



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

# ECRH Bulletin

VOLUME 11, ISSUE 19

APRIL 15, 2015

East Central Regional Hospital

**Special points of interest:**

- *Blood Drive*
- *Safety Care Tidbits*
- *Spring Dance*
- *Atlanta Braves Tickets*
- *Recipe*
- *Taking Flight*

***"You must get involved to have an impact. No one is impressed with the won-lost record of the referee."***

***John H. Holcomb***

**From the Desk of the Interim RHA—Dr. Vicky Spratlin**



*I approach this article with a good deal of sadness because it is my last. This is one of the responsibilities I most enjoyed as the Interim RHA. I loved sharing thoughts and stories with you and reading/hearing your feedback.*

*I will start by listing the Clinical Director's Choice awards, which were announced at the leadership meeting yesterday:*

**Candace Walker**, who took the initiative to go out herself to purchase first aid kits to put in all vehicles which transport Gracewood Campus individuals; **Deb Griffin**, who was instrumental in CMS survey prep and providing leadership in Ms. Searles' absence (welcome back to Shanta Searles); and **Skip Earnest** who continues to photographically document the history of ECRH, publish the Bulletin, and help out in any way possible.

Next, I wish to welcome Paul Brock, our new RHA, and Rick Starr, our new Associate RHA for the Gracewood Campus. Mr. Brock joins us from Illinois where he was the CEO and Administrator for the Elgin Mental Health Center, which is part of the Illinois Division of Mental Health and Department of Human Services. He received his M.S. in Counseling and B.A. in Sociology from Wright State University and his MPA in public Administration from the University of Dayton. He received his MHA in Hospital and Health Administration from Xavier University.



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**Tidbits of ECRH History**

When Georgia Regional Hospital (now ECRH Augusta Campus) opened in 1969, one of the buildings was designated the REHABILITATION-GERIATRIC UNIT. The unit served elderly patients, age 65 and over. The unit had a bed capacity for 46 patients. It was a joy to see the successful rehabilitation of many older folk who were able to return home or able to be placed in family care homes in the Supportive Living Program.

As can be expected, the unit cared for long term treatment, over a year, for some patients. The unit became an Adult MH Unit around 1990.

**REGIONAL HOSPITAL**

**Contributed by Brian Mulherin**

## New Employees



**Front Row(L-R):** Kristin Hunter, Psychometrist; Diana Clark, Storekeeper; Tocarra Chandler, HST; Kimberly Whitehead, Transition Coordinator; Tiffany Barron, HST

**Back Row(L-R):** Paula Dunaway, Housekeeper; Murphy Harrell, Behavior Specialist; Melissa Ferron, HST; Kasondra Hovde, CNA; Byoanka Crockett, HST

**Front Row(L-R):** Melanie Mobley, LPN; Domonique Murray, HST; Holli Pender, Pharmacist; Kevvin Lewis, HST; Kordell Oliphant, HST

**Back Row(L-R):** Sherliya Hammonds, HCW; Stefanie Marie, HST; Victoria Robinson, HST; Cynthia Lollis, LPN; Yameda Nesbitt, Planning List Administrative Supervisor



**Front Row(L-R):** Mae Stidons, HST 1; Mae Rose Smith, HST; Towana Rowe, HST; Valecia Pope, Mental Health Counselor; Shannon Thomas, Program Assistant

**Back Row(L-R):** Cassandra Wells, HST; Takisha Richburg, HCW; Jeannett Royal, HST; Julius Witcher, Food Service Worker; David Westmark, Behavior Specialist

**Quenell Roberts, Shift Supervisor**



# WELCOME!

## Safety Care Tidbit

### Staff Behavior and Emotional Reactions


Although our individuals can do things that we find irritating, insulting, provoking, or even intimidating, we must remain professional. As professionals, we must always communicate respect and promote dignity with our individuals.



It comes down to the way you treat people. When you treat people with dignity and respect all the time, you can work through anything.




(John Bacon)

izquotes.com



**The Performance Improvement Zone\***

Communication and Team Work begins with **YOU//ME** and ends with **WE/US/OUR!**

**10 Tips for  
Top Quality Teamwork**  
By Randall S. Hansen, Ph.D.

1. Foster open communication!
2. Build trust!
3. Set clear goals!
4. Review progress!
5. Encourage cooperation...*NOT* competition!
6. Focus on professionalism!
7. Celebrate differences/diversity!
8. Be enthusiastic!
9. Share the work/Do the Work!
10. Clarify responsibilities to the team!

