th & 18th. This two day training session is the training pre-requisite for attending the 5-day WRAP Facilitator training course.

The session reviews the key concepts for mental health recovery (hope, personal responsibility, education, self-advocacy, and support) and walks participants through the different components of WRAP. All sections of WRAP development (Wellness Toolbox, Daily Maintenance List, Triggers, Early Warning Signs, When Things are Breaking Down, Crisis, and Post Crisis Plans) are thoroughly reviewed. Additionally, this workshop presents and discusses other topics important in mental health recovery (including, but not limited to, self-esteem, peer support, work related issues, trauma, living space, and lifestyle).

The instructors were Barry D. Jones, Denis Mack (not in picture), and Vanessa Dunton. The participants were Tamara Comb, Clayton Andrew, Charles Bickley, Pat Capers, and Loretta Ray.



Thanks!

Thank you to Anthony Clarke for assisting Medical Records in getting items out of a water damaged room on the spur of the moment!



Language Line Services

ECRH's Language Access Coordinator is Cindy White. The LAC ensures that both language and sensory impairment needs of the consumers and families of East Central Regional Hospital are addressed. Did you know that Spanish is the second most spoken language in the United States? East Central Regional Hospital has two certified staff that speak Spanish. The hospital contracts with Latin American Translators Network, Inc. (LATN) for interpreting services for both language and sensory impairment needs.

If you have a consumer or family that needs interpreting services please notify the Language Access Coordinator, Cindy White, at 706-792-7006 for assistance. After hours, contact the Admitting/Receiving staff at 706-792-7006 so that arrangements can be made for interpreting. You can also e-mail Cindy White at Cynthia.White@dbhdd.ga.gov.

The Notice of Free Interpretation Services should be posted in all public and consumer areas. Language Line services may be used in emergency cases or when you have an immediate need for interpreting. To access the language line, follow the instructions below:

When receiving a call:

1. Tell the Limited English speaker to please hold.
2. Press the "Tap" button on the phone.
3. Dial 9-1- (866) 874-3972.
4. Enter on the telephone keypad or provide to the representative the 6 digit Client ID below:
 - * 6-digit Client ID: **5 1 3 3 0 8**
 - * Press 1 for Spanish
 - * Press 2 for all other Languages (Speak the name of the language at the prompt) an interpreter will be connected to the call.

You may press 0 or stay on the line for assistance.

5. Brief the Interpreter. Summarize what you wish to accomplish and give any special instructions.
6. Press "Tap" button to connect the Limited English speaker.

When placing a call to a Limited English speaker, begin at Step 2 above.

When a Limited English speaking person is present in the workplace:

1. Use the Gold Language Identification Card showing the geographical region where you believe the limited speaker may come from. The message underneath each language says: "Point to your language. An Interpreter will be called. The interpreter is provided at no cost to you."
2. Refer to the Quick Reference Guide to access an interpreter through Language Line Services.
3. If unable to identify the language, the representative will help you.

For more information you may visit the Language Line Services website at www.languageine.com.

What's in a Month?

March is...

Irish American Month	National Women's History Month	Hoops Madness
Music in Our Schools Month	Red Cross Month	Poetry Month
National Craft Month	Social Workers Month	Youth Art Month
National Frozen Food Month	Umbrella Month	Ethics Awareness Month
National Nutrition Month	Noodle Month	Help Someone See Month
National Peanut Month	Mirth Month	Kite Month

And...

