



Georgia Department of  
**Behavioral Health & Developmental Disabilities**

# ECRH Bulletin

VOLUME 12, ISSUE 18

MARCH 31, 2016

East Central Regional Hospital

**Special points of interest:**

- *Employee Appreciation Help Wanted*
- *Safety Care Tidbit*
- *Taking Flight*
- *The Visitor*
- *What's in a Month*
- *ECRH Jobs List*

*"Some people strengthen the society just by being the kind of people they are."*

*John W. Gardner*

**Inside this issue:**

New Employees	2
Social Work Month	3
Infection Control	4
Pharmacy Notes	5
Safety Shop	7
Occupational Health	8
Training at a Glance	9,10
Out & About	11
April Birthdays	12,13

## From the Desk of the RHA - Paul Brock



### The Joint Commission Survey

On Tuesday, March 15th, The Joint Commission arrived at East Central Regional Hospital (ECRH) to conduct our triennial survey for the accreditation of the Hospital and Deemed Status (Medicare participation requirements) on the Augusta Campus and the Behavioral Health Care Program and Nursing Care Center on the Gracewood Campus. Each of the accreditation surveys were completed on Friday, March 18th, and the facility received a preliminary findings report.

Many of you had the opportunity to meet and interact with each of the five surveyors that were on both the Augusta and Gracewood Campuses. Based upon the surveyors' observations and findings, ECRH has already begun to develop corrective action planning. The majority of areas for improvement focused on the Environment of Care, Human Resources, Medication Management, Medical Staff, Provision of Care, and Record of Care. Some of these corrections were either considered Direct findings requiring a plan within 45 days or Indirect findings requiring a plan in 60 days.

Soon after the survey, leadership completed an analysis of the findings and identified individuals/teams that will take direct responsibility for developing the corrective action plans and the continuing compliance strategy for each deficiency. Each of these leaders will be identifying the actions required such as staff training, new and/or revised policies and procedures, required building modifications, etc. Each will determine the dates for implementation and completion along with how compliance will be sustained at ECRH.

Due to the hospital's Medicare participation requirements, ECRH expects to see Joint Commission surveyors on the Augusta campus for a brief visit within 6-8 weeks to review our Environment of Care changes.

I want to sincerely thank each of you for your dedicated preparations. The surveyors were very complimentary of your engagement and participation in this triennial comprehensive survey. Thank you.

*Sincerely,  
Paul Brock*



## New Employees



**Front Row(L-R):** Malindy Snead, HST; Stephanie Johnson, LPN; Brande Wren, Activity Therapy Leader; Carisa Hammond, HST

**Back Row(L-R):** Karen Peltier, Nurse Manager; Clayton Barnes, Food Service Supervisor; Darnella Jackson-Congo, HST; LaToya Privott, Food Service Worker

**Front Row(L-R):** Angie Sewell, Nurse; Felicia Simmons, RN; Regina Moore, Program Assistant; Richard Ohly, Respiratory Therapist

**Back Row(L-R):** Shereka Singleton, HCA; Reco Rutland, Food Service Worker; Aaron Johnson, Food Service Worker; Sean Buggs, Food Service Worker



**Front Row(L-R):** Ronishee Dawson, Food Service Worker; Willette Parker, Instructor; Maia Collier, Food Service Worker; Jacqua Reed, HST

**Back Row(L-R):** Yalinda Walker, HST; Susan Deas, Nurse Manager; Carey Watkins, RN



# WELCOME!

## Employee Appreciation Week



National Hospital Week - May 8-14, 2016  
National Nurses Week - May 6 -12, 2016

## Help Wanted

Our HR Manager is looking for "spirited" and positive people to help plan a great Employee Appreciation Week.  
Email: [douglas.fine@dbhdd.ga.gov](mailto:douglas.fine@dbhdd.ga.gov) or call 706-792-7177.