**“BE THE CHANGE YOU WANT  
TO SEE IN THE WORLD”**  
—RANDALL HANSEN

## From the Desk of the Interim RHA - Dr. Vicky Spratlin

(Continued from page 1)



*Mr. Starr also joins us from Illinois, (what a coincidence!), where he was the Acting Director at the Warren G. Murray Developmental Center, which is a state operated facility serving individuals with intellectual disabilities. He received his B.S. in Organizational Leadership from Greenville College in Greenville, IL.*

*We expect great things from both of these talented gentlemen. Please welcome me in "rolling out the red carpet" for them. You will all get the chance to meet them when we have our upcoming Town Hall meetings.*

*Another sad moment for me will be when Matt McCue heads back to New Mexico for the last time. He has been a partner and friend in implementing the 2014 Plan of Correction which enabled Gracewood to remain certified, and in the survey prep for the SNF and ICF-IID annual surveys. He has been such a great influence on the Gracewood programs that it is hard to think of his leaving. He has graciously agreed to stay until the middle of May so that Mr. Starr can soak up his knowledge and expertise in "all things Gracewood."*

*Now it is time for me to bid you all adieu as the Interim RHA. It has been an absolutely amazing "ride." I have learned so much during the past eight months. I have the mentorship of Ms. Lewis to thank for a lot of that, but even more so, I have all of you to thank. You have taught me much about teamwork, integrity, humility, and the utter joy of completing tasks no one thought we could do. I have discovered how great our employees really are. I am proud and honored I was able to "captain the ship" if only for a short while. I hope the relationships I have developed and cherish do not diminish as I step back into the single role of Clinical Director.*

*Sincerely,  
Dr. Vicky Spratlin*

### National Day of Prayer Gracewood Campus Chapel May 7, 2015

## Magazines Needed

We are in need of magazines to be used on the Mental Health units on the Augusta Campus for individuals leisure time. We need magazines of all types for the enjoyment of both men and women. Sports magazines, cooking magazines, Southern Living, gardening magazines, women's magazines, news magazines, even hair and makeup or cosmetic magazines are the type that we need. (please make sure appropriate content)

Please Contact Ranita Keener at 7073 or Sondra Williams at 7122 to make arrangements.



**BIRD TALK  
MAGAZINE**





## Noticed by the Gnome - March

During the month of March, 2015, we received 5 nominations for our employees to be Noticed by the Gnome. A big THANK YOU goes out to these employees and to those who took the time to recognize the good work that was being done by others.

**Christy Hall**

**Cpl. James M. Soloman**

**Sonya Tutt**

**Cpl. Paul T. Toole**

**Cpl. George E. Holland**



*"Christy Hall makes a daily effort to speak with all of the individuals on her caseload to ensure that their needs and wants are met. She is a voice for her individuals and she makes sure that they are heard. She is truly an asset to AMH and the entire Augusta Campus."*

*"Cpl. Holland was able to unlock my car after I left my keys inside. It was cold and the task was difficult, but he didn't give up and he got the job done!"*

*"Ms. Tutt is an extremely hard-working person who really enjoys the people she works with. She puts in extra hours every week to make sure that everything is done and that all the individuals she works with are doing alright. She is a great team player and has fabulous ideas that make things easier for everyone around her. Her optimism and extra energy make her fun to be around. People like her make everyone's job easier and set a positive spark to energize us all."*

*"I would like to nominate two of my fellow officers. Cpl. Soloman and Cpl. Toole have been awesome by working on their scheduled days off or staying over their regular shift to assist during staff shortage."*

## Recipe from Maintaining a Healthy Weight Class

### T's Spring Salad

Cut Romaine lettuce, baby spinach, Julienned Red bell peppers, Julienned mild onion (very few), half sliced cherry tomatoes, peeled & thinly sliced cucumber (Toss together in a salad bowl)

Fresh sliced strawberries (4 per strawberry), roasted pecans, crumbled goat cheese (Add these on top)

Low Fat Italian dressing (Top with Italian dressing)



## DD Services

### 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 will it replace the current protocol outlined in the Incident Management Policy.

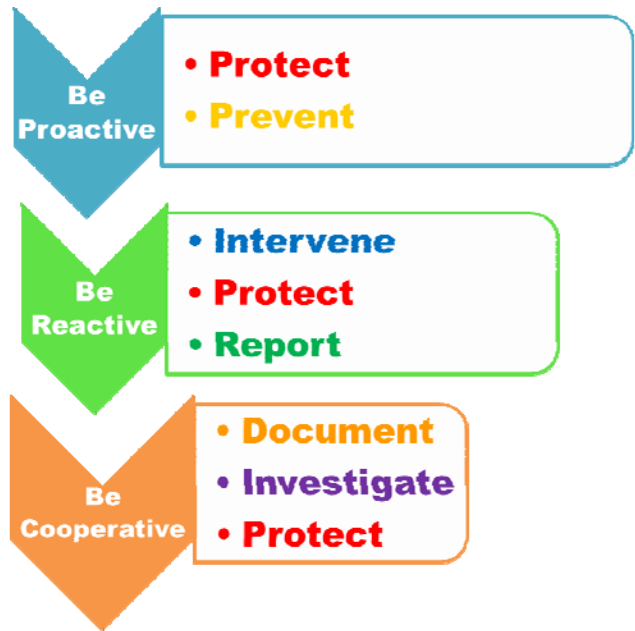
Hotline Number:  
(706) 945-7150



**PRIDE IN PLACE - It Starts with Me**

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

Our Role in Protecting Our Individuals from Harm



**Remember!**

**On the Gracewood Campus only**, when on the living areas, a mask will be worn by **EVERYONE** (Investigators, Security, Plant Ops, Environmental Services, PAs, Dietary, Visitors, Staff....) **who did not receive the Flu shot.**

