



DBHDD

Georgia Department of Behavioral Health & Developmental Disabilities

ECRH Bulletin

VOLUME 10, ISSUE 18

MARCH 31, 2014

East Central Regional Hospital

Special points of interest:

- MH First Aid
Social Workers Month
Blood Drive
What's in a Month
Taking Flight

As I look back on my life, I realize that every time I thought I was being rejected from something good, I was actually being re-directed to something better.

Unknown

Inside this issue:

Table listing contents: New Employees (2), HR Partners (2,3,4), Safety Shop (5), Infection Control (6), Quality Corner (7), Pharmacy Update (8,9), Training at a Glance (10-13), Occupational Health (13,14), April Birthdays (16,17)



Employee Engagement Results are back! ECRH had excellent participation in the recent Employee Engagement Survey, and the consulting firm who conducted the survey has compiled the results and is ready to take the next steps.

ing sessions with employees will delve deeper into findings to better understand expressed needs (e.g., training, communication). The listening sessions are intentionally small to provide good discussion and productive feedback.

Thank you for participating in the survey, just one of many efforts being taken to improve ECRH for the individuals we serve and for our employees who work here.

For Town Hall dates/times, please see the flyer included with this Bulletin. You only need to attend ONE meeting – choose the date and time that suits your schedule best – and attendance is voluntary.

Sincerely, Nan M. Lewis

Tidbits of ECRH History

We are fully aware of the push to reduce the number of individuals in psychiatric hospitals and place them in the "least restrictive environment". But this is not exactly a new procedure.

Thirty-eight years ago in January, 1976, Georgia Regional Hospital (now ECRH Augusta Campus) opened its doors to the DEINSTITUTIONALIZATION UNIT, formerly known as Oak I. The primary purpose of the unit was to retrain long-term, chronically ill, psychiatric clients to live in independent living facilities, nursing homes, family care homes, or return to their own family. Sound familiar?

More on this in the next ECRH BULLETIN...

Contributed by Brian Mulherin

New Employees



Front Row (L-R): Carlysha Golatt, HST; Ra'Shaun Holiday, HST; Matthew Bestic, HCW; Sheila Mayes, HST

Back Row (L-R): Shaniqua Wingate, HCW; Stephanie Armand, HST; Carolyn Anderson, HST; Gloria Hammond, CNA

(L-R): Samuel LeGrand, Clerical Worker; Crystal Kemp, HST



Not Pictured: Shaneatha Collie, HST

HR Partners

DBHDD Employee Assistance Program (EAP)

Earlier this month we announced an exciting new addition to DBHDD's Employee Benefits, an Employee Assistance Program (EAP).

EAP provides **confidential** counseling and/or consultation for a variety of issues that may impact you or your eligible participants' personal and/or work life. **Participants are able to access EAP services 24 hours a day, 7 days a week, 365 days a year, by telephone (800-293-0851) or via the web at www.apshelplink.com.** In the coming weeks you'll be receiving additional information regarding the EAP, along with having an opportunity to participate in an orientation which will provide much more detail regarding the program and its benefits. (**pass code: georgiadbhdd**).

Please be advised that the link to the APS site has been added to the DBHDD webpage. The link is located under the HR section.

OFFICE OF HUMAN RESOURCES MANAGEMENT

HOURS OF OPERATION:

8:00AM – 5:00PM

MONDAY – FRIDAY

CLOSED: WEEKENDS, STATE HOLIDAYS

AND

2PM – 3PM ON THE SECOND (2nd) TUESDAY OF EACH MONTH

(Sorry for any inconvenience this may cause.)

HR Partners

Health Insurance Plan Design Changes (Summary)

Some of the highlights of the changes are:

The Medical plan includes a co-pay (similar to an HMO) which applies to office visits, specialist visits, emergency room etc.

The co-pay must be paid by the member at the time of the visit.

HRA credits **cannot** be used to pay co-pays for medical services; i.e. doctors', specialists or emergency room visits.

SHBP& Blue Cross, Blue Shield (BCBS) are working out a process to reimburse members' HRA accounts for prior services received that qualifies for a co-pay. Members will be billed for prior services received that now qualify for a co-payment. Co-pays are not counted towards meeting one's deductible are out of pocket expenses.

The Pharmacy plan will have 3 tier Co-pays:

Tier 1- \$ 20

Tier 2 - \$50

Tier 3 - \$80

HRA credits can be used to pay for pharmacy benefits. BCBS, SHBP and Express Scripts are working out a process to reimburse members HRA accounts for prior qualified pharmacy expenses. Pharmacy co-pays do not count towards meeting the deductible or out of pocket costs.

All members will receive a new ID card on or before March 14.

Services rendered before March 14th will be rendered under the existing plan, i.e. (Subject to co-insurance not co-pays).

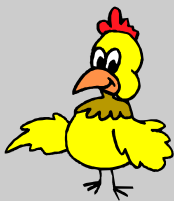
Reimbursements will be made to individual HRA accounts; members will not receive a check.

The changes are applicable to all Plans, Gold, Silver and Bronze.

Remember, all preventative medical care is covered at 100% at no charge to the member.

