

West Central Georgia Regional Hospital Regional Reflections

June 2015

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Since opening in 1974, West Central Georgia Regional Hospital (WCGRH) has stood as a beacon of hope for consumers in need of behavioral healthcare services in the State of Georgia

QUALITY MANAGEMENT

The Joint Commission Corner

Environment of Care Spotlight

What exactly is the “Environment of Care”?

In a very general sense, the “Environment of Care” is the work area, equipment, and systems at our hospital. Our Environment of Care also includes those we serve, those we work with, those we work for, and all of the things and places we come in contact with during our day. The Joint Commission standards dedicate an entire chapter specifically to the Environment of Care because it is so critical to our daily work. We have various formal plans that address all aspects of our Environment of Care. These include Fire Safety, Security Management, Hazardous Materials, and Medical Equipment. These plans and others address safety issues that often we take for granted as we go through our daily routines.

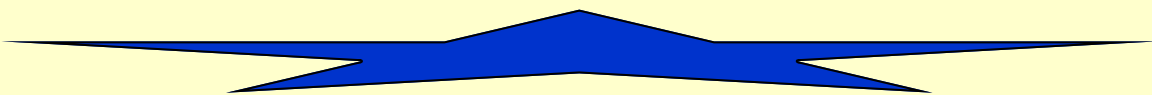
- For instance, do you know why you are not supposed to block any exit at the hospital, even “just for a minute”? This is a safety issue and can be the difference between successful fire safety and a tragedy on our campus.

Quality Management The Joint Commission Corner (contin)

Environment of Care Spotlight (continued)

- What should you do if the lights go out on your unit? The lighting is part of a bigger utility system that is part of our environment of care. When the lights go out, there is a plan for generator back-up and emergency powers and lighting on each unit and building until power is restored.
- What is your responsibility in maintaining a “safe, functional environment”? The Joint Commission standard EC.02.06.01 EP’s (Elements of Performance) say that we as staff are responsible for maintaining a safe and suitable interior space which includes proper lighting, ventilation, temperature, cleanliness, accessible and appropriate furnishings.

During our daily work, it is each person’s responsibility to monitor their Environment of Care and report any concerns or issues they might find. We all benefit when our environment is one that promotes a sense of safety and security for all! Be mindful of your surroundings every day and be ready to share with surveyors what steps you have taken to improve your areas. Let’s shine the spotlight on West Central’s ever-improving Environment of Care!!



West Central Georgia Regional Hospital Nursing Conference May 7, 2015

Manipulating the Brain



Dr. Nzing A. Harrison, M.D., Guest Speaker

Dr. Harrison gave an exceptional presentation enabling the learner to apply knowledge of past and present interventions involving brain manipulation to identify patients who may benefit from the treatment from Lobotomy to Deep Brain Stimulation.



West Central Georgia Regional Hospital Nursing Conference May 7, 2015



We wish to thank everyone for their support in making this such a great success.

Attendance included nursing personnel from the outlying communities as well as WCGHR hospital employees

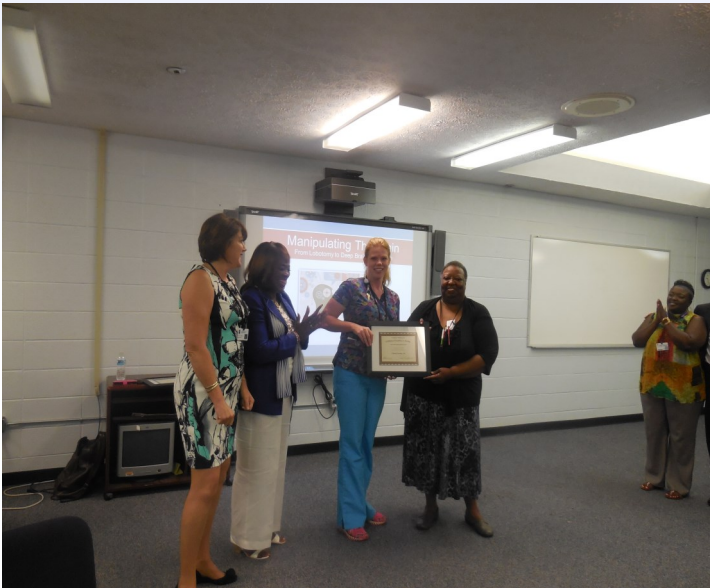


West Central Georgia Regional Hospital Nursing Conference May 7, 2015

*Congratulations to Our Nurse and FST Winners for 2015
and to All Nurses and FSTs
A special thank you for your hard work and dedication to the
individuals we serve*