## Pharmacy Update

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### **"Pharmacy for Nurses" Class**

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



**Gracewood Campus - Building 103B:**

**during Nursing Orientation**

**April 16, 2015**

**May 5, 2015**


**1:30pm – 2:30pm**

#### **Topics Discussed in Classes Include:**


- 1. The Availability of "After Hours" Medications**
- 2. Medications Available in Code Carts**
- 3. Online Floor Stock Ordering Process**
- 4. Controlled Drug Documentation/Delivery Process**
- 5. High Risk Medications**
- 6. Pharmacy Hours of Operation**

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








# BLOOD DRIVE





Friday, April 17  
1:30 PM - 5:30 PM  
On the Bloodmobile











FREE ticket to the  
6th ANNUAL SHEPARD NIGHT  
AT THE GREENJACKETS  
on Friday, June 5th

[shepardblood.org](http://shepardblood.org)



## Out & About

# Enviromental Safety Class



Class participants look for contraband hidden in bedrooms.

# Area 9 Special Olympics



Camellia Unit  
Easter  
Celebration





Out & About

# 2015 Putt Putt Tournament

**STAFF,**

There will be a representative from  
Appreciation Events  
here on behalf of the  
**ATLANTA BRAVES!**

**Friday, May 29th from  
9am - 2pm in the  
VIP Dining Area in the Central  
Kitchen.**



He will be selling Braves ticket packs at a huge discount. The packs include (4) \$48 ticket vouchers for only \$40 per pack (Breaks down to \$10 per ticket). We sell the vouchers in sets of four so 4,8,12, etc. With every set of four vouchers you purchase, you receive (8) \$10 off coupons. If you buy multiple tickets you may use them at different times. You do not have to use all your tickets at one game, but you may if you choose to do so. **YOU DO NOT HAVE TO CHOOSE YOUR GAMES AT TIME OF PURCHASE.** These tickets are good for 67 designated home games this year. You can redeem them at the gate the night of the game or at the box office as far in advance as you choose to secure your seats. Tickets can be used for the Club Pavilion, Terrace View, Outfield or Upper Box based on availability. Mother's Day, Father's Day, Birthdays, Groups...they make great gift ideas!!!

This is the same promotion that we have offered in previous years!

Cash, check, credit, and debit is accepted.



## Training at a Glance - April

Class	Date	Time	Place
AAA Drivers Improvement	4/15/2015	8:00 a.m.-2:00 p.m.	BLDG 103-D E&R
CPRA	4/15/2015	8:00 a.m.-11:30 a.m.	BLDG 20 Gracewood
Updated PNS Professional	4/15/2015	2:30 p.m.-4:30 p.m.	BLDG 103-D E&R
NEO Principles of Recovery	4/16/2015	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO EMR Nursing	4/16/2015	8:00 a.m.-1:30 p.m.	BLDG 103-C Room C-18
NEO PBS Training	4/16/2015	8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
Updated Safety Care Level #1	4/16/2015	8:00 a.m.-2:30 p.m.	BLDG 99F
Updated Seizure Management	4/16/2015	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 103-C Room C-23
Updated PNS Professional	4/16/2015	2:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care Level #2	4/16/2015 4/17/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO Infection Control and Prevention+Handwashing	4/17/2015	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
Ostomy DD Training	4/17/2015	8:00 a.m.-10:00 a.m.	BLDG 103-C Lab
Updated PNS Professional	4/17/2015	8:00 a.m.-10:00 a.m. 10:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
MH-Updated Incident Management	4/20/2015	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 Seizure Management	4/20/2015	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated PNS Professional	4/20/2015	9:00 a.m.-11:00 a.m. 1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
NEO Safety Care Level #1	4//20/2015 4/21/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99F
NEO Safety Care Level #2	4/20/2015 4/21/2015 4/22/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 pm. 8:00 a.m.-12:00 p.m.	BLDG 99L
Updated PNS End User	4/21/2015	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m.	BLDG 103-C Room C-23
Updated PNS Professional	4/21/2015	9:00 a.m.-11:00 a.m. 1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
First Aid	4/22/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	4/22/2015	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Seizure Management	4/22/2015	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R