## Social Work Month

### **Social Work Month 2016 Forging Solutions Out of Challenges**

Our nation's more than 600,000 social workers have amazing tenacity and talent. They confront some of the most challenging issues facing individuals, families, communities and society and forge solutions that help people reach their full potential and make our nation a better place to live. We celebrate the contributions of social workers during National Social Work Month in March. Please join ECRH in the celebration of our social work staff.



#### Augusta Campus

##### Admission / EATO

Cindy White LPC, Judy Wolfe LPC, Mariah Moran LCSW, Lisa Sanford LCSW, Latorja O'Bryant LCSW, Jennifer Outlaw LMSW,

##### Mental Health

Towanna Hicks LMSW, Patina Hillman MSW, Tina Landy MSW, Pam Ivery MSW, Emily Fordham LMSW, Bianca McIntosh LCSW

##### Forensic

Adrienne Oakman LCSW, Cathy Ganzy LCSW, Tamara Noel LCSW, Kellie Middleton LMSW, Delonna Brown MSW, Fredricka Murray

##### Aftercare Coordinator / Readmission Coordinator

Tina Shoultz , Sharon White

#### Gracewood Campus

##### Camellia

Shanta Howard LMSW, Carmen P. Brown MSW, Shanicka Boatman MSW, Vanessa Peacock

##### Redbud

Yvonne Singleton, Karin Bush, Bettye Stokes, Holley H. Murphy

**THANKS FOR ALL YOU DO!**

## Infection Control

# NOW YOU SEE IT.



# NOW YOU DON'T.



## PROTECT YOURSELF AND OTHERS

**BE PREPARED.** Anticipate injury risks and prepare the patient and work area with prevention in mind. Use a sharps device with safety features whenever it is available.

**BE AWARE.** Learn how to use the safety features on sharps devices.

**DISPOSE WITH CARE.** Engage safety features immediately after use and dispose in sharps safety containers.

For more on information on safe injection practices please visit:

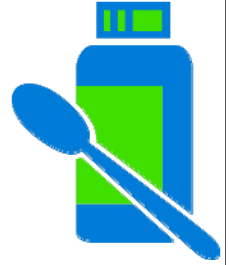
<http://www.cdc.gov/injectionsafety/unsafePractices.html>

## 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**

**April 18, 2016**

**May 3, 2016**

**May 17, 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:

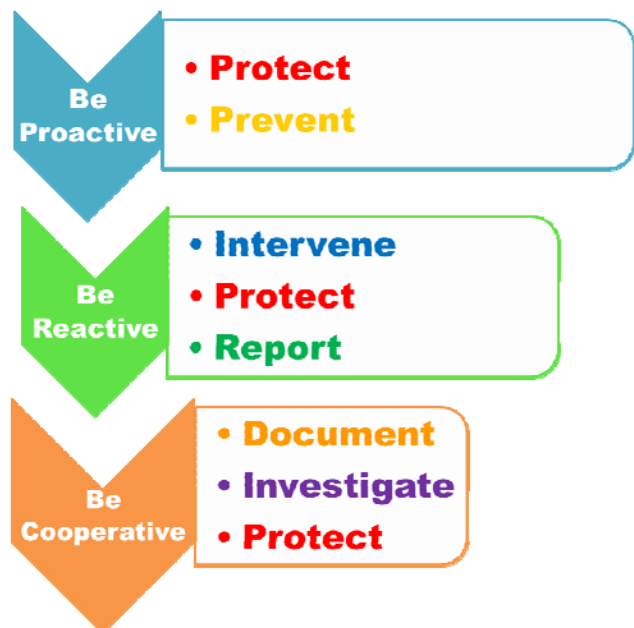
(706)  
 7150



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 Care Tidbit - Emergency Medical Release

There are circumstances in which release from a hold or escort is necessary because there is evidence that the risk to the person being held has become unacceptable.