2015 Nurse of the Year, Christi Grubb, RN

2015 HST of the Year, Derrick Flowers, FSTL



Pictured Left to Right: Nicolise Claassens, Nurse Executive, Joyce Ransefore, RN, Christi Grubb, RN, Vernell Welch, RN Unit Manager

Pictured Left to Right: Nicolise Claassens, Joyce Ransefore, Derrick Flowers, Patricia Johnson, RN Unit Manager



Christie Grubb, RN
2015 Nurse of Year, Unit 2



Arpanda Golden, FSTL
2015 FST of Year, Unit 2

West Central Georgia Regional Hospital Nursing Conference May 7, 2015



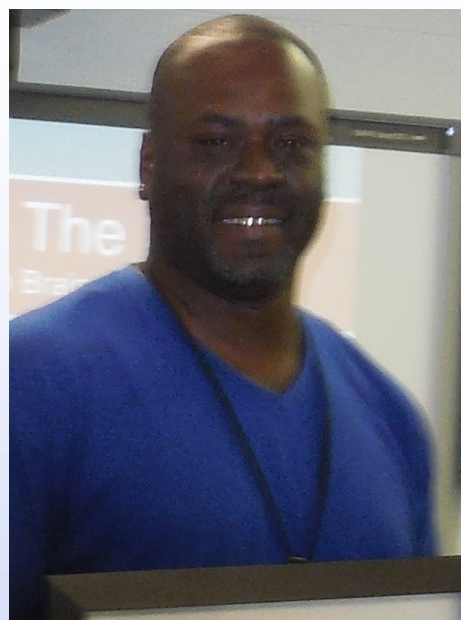
Linda Burris
2015 Nurse of Year, Unit 3



Ronald Johnson, FSTL
2015 FST of Year, Unit 3



Yvonne Willis, RN
2015 Nurse of the Year, Unit 7



Derrick Flowers, FSTL
2015 FST of the Year, Unit 7

West Central Georgia Regional Hospital Nursing Conference May 7, 2015



Armestras Sanders, RN
2015 Nurse of Year, Unit 9



Rachele Huff, FSTL
2015 FST of Year, Unit 9



Linda Weaver, FST Floater
2015 FST of Year, Nursing Services



Brandi Penick, FSTL
2015 FST of Year, Unit 10



Latravia Lewis, RN
2015 Nurse of Year, Unit 10

Happy Retirement Joyce Ransefore



Joyce Ransfore Retirement



Knowledge College

What We Can Do

Caregivers of those with anxiety disorders can stress the importance of having a good diet and getting enough sleep. In addition, be understanding of the symptoms that the Individual is overcoming. Finally, encourage the Individual to adhere to all treatment plans and take all medications as prescribed.



Recovery is Possible

KNOWLEDGE COLLEGE Staff Development & Training

PHONE: 706.568.5309
Building 12

<http://dbhdduniversity.com/>

UNDERSTANDING MENTAL ILLNESS (PART 3)

*(Taken from www.NAMI.org &
Dr. Robert H. Connell, WCGRH)*

ANXIETY DISORDERS

Anxiety disorders are a group of mental illnesses that cause people to feel excessively frightened, uneasy or distressed about situations that most people would not experience the same feelings. If left untreated, anxiety disorders can negatively affect a person's personal relationships and their ability to work. In more severe cases, anxiety disorders can affect a person's activities of daily living (ADLs) like shopping, cooking or going outside. Additionally, these disorders can lead to low self-esteem, isolation and substance abuse.