<u>March 1</u> National Pig Day Peanut Butter Lovers' Day	Stop Smoking Day Girl Scouts Day Plant a Flower Day	Credit Card Reduction Day Fragrance Day Flower Day
<u>March 2</u> Old Stuff Day	<u>March 13</u> Ear Muff Day	<u>March 22</u> National Goof Off Day
<u>March 3</u> If Pets Had Thumbs Day I Want You to be Happy Day National Anthem Day Peach Blossom Day	Jewel Day <u>March 14</u> National Pi Day Learn About Butterflies Day National Potato Chip Day	<u>March 23</u> Melba Toast Day National Chip & Dip Day Near Miss Day
<u>March 4</u> Employee Appreciation Day Holy Experiment Day Hug a GI Day National Salesperson Day	<u>March 15</u> Dumbstruck Day Everything You Think is Wrong Day Ides of March Incredible Kid Day	<u>March 24</u> National Chocolate Covered Raisin Day
<u>March 5</u> Multiple Personality Day	<u>March 16</u> Freedom of Information Day Everything You Do is Right Day	<u>March 25</u> Pecan Day Waffle Day Good Friday
<u>March 6</u> Dentist's Day National Frozen Food Day	<u>March 17</u> St. Patrick's Day Submarine Day	<u>March 26</u> National Spinach Day Make Up Your Own Holiday Day
<u>March 7</u> National Crown Roast of Pork Day	<u>March 18</u> National Agriculture Day Goddess of Fertility Day Supreme Sacrifice Day	<u>March 27</u> Easter National "Joe" Day
<u>March 8</u> Be Nasty Day International Women's Day	<u>March 19</u> National Quilting Day Poultry Day	<u>March 28</u> Dyngus Day Something on a Stick Day
<u>March 9</u> Panic Day	<u>March 20</u> International Earth Day Extraterrestrial Abduction Day	<u>March 29</u> National Mom & Pop Business Owners Day Smoke and Mirrors Day
<u>March 10</u> Money Day Middle Name Pride Day Popcorn Lovers' Day	Proposal Day St. Joseph's Day	<u>March 30</u> National Doctor's Day I Am In Control Day Take a Walk in the Park Day
<u>March 11</u> Johnny Appleseed Day Worship of Tools Day	<u>March 21</u>	<u>March 31</u> Bunsen Burner Day National Clam on the Half Shell Day
<u>March 12</u>		

East Central Regional



Paul Brock

Regional Hospital Administrator

Matt McCue

Interim Associate Regional
Hospital Administrator, Gracewood

Dr. Vicky Spratlin

Clinical Director

Mickie Collins

Chief Operating Officer

Augusta Campus

3405 Mike Padgett Highway

Augusta, Georgia 30906

Gracewood Campus

100 Myrtle Boulevard

Gracewood, Georgia 30812

Harold "Skip" Earnest

Editor/Photographer

Kristen Burdett

Publisher

NOTICE

Items for publication must be submitted in written form. The upcoming issue's deadline is March 8, 2016. All articles and notices submitted for publication in the East Central Regional Hospital Bulletin are subject to editorial discretion. Please contact the Bulletin editor if you have questions regarding editorial decisions.



Our Mission

The mission of East Central Regional Hospital is to provide safe, competent and compassionate services to persons with mental illness and/or developmental disabilities.

Our Vision

The vision of our Facility is to be a center of excellence in the provision of comprehensive, responsive and compassionate care for consumers and their families.

Our Values

East Central Regional Hospital is caring and therefore, responsive to our consumers, their families, stakeholders and our employees through commitment to our core values:

Integrity

Communication & Collaboration

Accountability

Recognition through Relationships

Empowerment through Excellence



Accredited

by

The Joint Commission

Campus Marquees

Deadline for submission of

APRIL MESSAGES

March 24, 2016

Submit information to Skip Earnest

Gracewood Campus

Extension 2102

(Information must be submitted on or before the indicated date to be placed on Marquees for the following month.)

DBHDD Vision and Mission

Vision

Easy access to high-quality care that leads to a life of recovery and independence for the people we serve