## Training at a Glance - April

Class	Date	Time	Place
Updated Safety Care Level #2	4/22/2015 4/23/2015	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
Safety Care Level #2	4/22/2015 4/23/2015 4/24/2015	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99B
NEO CPRA	4/23/2015	8:00 a.m.-11:30 a.m.	BLDG 103-D E&R
NEO CPRC	4/23/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO First Aid	4/23/2015	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Infection Control and Prevention+Handwashing	4/23/2015	2:00 p.m.-3:30 p.m.	BLDG 103-D E&R
Updated PNS End User	4/23/2015	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m.	BLDG 103-D E&R
NEO DD-Incident Management	4/24/2015	8:00 a.m.-12:00 p.m.	BLDG 103-D E&R
NEO Medical Emergency Response System	4/24/2015	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRC	4/24/2015	8:00 a.m.-12:00 p.m.	BLDG 103-D E&R
Updated Safety Care Level #1	4/24/2015	8:00 a.m.-2:30 p.m.	BLDG 99L
Updated Safety Care Level #2 (weekend)	4/25/2015 4/26/2015	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	4/28/2015	8:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Seclusion and Restraint	4/28/2015	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated PNS Professional	4/28/2015	9:00 a.m.-11:00 a.m. 1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
CPRC	4/28/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C C-23
Updated Seizure Management	4/28/2015	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C C-23
Updated PNS End User	4/28/2015	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m.	BLDG 20 Gracewood
MH-Updated Incident Management	4/28/2015	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 20 Gracewood
Updated Safety Care Level #2	4/28/2015 4/29/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
Safety Care Level #2	4/28/2015 4/29/2015 4/30/2015	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 99B
NEO Therapeutic Incentive Program	4/29/2015	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
NEO Seizure Management	4/29/2015	10:00 a.m.-12:00 p.m.	BLDG 103-D E&R

## Training at a Glance - April

Class	Date	Time	Place
AAA Drivers Improvement	4/29/2015	8:00 a.m.-2:00 p.m.	BLDG 103-C C-23
Updated PNS Professional	4/29/2015	9:00 a.m.-11:00 a.m. 1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
MH-Updated Incident Management	4/29/2015	8:00 a.m.-9:30 a.m.	BLDG 20 Gracewood
Updated PNS End User	4/29/2015	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m.	BLDG 20 Gracewood
CPRA	4/30/2015	8:00 a.m.-11:30 a.m.	BLDG 103-D E&R
First Aid	4/30/2015	12:30 p.m.-4:30 p.m.	BLDG 103-C C-23
NEO PNS Professional	4/30/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C Room Lab
NEO PNS End User	4/30/2015	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Safety Care Level #1	4/30/2015	8:00 a.m.-2:30 p.m.	BLDG 99F
Updated Safety Care Level #2	4/30/2015 5/1/2015	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L

**Unit designated scheduler should e-mail all CPR/First Aid to Jackie Huff and all other class requests to Runtha Giddens.**

**Effective Friday 2/6/15 Safety Care classes will be as follow:**

**Safety Care Level #2- 16 hours**

**Updated Safety Care Level #2- 12 hours**

**Safety Care Level # 1- 12 hours**

**Updated Safety Care Level #1- 6 hours**



### In Memorium

We have lost one of our own. Ms. Deirdre Keeling lost her battle to cancer Monday April 13, 2015. She worked on AMH as a dayshift LPN and has been employed at ECRH since 2011. She will be missed by all.

We ask that you send some encouraging and uplifting words to her family via sympathy cards. Please contact Ms. Lawrence or Ms. Pooser for information or to give a monetary donation. They are dayshift Nurses on AMH and can be contacted at this number 706-792-7085.

Funeral Arrangements are pending.



## Infection Control

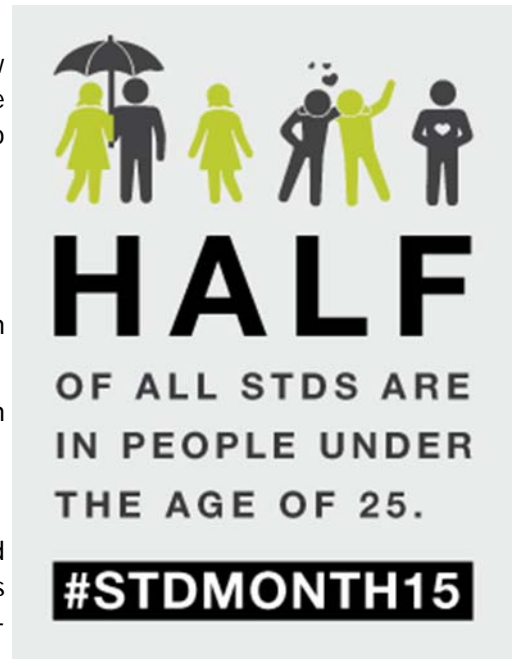
### April is National STDs Education and Awareness Month

#### Know the facts! GYT: Get Yourself Tested

False assumptions about sexually transmitted diseases (STDs)—how they're spread, treated, and prevented—are everywhere and it can be especially hard for people to get the facts. Here are five you need to know:

- You can't tell someone has an STD just by looking at them.
- STD tests aren't always a part of a regular doctor visit.
- Almost all STDs that can be spread via unprotected vaginal sex can also be spread through unprotected oral and anal sex.
- Using a condom can take a lot of the worry out of sex, since it can prevent unintended pregnancy and protect you from STDs.
- STD testing is a basic part of staying healthy.