COMMON ANXIETY DISORDERS

- ⇒ **Panic Disorders**, characterized by "panic attacks", resulting in sudden feelings of terror that can occur repeatedly and without warning.
- ⇒ **Obsessive-Compulsive Disorder (OCD)**, characterized by repetitive, intrusive, irrational and unwanted thoughts (obsessions), rituals or actions that seem impossible to control (compulsions). Some people experience specific compulsions like, counting, arranging and cleaning.
- ⇒ **Post Traumatic Stress Disorder (PTSD)**, when someone experiences or witnesses a traumatic event like abuse, natural disaster or extreme violence experience symptoms like nightmares, flashbacks, feelings of being easily startled or afraid. Symptoms can last for months after the event and can make it difficult for a person to sustain loving relationships, work or return to "normal" routines.
- ⇒ **Phobias**, a disabling and irrational fear of something that actually poses little or no danger for most people. Phobias cause extremeTM feelings of terror, dread and panic.

Our Individuals' Art Project



A special "thank you" to the Columbus Home Depot for making and donating the bird feeders shown here to our individuals at WCGRH.

As you can see from the pictures we are hoping to attract a lot of birds to the WCGRH campus. Seven of our individuals in our Nature Group painted the birdfeeders (see below) that will be placed around campus. One of the activities of our Nature Group involves bird watching and what better way to get the birds to come to us than by offering free food; it works with humans, why not with birds.

Our individuals are creative as you can see (at right) some of their great art work. Other projects provided by Rehabilitation Services involve painting and hanging of the bird houses to develop a nature trail at WCGRH. Once the birds have eaten they will have a place to nest.



Keep an open eye for what is coming next.

State of Georgia and
Developmental Disabilities

*West Central Georgia
Regional Hospital
3000 Schatulga Road
Columbus, Georgia 31907
(706) 568-5000*

Web Page
www.wcgrh.org



EMPLOYEE NEWS

"Welcome New Employees"

May 1st.



*Left to Right: Row 1: Tanya McCray, Markita Garey, Latasha Jones,
Row 2: John Robertson, RHA, Vickie Beale, Dorothy Phillips,
Tierra Crayton, Tia Johnson, Ra'Kenya Washington,
Row 3: Tommie Smith, Melanie Bowens, LaKenya Colbert*



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Columbus, Georgia 31907
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EMPLOYEE NEWS

“Welcome New Employees”

May 18 th.



Left to Right: Row 1: Joe Mixon, Tanya Taylor, Theodornie Jones-Mitchell, Asisha Saye Row 2: John Robertson, RHA, Stephon Upshaw, Chaundra Horace, Cassandra Martin, LaShanta Hagan

May 18 th.



Left to Right: Row 1: John Robertson, RHA, Jamaica Benton, Leanora Harkless, Tamika Battle, Isaiah Lester, Row 2: Jake Mangan, Lakeshia Martin-Ayers, Curtis Williams, Terrance Bass

News From Human Resources

FAITHFUL SERVICE AWARDS

5 Years

Kenneth Cribb Bonnie Hearon
Lisa Long

15 Years

Martina Baggs

THANK YOU FOR YOUR CONTINUED SERVICE TO OUR HOSPITAL AND THE STATE OF GEORGIA

Human Resources Monthly

Jun 2nd. Manager Approval by Noon
Please reconcile and move FSLA to OT Premium
Jun 15th. Pay Day
Jun 17th. Manager Approval by Noon
Please reconcile and move FSLA to OT Premium
Jun 30th. Pay Day

Did You Know? E-Performance:

Every employee has access to their e-performance documents thru their self-service which is located at www.team.ga.gov. Your employee I.D. and Social Security or password created will allow you entry. If you have forgotten your password or do not remember your questions—Call 1-888-896-7771. All employees who have an I.D. issued to them when hired have access to all of their personal information and the ability to make any necessary changes without having to come to H.R. However, H.R. is always available if you need assistance or have trouble with the site.