### **Criteria for Emergency Medical Release:**

(This is not an all-inclusive list)

- Unconsciousness
- Seizure
- Nausea, vomiting, or diarrhea
- Ashen or flushed color to face
- Significant and rapid onset of confusion or disorientation
- Other indication of a significant physical problem

## 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](mailto: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.language.com](http://www.language.com).**

## Safety Shop

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With the weather starting to warm up, nature's creepy crawlies are looking for a cool place to hide. Be mindful that if you happen to see a snake follow these simple rules.

- *Do not approach or touch the snake.*
- *Remove any individuals that may be near or in its path.*
- *Notify Safety, Security or Plant Operations and give the last known location of the snake.*

We are having our campuses treated to try and deter snakes, but you must remember we are living in their world. Majority of the time, if you do not bother it, it will not bother you.



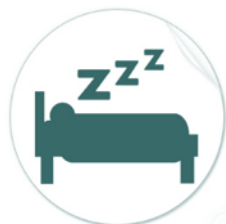
**HELP ME HELP YOU** make ECRH a safe place for our individuals, visitors, and staff. For safety related issues, contact Kenneth Hillman at 790-2400.

## Occupational Health - The Importance of Sleep

What difference could an extra hour of sleep make in your life? Maybe quite a lot, experts say. Studies show that the gap between getting just enough sleep and getting too little sleep may affect your health, your mood, your weight, and even your sex life. If you're getting less than the recommended seven or eight hours of sleep a night, here are nine reasons that you should shut down your computer, turn off the lights, and go to bed an hour early tonight.

1. **Better health.** Getting a good night's sleep won't grant you immunity from disease. But study after study has found a link between insufficient sleep and some serious health problems, such as heart disease, heart attacks, diabetes, and obesity.
2. **Better sex life.** According to a poll conducted by the National Sleep Foundation, up to 26% of people say that their sex lives tend to suffer because they're just too tired. There's evidence that in men, impaired sleep can be associated with lower testosterone levels -- although the exact nature of the link isn't clear.
3. **Less pain.** If you have chronic pain -- or acute pain from a recent injury -- getting enough sleep may actually make you hurt. Many studies have shown a link between sleep loss and lower pain threshold. Unfortunately, being in pain can make it less hard to sleep.
4. **Lower risk of injury.** Sleeping enough might actually keep you safer. Sleep deprivation has been linked with many notorious disasters, like the destruction of the space shuttle Challenger and the grounding of the Exxon Valdez. The Institute of Medicine estimates that one out of five auto accidents in the U.S. results from drowsy driving -- that's about 1 million crashes a year.
5. **Better mood.** Getting enough sleep won't guarantee a sunny disposition. But you have probably noticed that when you're exhausted, you're more likely to be cranky. That's not all. "Not getting enough sleep affects your emotional regulation," says Mindell. "When you're overtired, you're more likely to snap at your boss, or burst into tears, or start laughing uncontrollably."
6. **Better weight control.** Getting enough sleep could help you maintain your weight -- and conversely, sleep loss goes along with an increased risk of weight gain. Why? Part of the problem is behavioral. If you're overtired, you might be less likely to have the energy to go for that jog or cook a healthy dinner after work.
7. **Clearer thinking.** Have you ever woken up after a bad night's sleep, feeling fuzzy and easily confused, like your brain can't get out of first gear? Sleep loss affects how you think. It impairs your cognition, your attention, and your decision-making. Studies have found that people who are sleep-deprived are substantially worse at solving logic or math problems than when they're well-rested. They're also more likely to make odd mistakes, like leaving their keys in the fridge by accident.
8. **Better memory.** Feeling forgetful? Sleep loss could be to blame. Studies have shown that while we sleep, our brains process and consolidate our memories from the day. If you don't get enough sleep, it seems like those memories might not get stored correctly -- and can be lost.
9. **Stronger immunity.** Could getting enough sleep prevent the common cold? Researchers tracked over 150 people and monitored their sleep habits for two weeks. Then they exposed them to a cold virus. People who got seven hours of sleep a night or less were almost three times as likely to get sick as the people who got at least eight hours of sleep a night. More research is needed to establish a real link; this study was small and other factors may have influenced the results. Still, you can't go wrong getting eight hours of sleep when possible.