Because half of the estimated 20 million STDs that occur in the United States each year are among young people, STD Awareness Month 2015 is focused on this population. This month-long observance provides an opportunity to clear up misperceptions about STD prevention and testing, and confront the unique challenges that young people face when it comes to preventing these infections



**Know the Facts!** Half of all sexually active young people in the United States will get an STD by the time they're 25—and most won't know it. Not having sex is the only way to prevent STDs. This includes vaginal, anal, and oral sex. If you are sexually active, however, you can lower your risk of getting STDs by:

- Being in a long-term mutually monogamous relationship with a partner who has been tested and does not have STDs.
- Limiting the number of people you have sex with if you have more than one partner.
- Using latex condoms and dental dams the right way every time you have sex.
- Getting an HPV vaccine, which can protect you against diseases (including cancers) caused by the human papillomavirus.

#### **GYT: Get Yourself Tested!**

Getting yourself tested for STDs is one of the most important things you can do to protect your health. Not only is it quick and simple, it's also usually confidential. A 2014 study found that one-third of adolescents didn't talk about sexual health issues with their physicians at all during annual health visits. It is important to be honest with your health care provider about your sexual history so that he or she can provide you with the appropriate STD testing and prevention guidance. If you're not comfortable talking with your regular health care provider about STDs, there are many clinics that provide confidential and free or low-cost testing. It is also important that you find and visit a doctor or other medical provider who stays current on STD and HIV testing recommendations.



**24 Hour Computer Help Desk Number: 1-877-482-3233**

Use this number to report any computer issues such as with computers, network printers, monitors, mice, keyboards, laptops, GroupWise, Avatar, Worx, Sunquest Down and Network down. Helpdesk covers items that were previously working and are not working or not working properly. Always keep ticket number and the name of the person you speak with for necessary follow up. NOTE: **Broken** Mice & Keyboards are replaced by helpdesk. Please keep info and report any issues with this process to Service Delivery Staff. Desktop printer issues may be phoned into Service Delivery at **2444** but will not be serviced. Replacement or alternative printing options will be reviewed.

**Phone issues:** Contact Switchboard at **2011** or e-mail **Tomica Willingham** (Use this number for repairs, problems, requesting new lines or jacks) Include the following: Telephone # with trouble, Building #, Type of phone (name on the phone), Room #, Station # if phone has one, problem with phone, & contact person. When requesting LAN jack please place work order with Plant Operations to run the cable prior to requesting the jack be installed. Always request 2x2 when having new voice (phone) & data (LAN) jacks added.

**Avatar Password Resets:** Contact Unit Nurse Manager between 7:30 am & 5 pm or e-mail [dbhdditappsupport@dhr.state.ga.us](mailto:dbhdditappsupport@dhr.state.ga.us). After normal business hours, clinical staff may contact Admission Office at 7006 for Avatar password resets. **Note: Novell passwords** should be reset using the Password Change Icon located on your desktop or go to <https://password.dhr.state.ga.us>. **You may also contact Help Desk.**  
\*Additional Avatar issues should e-mail [dbhdditappsupport@dhr.state.ga.us](mailto:dbhdditappsupport@dhr.state.ga.us)

**New User Request or Computer Access Changes:** Continue to fill out Access form and mail signed form to Service Delivery. Call **2444** with questions. Access changes include access to new software of specific folders and drives on our network.

**Computer Equipment Moves:** Fill out Computer Move request and submit to Service Delivery Staff. Call **2444** or e-mail [EC\\_ServiceDelivery](mailto:EC_ServiceDelivery) with questions. This takes approximately 30 days so allow time in planning.

**Computer/Software Request:** Continue to fill out Request for new Technology form and submit completed signed form to Service Delivery. Call **2444** or e-mail [EC\\_ServiceDelivery](mailto:EC_ServiceDelivery) with questions.

**Avatar Reporting Needs:** If you are in need of specific data for reporting from Avatar please contact Hospital Reporting staff at **2568**.

## Hospital Security - Employee ID Badges

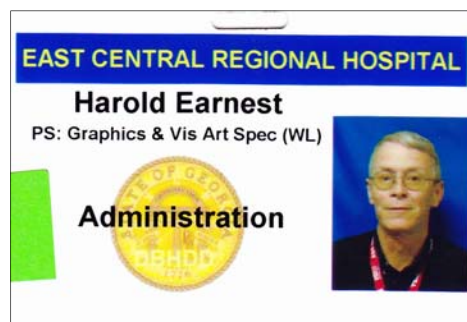
You are reminded that all staff members are to abide by ECRH Policy No. S-12, Employee Identification Badge. The policy states:

***"Employees are to wear the official East Central Regional Hospital Identification Badge at all times while on duty. The Identification Badge is to be worn on the front of the torso of the employee between the neck and abdomen with the picture visible."***

The wearing of identification badges is also addressed in the hospital Security Management Plan:

***"It is a responsibility shared by all of us to challenge, in a firm, but friendly way, anyone who is not wearing their badge. You are expected to help remind fellow employees to wear their badge at all times."***

Thank you for your cooperation!



## Safety Shop - Know the Snakes

There are four types of venomous snakes in the United States.

**Cottonmouths** The cottonmouths have elliptical pupils and range in color from black to green. They have a white stripe along the side of their heads. They are often found in or around water, but have also adapted to live well on land. Young snakes have a bright yellow tail. They are often loners, so if you see multiple snakes coexisting peacefully, it is probably not a cottonmouth.