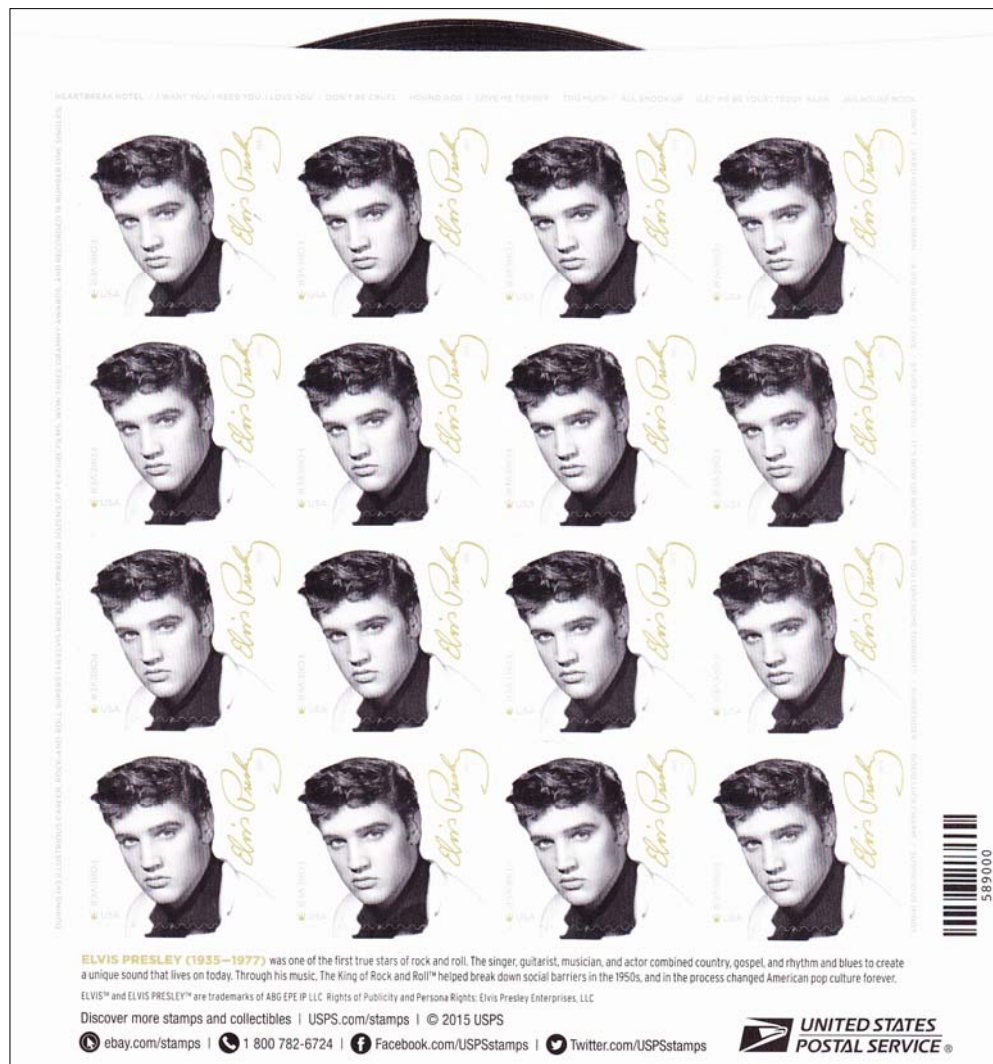


Mission

Leading an accountable and effective continuum of care to support Georgians with behavioral health challenges, and intellectual and developmental disabilities in a dynamic health care environment

Gracewood Post Office**Window Hours****M-F 10:00 am-12:30 pm****1:30 pm-4:30 pm****Sat 9:00 am-10:45 am**

Visit the Gracewood Post Office today and ask Frank Deas about renting a Post Office Box!



Available

Now!

GREAT RATES AND CASH BACK!

As much as

\$300

with rates as low as

1.9%!
APR¹!

Ask us for details!


peach state
FEDERAL CREDIT UNION
A Smart Place to Bank®

¹ APR: Annual Percentage Rate. The lowest rate available is 1.9% APR. Subject to credit approval. Rates subject to change without notice and may be higher based on term and/or qualifications. Must qualify for Peach State membership and loan. Vehicle return fee must remain the same. Peach State will finance up to 100% of the vehicle's value. All auto loans financed with another lender and with a minimum balance of \$10,000 are eligible. Maximum rebate is \$300. Rebate applies to the dollar amount of the loan and excludes all maintenance and all insurance products. Loan must remain at Peach State for 12 months; otherwise any rebate paid will be added back into the loan payoff. Offer requires automatic payment as described above. May not be used in combination with any other offer, and is void if on existing loans or Peach State loans. A \$30 loan application fee is charged for processing. When the loan is funded, the fee will be refunded back to your account. Offer may expire at any time.

ECRH Jobs List

For further information regarding these positions, please go to the DBHDD webpage at www.dbhddjobs.com.