*Information Taken From: WebMD*



## Training at a Glance - April

Class	Date	Time	Place
NEO Principles of Recovery	4/1/2016	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
Updated PNS Professional	4/1/2016	9:00 a.m.-11:00 a.m. 1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
MH-Incident Management Annual	4/1/2016	8:00 a.m.-9:30 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.	BLDG 103-C Room C-23
NEO Infection Control and Prevention+Handwashing	4/4/2016	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
MH-Incident Management Annual	4/4/2016	8:00 a.m.-9:30 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.	BLDG 103-C Room C-23
Updated PNS End User	4/4/2016	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-C Lab
Updated Safety Care Level #1	4/4/2016	8:00 a.m.-2:30 p.m.	BLDG 99F
CPRA	4/5/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C ROOM C-23
First Aid	4/5/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
NEO Safety Care Level #1	4/5/2016	8:00 a.m.-4:30 p.m.	BLDG 99F
NEO Safety Care Level #2	4/5/2016 4/6/2016 4/7/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
Updated Seizure Management	4/5/2016	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
Infection Control and Prevention+Handwashing	4/5/2016	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRC	4/6/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	4/6/2016	8:00 a.m.-10:00 a.m. 10:00 a.m.-12:00 p.m.	BLDG 103-C Lab
Drivers Improvement (Defensive Driving)	4/6/2016	8:00 a.m.-2:30 p.m.	BLDG 103-D E&R
DD-Incident Management Annual	4/6/2016	12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated Safety Care Level #2	4/7/2016 4/8/2016	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
First Aid	4/7/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	4/7/2016	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO CPRA	4/8/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
NEO CPRC	4/8/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab

## Training at a Glance - April

Class	Date	Time	Place
NEO First Aid	4/8/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Infection Control and Prevention+ Handwashing	4/8/2016	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
MH-Incident Management Annual	4/8/2016	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Safety Care Level #2 (Weekend)	4/9/2016 4/10/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO Medical Emergency Response System	4/11/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO Seizure Management	4/11/2016	12:30 p.m.-2:30 p.m.	BLDG 103-D E&R
Updated PNS Professional	4/11/2016	9:00 a.m.-11:00 a.m. 1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
NEO Observation of Individual to En- sure Safety	4/12/2016	8:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Seclusion and Restraint	4/12/2016	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated PNS End User	4/12/2016	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-C Lab
Updated Seizure Management	4/12/2016	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
CPRC	4/13/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO Therapeutic Incentive Program	4/13/2016	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
Updated Safety Care Level #2	4/13/2016 4/14/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO PNS Professional	4/14/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO PNS End User	4/14/2016	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
MH-Incident Management Annual	4/14/2016	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m. 1:00 p.m.-2:30 p.m.	BLDG 99F
Drivers Improvement (Defensive Driv- ing)	4/15/2016	8:00 a.m.-2:30 p.m.	BLDG 103-C Room C-23
First Aid	4/15/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
CPRA	4/15/2016	1:00 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated Safety Care Level #1	4/15/2016	8:00 a.m.-2:30 p.m.	BLDG 99F
DD-Incident Management Annual	4/15/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m.	BLDG 103-D E&R