**Rattlesnakes** Look for the rattle on the tail. Some harmless snakes imitate the rattle by brushing their tails through leaves, but only rattle snakes have the button-like rattle at the end of the tail. If you can't see the rattle, they also have a heavy triangular head and elliptical eyes like a cat's.

**Copperheads** These beauties have a similar body shape to cottonmouths but are much brighter, ranging from coppery brown to bright orange, silver-pink and peach.[2] The young have yellow tails as well.



**Coral snakes** Another beautiful but deadly snake is the Coral snake—so beautiful that other snakes—not-venomous ones such as the King snake—look just like them. They have distinctive coloring, though, with a black, yellow and red bands, a yellow head, and a black band over their nose. One rhyme to help distinguish coral snakes from king snakes is 'Red touch yellow, kill a fellow. Red touch black, friend to Jack.' Another variation is 'Red on black, venom lack; red

on yellow, deadly fellow'. However, most of the time coral snakes will not bite - they are very shy. There are no known deaths from the Arizona coral snake and only a few from the Eastern Coral snake.

Check out their head shape. Non-venomous snakes have a spoon-shaped rounded head and venomous snakes will have a more triangular head. This is because of the venom glands (this is less noticeable on the coral snake).

Venomous snakes that have elliptical eyes (like a cat's) are venomous. Round solid colored eyes are non-venomous snakes.

Look at the color patterns. Venomous Snakes in the U.S. tend to have varying colors. Most snakes that are one solid color are completely harmless. However, some cottonmouths are also venomous so this is not a foolproof way to tell

*(Continued on page 17)*

## **Safety Shop - Know the Snakes**

*(Continued from page 16)*

them apart. Also, beware of venomous escaped pets.

Watch out for mimics. Some non-venomous snakes mimic the patterns and behaviors of venomous snakes. Eastern milk snakes can look like copperheads, rat snakes can look like rattlers, and harmless king snakes can look like coral snakes.

Always treat any snake as a venom-

ous snake if you are uncertain whether it is venomous or non-venomous. And though you should remain cautious, do not kill any snake—it could be illegal to do so, and killing non-venomous snakes allows venomous snake and vermin populations to grow.

Watch how the snake swims. To tell the difference between a venomous water moccasin/cottonmouth and a harmless water snake: Check to see if it is swimming with only its head above water, or whether most of its body is floating, too. If just the head is showing, it is most likely a harmless water snake, but if the body is floating too, it could be a water moccasin (almost all venomous snakes swim with their lungs inflated, leaving the majority of their bodies afloat). A water moccasin will have elliptical pupils and the harmless water snake will have round pupils. Either way, leave it alone and allow it to leave the area.

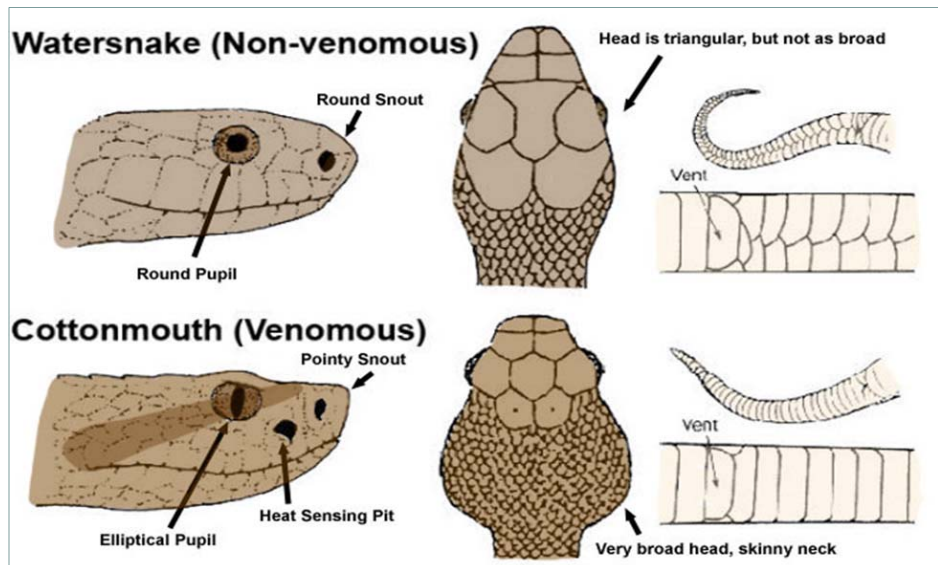
Remember, snakes are actually more scared of us than we are of them. The only reason they bite is because they are startled or find you as a threat, especially venomous ones. Be careful when traveling on foot.

Keep your eyes open, always survey the area you are working in, and make a lot of noise. Give the snake all the opportunity to get out of your way.

Don't put your hands and feet where you cannot see their immediate surroundings; this is what gets a fair number of climbers bitten.