Orientation is on June 1st. and June 16th. In HR from 1:00-5:00 PM

HAVE YOU ACCESSED YOUR SELF-SERVICE INFORMATION LATELY?

Any Questions please do not hesitate to call Human Resources (706) 568-2260

Goodbye and Farewell

Susan Chappell
Desiree Cummings
Johnny Davis
Latoya Drake-Brite

Maisey Edenfield
Rebecca Fowler
Bennie Freeman
Timothy Green

Destiny Harris
Sequoia King
Flora McBride
Antwain Rumph

Human Resources Department

HR Representatives:

Peri Johnson, Human Resources Manager
Sandra Brown, Employee Relations Specialist
Vonceil Plump, Personnel Tech II
Paul Fahnstock, Recruiter
Shannon Hearn, Recruiting Tech
Pat Altman, Benefits and Worker's Comp
Michele Trowers, Leave/Payroll Specialist

Suggestions or Questions:

Any questions? Please contact HR at (706) 568-2260

If you have any ideas or topics you would like to see featured in the Human Resources section, please submit them to the Human Resources Department

Staff Development & Training



ANNUAL UPDATE CLASS SCHEDULE:

Classes fill up fast. Please don't wait to schedule your Annual updates!

CPR—BLS

Monday, June 8 8:00—12:00

Monday, June 22 8:00—12:00

CPR & FIRST AID—HEARTSAVER

Monday, June 15 8:00— 3:00

Monday, June 29 8:00— 3:00

ANNUAL PNS—PRO

Tuesday, June 2 1:00— 3:00

Tuesday, June 9 9:30—11:30

Tuesday, June 16 7:30— 9:30

Tuesday, June 23 1:00— 3:00

Tuesday, June 30 9:30—11:30

ANNUAL PNS—END USER

Tuesday, June 2 7:30— 9:30

Tuesday, June 9 1:00— 3:00

Tuesday, June 16 7:30— 9:30

Tuesday, June 23 7:30— 9:30

Tuesday, June 30 1:00— 3:00

ANNUAL SEIZURE MANAGEMENT

Tuesday, June 2 9:30—11:30

Tuesday, June 9 7:30— 9:30

Tuesday, June 16 1:00— 3:00

Tuesday, June 23 9:30—11:30

Tuesday, June 30 7:30— 9:30

ANNUAL INCIDENT MANAGEMENT

Wednesday, June 3 3:00—4:00

Wednesday, June 17 3:00—4:00

SAFETY CARE RECERTIFICATION

Thursday, June 4 8:00—5:00

Thursday, June 25 8:00—5:00

ANNUAL INFECTION CONTROL

Friday, June 5 3:00—4:30

Friday, June 12 8:00—9:30

Friday, June 19 8:00—9:30

POSITIVE BEHAVIOR SUPPORTS(PBS)

Thursday, June 18 8:00—5:00

Staff Development & Training



You can register for any of your classroom trainings in 3 easy steps:

1. Login to your LMS (my learning.dbhdduniversity.com)
2. Click on the class you need to take
3. Choose the date/time by clicking "Enroll" beside it.

****Please make sure it is a "WCGRH" class****

Automated emails will be sent to you and to your supervisor when you register.

Please Note: the ONLY class you cannot register yourself for is Safety Care.

Please look at your transcript to see when you attended Safety Care **last year**, then email Crystal Robbins or CarrieAnn Pizarro to register.



Leadership: You Asked, We Listened!

You asked that we identify new sources of staffing including staffing agencies and local universities.

We listened: Currently, Nursing Services is working on bringing in more agency staff and has had some success in doing so. Our human resource recruiters also work closely with the universities to recruit new graduates to come work at West Central.

You, as an employee, are one of the best recruiting tools we have. Word of mouth is powerful, so we encourage you to tell people in the community about how great West Central is and encourage them to apply to work here.