## Out & About

# Local Special Olympics



# St. Patrick's Day



## April Birthdays

April 1	Ajai Kalla Gloria Jean Lambert Beverly D. Stewart Beverly C. Tate	April 13	Caroline E. Carter-Johnson Sharon Danforth White Vada I. Wood
April 2	Cassandra Daniele Fuller Claudia Darice Lanham Delores T. Williams Renee B. Pyles	April 14	Enotra K. Beaty-Stiger Dondrae B. Bush Nancy A. Ellison Vickie M. Kelly Betty J. McCants Lashun N. Perkins John L. Rosenkoetter Charles R. Winters
April 3	April Baldwin Avent Anastasia M. Brown Donald C. Dugas Latasha Raniece Ford Fannie Deborah Griffin Alisha S. Harley Sheryl A. Land Sandra Gail Lewis Amanda D. White	April 15	Latosha Harley Jacqueline R. McCrary
April 4	Sequoia R. Durant Ida C. Newman Elizabeth J. Schoultz	April 16	Amaris Danita Davis Barbara Faith Evans Shantel J. Jones Latoya L. Privott Michael Reed , Jr.
April 5	Bobby Darley Yolinda D. Hopkins Sasha V. Nealey	April 17	Amber Danielle Franklin-Lacey Carla G. Holmes Andrea Fershun Robinson Sanora Y. Jones
April 7	Milton Fields, Jr. Alexander J. Page Lonnie M. Pledger	April 18	Thomas McCoy Charlie H. Prescott
April 8	Jasmine L. Carr Lisa B. Clayton Carmen T. Cromer Kendra P. Powell	April 19	Fabeula R. Trimmingham-Seneus
April 9	Channing C. Beasley Peggy A. Bostick Tamara Worthy Combs Denise Lasalle Griffin	April 21	Brittany N. Kitchens Jacqueline Monique Warner
April 10	Sherri Lorie Dukes	April 22	Glenn L. Frantzich Catrina T. Fredrick Nathaniel Harvey Linda A. Meyers Louis M. Scharff
April 11	Hannah C. Batiga Linda Jordan Juliana Thomas	April 23	Ameishell Rena Brown Pamela Vanise Johnson Vivian S. McNeil Bettye Jean Stokes
April 13	Claudette Austin Ballesteros	April 24	Michael S. Huff
		April 25	Angela Denise Davis Adrian M. Riles

## More April Birthdays

April 25	Mamie L.G. Ross Michele McWhite
April 26	Harriett D. Jones Melissa Waine Kaufman
April 28	Mary E. Ward Jamaal R. Bates Teneshia Latoya Glover Tomekia R. Kent Angela D. Miller
April 29	Roxane D. Beard Pakeia T. Brihm Samantha P. Daniels John W. Utlely
April 30	Noreen E. Adrien Kim Alvarez Virginia P. Bowman Semeonitra D. Brookins Torrisha L. Roman Latasha Mendenhall Turner Janet D. Walker

**Don't forget your PPD!**



### The Visitor



East Central Regional Hospital had a visit from an old friend last week.



Some of you who have been here for a while may recognize Mr. Terry Turtle.



He stopped by the Gracewood Campus to remind everyone to **SLOW** down and prevent falls. He was out by the Laundry Building, working his way slowly to the front gate.

He says he is on his way to the Augusta Campus to remind them as well, but it may take him awhile to get there.

(Pictures thanks to Laura Shields, RN Infection Control)

## What's in a Month?

### April is...

National Humor Month	National Welding Month	Animal Cruelty Prevention Month
International Guitar Month	Stress Awareness Month	Straw Hat Month
Keep America Beautiful Month	Sexual Assault Awareness Month	Confederate History Month
Lawn and Garden month	Autism Awareness Month	Community Spirit Month
National Poetry Month	Cancer Control Month	Records and Information Management Month
National Pecan Month	Occupational Therapy Month	World Habitat Awareness Month