If you need assistance with anything Fire Safety, Life Safety, Radio Communications, MSDS, Hazard Material, Medical Equipment, or Emergency Management, please contact Jennifer Sosebee, Safety Manager, at 706-790-2400/2401 or by e-mail at [Jennifer.Sosebee@dbhdd.ga.gov](mailto:Jennifer.Sosebee@dbhdd.ga.gov)

**HELP ME HELP YOU make ECRH a safe place for our individuals, visitors, and staff.**





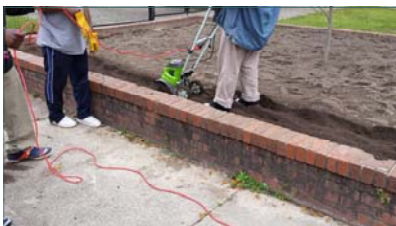
## Augusta Campus Community Reintegration Efforts

The vision of the community reintegration outings are to be a collaborative part of the Recovery Team and a therapeutic resource in teaching individuals to engage in pro-social, productive, purposeful, and meaningful activities that will connect them to community resources, aid in their recovery, and thus prevent frequent readmissions. The Community Reintegration Program has been piloted on GMH since 2014 and has expanded in the last year to include AMH and Forensics. The Community Reintegration Program has initiated a new phase in the reintegration process which focuses on the individuals developing a purpose for life outside the hospital. This new phase will began as a club, called the "Community Reintegration Club" (CRC) which will meet one to two times per month beginning on April 13th, 2015. Upcoming community reintegrating outings for the month of April will be to the Barn Yard Flea Market (4-11-15) and to the Riverwalk and Market (4-25-15). GMH welcomes volunteers for the outings as they will take place on Saturdays. If anyone has any questions about this program and or would like information about expansion to their units or volunteering please email Bianca McIntosh (Social Worker), Tiffany Snow (Work Therapy Coordinator), or Dr. Michael Rollock (Psychologist).



## Work Therapy - Augusta Campus

- ◆ The Work Therapy Department on the Augusta Campus would like to welcome 2 Instructors to the department: Mr. Darryl Rowe and Mr. Christopher Hawes. These 2 Instructors have come on board with lots of excitement and energy to serve our individuals. They have expressed creative ideas and you can already see the evidence of their excitement in the successes of individuals they are beginning to work with.
- ◆ The Augusta Campus Greenhouse and garden areas are undergoing some repairs and improvements at this time. If you have not visited the Greenhouse or garden areas before or if it has been some time, we invite you to come take a look at the changes that are happening as Mr. Darryl Rowe and the Work Therapy individuals have facilitated improvements to this area. (pictures attached)
- ◆ The Augusta Campus Library/Apparel Shop will begin scheduling times for units to bring individuals to this area on a weekly basis between the hours of 1:15pm to 3:15pm. We hope that this will allow individuals to access and utilize the Library and Apparel Shop more frequently. The specific schedule and instructions will be sent to all units in the coming weeks. If you have any questions, you may contact Work Therapy staff at ext. 7253.
- ◆ The next Work Therapy Seasonal Sale will be held on 4/23, 4/24, 4/30, and 5/1. This sale will debut Spring and Summer décor items, Mother's Day items, and jewelry. If you have questions regarding this sale, please contact Elizabeth Schoultz at ext. 7253.



Individuals tilling the soil, some baby peaches, and a greenhouse visitor (who blends in really well).



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Sat 9:00 am-10:45 am



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# RCFCU Newsletter

APRIL 2015

2048 Tobacco Rd.

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[www.richmondcommunityfcu.org](http://www.richmondcommunityfcu.org)



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\*Must be a 5 year member, with 5 years on current job.

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**NOTICE**

Items for publication must be submitted in written form. The upcoming issue's deadline is April 23, 2015. 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:

**I**ntegrity**C**ommunication & Collaboration**A**ccountability**R**ecognition through Relationships**E**mpowerment through Excellence

Accredited

by

The Joint Commission

**Campus Marquees**

Deadline for submission of

**MAY MESSAGES****April 23, 2015**

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.)



Issue 58

April 2015

# Taking Flight

A Briefing from Project GREAT

Georgia Recovery-Based Educational Approach to Treatment

## A RECOVERY STORY – Johnny

Johnny was a young and vibrant man when he was crippled by a rare cardiac arrhythmia that almost killed him and left his body devastated by anoxia damage. Before he was struck down he was a strong and handsome “big man on campus” who enjoyed picking on the “retards” at his high school. Following his catastrophic medical event, he could barely walk and waves of muscle spasms twisted and tortured any attempts at intelligent speech. He and his father once constructed buildings for a living. Now he seemed to have no prospects to earn his keep. He was angry, depressed, and hopelessly entrapped by his body. Now he was the “retard” that others gawked at, and to make matter worse he was being made to see the “shrink.” He was a lost soul, indeed.