June Birthdays



1 Stephanie Catrett
 1 Tanico Jackson
 1 Dorothy Payton
 2 Angela Miles
 2 Patrica Kirby
 3 Tiffany Bush
 3 Catherine Story
 3 Rodney Williams
 4 Alice Dean
 5 Anna Cronin
 7 Jennifer Brown
 7 Yvonne Sherrell
 7 Calvin Brown
 8 Sharon West
 9 Revels, Breonca
 10 Sonya Cochran
 11 Daric Morrisette
 11 Jared Thomas
 12 Antonio Preer
 12 Linda Weaver
 12 Emily Myers
 12 Alquan Mendenhall
 12 Sandra Brown
 13 John Frederick
 13 Shanice Rice
 13 Elma Flowers
 13 Carrie Ann Pizarro

14 Isiah Gordon
 15 Phyllis Miles
 15 Jerald Griffin
 17 June Park
 19 Luciana Brooks
 20 Brian Holloway
 20 Tristian Phillips
 20 Morgan Bryant
 20 Marashallete Funderburg
 21 Wendy Leonard
 21 Brenda Cherrone
 24 Uraina Payton
 24 Curtis Riley
 24 Robin Williams
 25 Jamal Vaughn
 26 Lauren Reba-Harrelson
 26 Gloria Nalls
 26 Andrez Jones
 27 Taylor Perez
 27 Maritza Carvajal
 28 Shirley Johnson
 28 Ahkelia Wynn
 28 Jo Kinavey
 28 Corey Deas
 28 Jullian Walker
 28 Priscilla Gardner
 29 Shaquille Williams

Attention All Employees

Reminder! Annual Tuberculosis Screening

All WCGRH employees must complete the Georgia State Hospital Employee Health Screening Form **during the month of their birthday**

TB screening is required during each employee's Birthday month

Tuberculosis screening is conducted in Nursing Services, Building 1, Room 25

Skin Tests are given on Monday, Tuesday and Wednesday

Please follow these guidelines for completing the
Annual Employee Health Screening:

- If you have the skin test performed off campus, you still must return the results to Nursing Services and complete the Employee Health Screening Form.
- If you have another job also requiring PPD Testing, we will provide you with a copy of your results.
- If you have had a positive skin test in the past, you are still required to complete the Employee Health Screening Form.

Please Note: If Annual Tuberculosis is not completed within your birth month, Employee cannot work until the screening is completed.

Questions? Please contact Nursing Services at (706) 568-5109

West Central Georgia Regional Hospital & Department of Behavioral Health and Developmental Disabilities



Values: Dedication, Integrity, Excellence, Knowledge Accountability, Collaboration, Safety, Innovation, Respect

Mission Statement: Provide and promote local accessibility and choice of services and programs for individuals, families and communities through partnerships, in order to create a sustainable, self-sufficient and resilient life in the community.

Vision Statement: "Every person who participates in our services leads a satisfying, independent life with dignity and respect."

Regional Reflections is published monthly. The mission of the newsletter is to provide a forum to educate and inform its readership on issues in behavioral health, strengthen teamwork, and archive hospital events and activities.

Regional Reflections staff welcomes items including articles, article ideas, news items, letters and photos submitted for publication. However, all items are subject to editorial discretion and will be printed on a "space available" basis. Please contact the editor if you have any questions or concerns regarding the newsletter. Thank you for your support.

Visit us on the internet: <http://www.wcgrh.org>.



J

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WCGRH is an equal Opportunity employer



WCGRH Foundation, Inc. is a tax-exempt, non-profit organization established in 1993 under Internal Revenue Code 501(c)(3), 509(a), and 170(b)(1)(A)(vi) by individuals interesting in enhancing the services and programs provided for the clients and staff of WCGRH.

Your tax deductible gift supports the Hospital's mission as stated above.
Website:
<http://www.wcgrh.org/scfoundation.htm>



Accredited by the Joint Commission

Fraud Abuse Hotline: To report concerns regarding fraud and/or abuse, call the WCGRH Compliance Hotline at (706) 569-3082 or the Office of Inspector General Corporate Compliance Hotline at 1-800-447-8477. You may e-mail questions or concerns to WCGRH Compliance Office@dhr.state.ga.us or call The WCGRH Compliance Officer, Felicia Hardaway at (706) 568-2471



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