[Activity Therapist - ECRH Forensics Treatment Mall - 190769](#)

[Activity Therapist - ECRH Forensics Treatment Mall - Days 198544](#)

[Activity Therapy Leader - ECRH Camellia Unit - 69154](#)

[Behavioral Health Counselor - ECRH PBS Team - 193820](#)

[Behavioral Health Counselor - ECRH Treatment Mall](#)

[Clerical Worker - MHS Admissions - Parttime 8:00p-4:30a](#)

[Client Support Worker - Community Integration Home - 11PM - 7:30AM - 181464](#)

[CNA - ECRH Camellia 2nd Shift - 69505](#)

[CNA - ECRH Camellia/SNF 1st Shift - 69200](#)

[CNA - ECRH SNF - FT 3rd Shift - 69639](#)

[CNA Lead - ECRH Camellia 11pm - 7:30am - 69899](#)

[Corporal - ECRH Hospital Security - 70799](#)

[Custodial Services Worker \(Part-time\) - Laundry - 151853](#)

[Dental Assistant 2 - ECRH - 68888](#)

[Dentist - Gracewood Campus 7:30am - 4:00pm](#)

[Director of Clinical Information Systems](#)

[Electrician](#)

[Food Service Supervisor - ECRH - 70105](#)

[General Trades Craftsman](#)

[Groundskeeper - ECRH - 1st Shift - 208498](#)

[Health Service Tech 1 - 7:00am - 3:30pm - Gracewood DDS Redbud - 69450](#)

[Health Service Tech 1 -3p - 11:30pm - Gracewood DDS Redbud - 69184](#)

[Health Service Technician 1 - Adult Mental Health - 1st Shift](#)

[Health Service Technician 1 - Adult Mental Health - 2nd Shift](#)

[Health Service Technician 1 - Augusta Mental Health Campus](#)

[Health Service Technician 2 Lead - Gracewood Camellia - 69493](#)

[Health Services Tech - 11:00pm - 7:30am - Gracewood DD Redbud](#)

[Health Services Technician 2 - Augusta Mental Health Campus](#)

[Housekeeper - ECRH - 70171](#)

[HVAC Repair Technician - ECRH Plant Operations - 70740](#)

[Instructor 1 - Intermediate Care Facility/MR Treatment Mall - 69061](#)

[Laundry Supervisor - ECRH - 70200](#)

[Laundry Worker - ECRH - 69933](#)

[Laundry Worker - ECRH - 69995](#)

[Licensed Practical Nurse \(LPN\) - Gracewood Campus](#)

[Licensed Practical Nurse \(LPN\) - Augusta Mental Health Campus](#)

[Licensed Practical Nurse - Hourly/Part-time - Gracewood Campus](#)

[Licensed Practical Nurse - Hourly/Part-time -Augusta Campus LPN - Gen Mental Hlth - 7a-3:30p](#)

[LPN - Infection Control - ECRH 8am-5pm](#)

[Maintenance Craftsman, General Trades - ECHR - 70750](#)

[Maintenance Worker - 1st Shift](#)

[Mechanic Foreman - ECRH Plant Operations - 70748](#)

[Medical Records Info Tech - ECRH - 76412](#)

[Motor Vehicle Operator](#)

[Office Manager Switchboard - Hospital Operations - 68836](#)

[Painter](#)

[Pharmacy Technician - ECRH - 69048](#)

[Program Assistant - Admissions - 2nd Shift](#)

[Program Assistant - ECRH Nursing - Redbud 69714](#)

[Program Assistant - Forensic Treatment Mall - FT Days](#)

[Program Assistant - Redbud Unit - Gracewood Campus](#)

[Program Associate - ECRH - SNF Camellia - 208391](#)

[Psychiatric Nurse Practitioner - Augusta Mental Health Campus](#)

[Service Director/Charge Nurse](#)

[Shift Supervisor - Augusta Campus - 3rd Shift](#)

[Shift Supervisor - Augusta Mental Health Campus - 1st Shift](#)

[Shift Supervisor - Gracewood Campus](#)

[Shift Supervisor Developmentally Disabled - ECRH Redbud 3rd shift - 69925](#)

[Skilled Utility Worker](#)

[Social Worker, NonLicensed 2 - ECRH DD Services - 69508](#)

[Steam Plant Operator](#)

[Teacher - ECRH Forensic Treatment Mall - 68925](#)

[Vehicle Operator](#)

[Work Instructor 1 - Gracewood Campus](#)