To the psychologist assigned to treat him, Johnny’s hopelessness was truly intimidating. In fact, over the course of several months of treatment the sense of hopelessness appeared to be increasingly evident. For session after session it seemed that everything attempted in therapy failed to help Johnny in any significant way. The muscle spasms could not be stopped and resulted in significant physical and emotional pain. Often the facial spasms so tortured his speech that he could barely be understood. And the talk that was accomplished seemed only to reinforce the agonizing futility of the efforts. For months he wept and literally pounded his fist in grief and despair. The psychologist continued to provide a place for grieving, and in time they cautiously ventured toward the possibilities of what his life could be about. It was a transcendent moment that day when they finally arrived at a new vision of who Johnny wanted to be and could be. Johnny’s life had been “torn apart” and all that he thought mattered was no longer attainable. Yet, in the depth of his despair he found new meaning and

worth in humility and compassion for himself and others.

Long gone were his pride and his prejudice. Before him was the prospect of a new man of patience, compassion, and gratitude. He could not climb a ladder or pound a nail, but miraculously he learned that with great patience he could hold a small paint brush and “create beautiful colors of life.” Through his new found compassion for others he met a single mom and her young child, and he became willing to give and receive genuine love. And in the wreckage of his own shame and society’s stigma, he discovered that there is no deeper and more abiding joy than that of one given the chance to be whole again. And so he did. Johnny’s body remained infirmed but who he was becoming was so much stronger. After one year of therapy, Johnny and his psychologist parted. He thanked the psychologist in strained whispers, but there were never spoken sweeter or more authentic affirmations of gratitude and worth for them both.

## LEARNING POINT

Johnny’s story reminds us that essential to the journey of recovery is the understanding that the restoration of individuals to meaningful lives is possible regardless of the ongoing presence of illness. Moreover, we are reminded that the possibilities for a meaningful life can be enhanced by thoughtful exploration of the values by which we guide our lives.<sup>1</sup> For Johnny, when he turned from a life based on power and pride to one of humility and compassion he indeed discovered a richer and more meaningful life.

By Alex Mabe, Ph.D.

**Reference:**<sup>1</sup> Plumb, J. C., Stewart, I., Dahl, J., & Lundgren, T. (2009). In search of meaning: Values in modern clinical behavior analysis. *The Behavior Analyst*, 32(1), 85.

## ECRH Jobs List

This is a list of job openings currently available at East Central Regional Hospital. For further information regarding these positions, please go to the DBHDD webpage at [www.dbhddjobs.com](http://www.dbhddjobs.com).

[Activity Therapy Leader - Gracewood Campus](#)

[Behavioral Health Counselor](#)

[Behavioral Health Social Worker \(MSW\) - Redbud](#)

[Certified Nursing Assistant - Lead](#)

[Clerical Worker - Hourly - Admissions](#)

[Client Support Worker \(AL\) / Instructor 3 / AMH Mall](#)

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

[Client Support Worker - Gracewood](#)

[Clinical Dietitian](#)

[CNA - Skilled Nursing Facility](#)

[DD Campus Supervisor - 2nd & 3rd Shift](#)

[DD Shift Supervisor - Gracewood Campus](#)

[Director of Clinical Information Systems](#)

[Director of Risk Management](#)

[Food Service Worker](#)

[General Trades Craftsman](#)

[HCW \(Part-time\) - Community Integration Home](#)

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

[Health Service Technician 1 - Gracewood Campus](#)

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

[Health Services Technician 2 - Gracewood Campus](#)

[Housekeeper](#)

[Housekeeping Team Leader](#)

[HVAC Repair Technician](#)

[Institutional Locksmith](#)

[Instructor 3 - Forensic Treatment Mall - Augusta Campus](#)

[Laundry Supervisor](#)

[Laundry Worker](#)

[Laundry Worker \(Part time weekends\)](#)

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

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

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

[LPN - Skilled Nursing Facility](#)

[Mechanic](#)

[Mechanic Foreman](#)

[Mechanical Trades Supervisor](#)

[Mental Health Counselor](#)

[Nurse Administrator - \(E/N\) Gracewood and Augusta Campus](#)

[Nurse Manager \(RN\) - Forensics](#)

[Nurse Manager - Gracewood Campus](#)

[Nurse Practitioner - Skilled Nursing Facility](#)

[Occupational & Physical Therapy Technician](#)

[Occupational Therapist](#)

[Pharmacist - Advanced](#)

[Program Assistant - Forensic](#)

[Program Associate - Adult Mental Health Treatment Mall](#)

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

[Qualified Intellectual Disabilities Professional](#)

[Regional Hospital Chief Financial Officer](#)

[Registered Nurse \(RN\) - Augusta Mental Health Campus](#)

[Registered Nurse \(RN\) - Charge Nurse - Augusta Campus](#)

[Registered Nurse \(RN\) - Charge Nurse - Gracewood Campus](#)

[Registered Nurse \(RN\) - PRN](#)

[Registered Nurse \(RN\) - Gracewood Campus](#)

[Registered Nurse - Skilled Nursing Facility](#)

[Service Director/Charge Nurse - Gracewood Campus](#)

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

[Skilled Utility Worker](#)

[Storekeeper - Hourly](#)

[Work Instructor 1 - Gracewood Campus](#)

[Work Therapist - Augusta Campus](#)