### And...

<b><u>April 1</u></b> April Fool's Day International Fun at Work Day International Tatting Day National Walk to Work Day	<b><u>April 9</u></b> Name Yourself Day Winston Churchill Day <b><u>April 10</u></b> Golfer's Day National Sibling's Day <b><u>April 11</u></b> Eight Track Tape Day Barbershop Quartet Day National Submarine Day <b><u>April 12</u></b> Big Wind Day Russian Cosmonaut Day <b><u>April 13</u></b> Scrabble Day <b><u>April 14</u></b> National Pecan Day Ex Spouse Day International Moment of Laughter Day Look Up at the Sky Day Reach as High as You Can Day <b><u>April 15</u></b> Tax Day Rubber Eraser Day Titanic Remembrance Day <b><u>April 16</u></b> National Librarian Day National Eggs Benedict Day National Stress Awareness Day <b><u>April 17</u></b> Bat Appreciation Day Blah, Blah, Blah Day	National Cheeseball Day Pet Owners Independence Day <b><u>April 18</u></b> International Juggler's Day Newspaper Columnists Day Patriot's Day <b><u>April 19</u></b> National Garlic Day <b><u>April 20</u></b> Look Alike Day Volunteer Recognition Day <b><u>April 21</u></b> Kindergarten Day National High Five Day <b><u>April 22</u></b> National Jelly Bean Day Girl Scout Leader Day Earth Day <b><u>April 23</u></b> Lover's Day National Zucchini Bread Day Take a Chance Day World Laboratory Day <b><u>April 24</u></b> Pig in a Blanket Day <b><u>April 25</u></b> East Meets West Day World Penguin Day <b><u>April 26</u></b> National Pretzel Day Hug an Australian Day Richter Scale Day	<b><u>April 27</u></b> Administrative Professionals Day National Prime Rib Day Babe Ruth Day Tell a Story Day <b><u>April 28</u></b> International Astronomy Day Great Poetry Reading Day Kiss Your Mate Day Take Your Daughter to Work Day <b><u>April 29</u></b> National Shrimp Scampi Day Arbor Day Greenery Day Puppetry Day <b><u>April 30</u></b> National Honesty Day Hairstyle Appreciation Day
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## 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 April 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 &amp; Collaboration

Accountability

Recognition through Relationships

Empowerment through Excellence



Accredited

by

The Joint Commission

Campus Marquees

Deadline for submission of

**MAY MESSAGES****April 22, 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!**

# Once upon a time, Goldilocks found

one financial institution that was too BIG,  
and another that was too SMALL,  
and then she found a credit union that was  
**just right!**

## Peach State

can help make your fairy tale  
come true with products  
designed to help you afford life:

- Mortgages
- Auto Loans
- Credit Cards
- And More!

For a limited time, get  
**1% Cash Back**  
(up to \$300) when you purchase  
or refinance a vehicle loan!<sup>1</sup>

1. APR - Annual Percentage Rate. The lower, rate available is 1.9%. Subject to credit approval. Rates subject to change without notice and may be higher based on terms and/or in different areas. Must apply for Peach State membership and loan. Members must qualify and in writing a Peach State with another lender new vehicle ownership must remain the same. Minimum loan amount is \$10,000. Offer requires automatic payment to be made in combination with any other offer and is not valid on existing loans or Peach State. Offer requires automatic payment to be made and cash back will be added back into the loan payoff. A \$30 loan application fee is charged for processing. When the loan is issued, the fee will be refunded back to your account. Offer may expire at any time.



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**Peach State**  
FEDERAL CREDIT UNION  
A Smart Place to Bank®

Issue 65

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# Taking Flight

A Briefing from Project GREAT

Georgia Recovery-Based Educational Approach to Treatment

## A RECOVERY STORY –A Runner's Story<sup>1</sup>

Ben might be considered a person with an athletic identity, and understanding the importance of this identity is to understand his recovery story. At an early age, he discovered that he was fast and quite skilled as a soccer player. By 16 he became fascinated by marathons he had seen on television and began to train to become "a runner." In his late 20's, however, mental illness caused Ben's "descent into chaos." Over the next seven years his medical records detailed desperate feelings of anxiety and paranoia requiring a total of fourteen hospital admissions, multiple medication trials, and electro-convulsive therapy. When his mental health was at its lowest level, Ben was smoking about 20 cigarettes a day, drinking heavily, experiencing significant weight gain due in part to the antipsychotics that were prescribed, and involved in no sport or exercise whatsoever. Ben would recall that in those years he felt that he was losing control of his life, and worst of all he was no longer "a runner." – his sense of identity lost.

His recovery began when one day he was assigned to a physiotherapist that put together a makeshift gym in which Ben would begin to exercise again. He describes his restoration, "I started getting fitter and fitter and eventually I was back to, apart from being overweight, I was back to normal again ... back to what I used to be like ... The first time I was out running again I felt on top of the world – I was actually back to what I used to like doing,

running again." In addition to the hope of wellness that the running seemed to provide, Ben was becoming reconnected to a valued element of his previous self- "a runner."

Disappointingly the running was not to be the cure from mental illness for which Ben had hoped. For even while running he would often suffer panic attacks that would last as long as an hour. Yet, even in this disappointment Ben discovered a profound truth about recovery. Ben found that his running was less about winning a marathon or even curing a mental illness and more about a quest to continue the journey of his life to grow, to change, to understand, and to find value and purpose in his running. For Ben, running was becoming a new narrative of recreation of identity and a sense of self that was empowered to "write his own story" as to who he was and hoped to be.

## Learning Point

Anthony wrote, "Recovery is a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even within the limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life, as one grows beyond the catastrophic effects of mental illness." (p. 19)

By Alex Mabe, Ph.D.

1 Carless, D. (2008). Narrative, identity, and recovery from serious mental illness: A life history of a runner. *Qualitative Research in Psychology*, 5(4), 233-248.

2. Anthony, W. 1993: Recovery from mental illness. *Innovations and Research* 2(3), 17-25.

# ECRH Jobs List

For further information regarding these positions, please go to the DBHDD webpage at [www.dbhddjobs.com](http://www.dbhddjobs.com).

[Activity Therapist - 68983](#)

[Activity Therapist - 76463](#)

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

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

[Activity Therapist 2](#)

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

[Activity Therapy Leader - Treatment Mall - 199661](#)

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

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

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

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

[Client Support Worker - Community Integration Home - 1st Shift](#)

[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](#)

[Financial Operations Generalist 1](#)

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

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

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

[HST - General Mental Health 2nd Shift - 200362](#)

[HST - General Mental Health 3rd Shift - 76569](#)

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

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

[HST 1 - Forensic Inpatient 1 - 69391](#)

[HST 1 - General Mental Health 1st Shift - 194967](#)

[HST 2 - Forensic Inpatient 1 - 76522](#)

[HST 2 Lead - Gracewood Camellia - 69493](#)

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

[Housekeeper - ECRH - 70171](#)

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

[Incident Management Analyst - ECRH - 207499](#)

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

[Laundry Supervisor - ECRH - 70200](#)

[Laundry Worker - ECRH - 69933](#)

[Laundry Worker - ECRH - 69995](#)

[LPN - Gen Mental Hlth](#)

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

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

[Maintenance Worker - Plant Operations](#)

[Maintenance Worker Part-time Hourly - Plant Operations/ Groundskeeping - 6591](#)

[Maintenance Worker Part-time Hourly - Plant Operations/ Groundskeeping - 6592](#)

[Maintenance Worker Part-time Hourly - Plant Operations/ Groundskeeping - 6593](#)

[Maintenance Worker Part-time Hourly - Plant Operations/ Groundskeeping - 7590](#)

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

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

[Motor Vehicle Operator](#)

[Painter](#)

[Pharmacy Technician - ECRH - 69048](#)

[Program Associate - Mental Health Program - 76563](#)

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

[Program Assistant - ECRH - Redbud - 69437](#)

[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](#)

[RN - FT 2nd Shift - Camellia SNF - 69491](#)

[RN - Part-time Hourly - 70282](#)

[Service Director/Charge Nurse](#)

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

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

[Skilled Utility Worker ECRH Plant Oper - Carpentry/Upholstery - 76913](#)

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

[Steam Plant Operator](#)

[Supply/Warehouse Clerk 2 - 70816](#)

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