You are invited to visit the SHBP site at <http://dch.georgia.gov/state-health-benefit-plan-shbp> to learn more about the 2014 Plan Design Changes.

Peach Orchard TPS (The Pumping Station) Krispy Krunchy Chicken



TPS is offering a customer appreciation give-away for all of the employees at ECRH. All employees have to do is to get their receipt from their visit, place their name and number on the back of it, and turn it in at the administrative office. I will come by on every Friday starting on April 4th, 2014, through Friday, April 25th, 2014, and draw a name for a free Combo Meal of their choice (this includes all 4 piece or smaller Chicken and Tender Combos, Catfish, Philly Cheese Steak, or the Entrée of the Day Combo). Based on the participation I may be able to give away a couple of additional prizes through the weeks (This may include free Breakfast Cups, Breakfast Plates, or Sandwiches).

Nathan Panzella
Director of Food Operations, TPS Inc.

HR Partners



Fair Labor Standards (FLSA), #22-1001

All employees of DBHDD are covered by the Wage and Hour provisions of the Federal Fair Labor Standards Act (FLSA) unless specifically exempted. The provisions of FLSA include guidance for establishing work periods, payment of minimum wages, hours of work, overtime compensation and required record keeping.

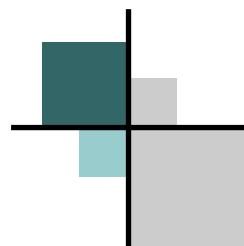
Excerpts from FLSA Policy, #22-1001

- Employees who are covered by the Wage and Hour provisions of FLSA are considered FLSA non-exempt employees.
- Time worked includes all time non-exempt employees are required to be on duty at prescribed work places, and all time during which non-exempt employees are "suffered or permitted" to work.
- Non-exempt employees are not allowed to occupy their work stations during meal periods.
- Break periods are not required by FLSA; however, up to two 15-minute break periods per day **may** be authorized at the discretion of supervisors, and if work assignments permit.
- Since break periods are work time, non-exempt employees **are not authorized** to lengthen a meal period, report late to work, or leave early by working through a break period.
- Supervisors are responsible for monitoring arrival and departure times of non-exempt employees to ensure accurate records are maintained and to minimize overtime worked.
- Non-exempt employees are not allowed to occupy their work stations before their scheduled work day begins, during meal periods, and after their work day ends.
- Non-exempt employees are required to accurately sign in and out using the approved time and attendance system when they arrive and leave their work areas. Non-exempt employees who fail to correctly record actual work time in accordance with the approved time and attendance system are subject to disciplinary action up to and including separation.
- Time worked by non-exempt employees should be reviewed prior to the end of the work period (when possible) to determine if overtime may occur. Non-exempt employees' work schedules may be adjusted to prevent overtime work.

Employees who do not have Internet access should contact their supervisor or human resource/ personnel representative for printed copies of this or any DBHDD policy.

Questions regarding policies should be directed to Supervisors or Human Resources Representatives.

For a copy of this policy, and any other DBHDD policies, please visit:
<https://gadbhdd.policystat.com/>



Safety Shop - Spring Safety Tips

Spring is here and with it comes the threat of severe weather. Tornadoes, thunderstorms, hail, ice storms, and flooding can damage or destroy homes and commercial buildings along with entire neighborhoods within minutes.

- Nobody likes to cancel an outdoor activity, but when weather looks threatening, remember to put family safety first. Before heading out, turn on your radio or TV to see if a storm watch or warning is issued for your area. Also, have a family and business disaster plan in place.
- A major storm can knock out utility service to your area, leaving you without electricity, heat, water, or fresh food. All homes and businesses should have an emergency kit that can be accessed at a moment's notice.

An emergency kit should at least include:

1. Water - One gallon of water per person per day for at least three days, for drinking and sanitation.
2. Food - At least a three-day supply of non-perishable food.
3. Battery-powered or hand cranked radio and a NOAA Weather Radio with tone alert and extra batteries for both.
4. Flashlight and extra batteries.
5. First aid kit.
6. Whistle to signal for help.
7. Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.
8. Moist towelettes, garbage bags, and plastic ties for personal sanitation.
9. Wrench or pliers to turn off utilities such as gas, water mains, and/or power.
10. Can opener for food (if kit contains canned food).
11. Local maps.
12. Cell phone with chargers, inverter, or solar charger.

If you need assistance with anything Fire Safety, Life Safety, Radio Communications, MSDS, HazMat, Medical Equipment, or Emergency Management, please contact Jennifer Sosebee, Safety Manager, at 706-790-2400/2401. Or e-mail at jgsosebee@dhr.state.ga.us.

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



Infection Control - Shingles

Almost 1 out of every 3 people in the United States will develop shingles, also known as zoster or herpes zoster. There are an estimated 1 million cases each year in this country. Anyone who has recovered from chickenpox may develop shingles; even children can get shingles. However the risk of disease increases as a person gets older. About half of all cases occur among men and women 60 years old or older.



Shingles is caused by the varicella zoster virus, the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays in the body in a dormant (inactive) state. For reasons that are not fully known, the virus can reactivate years later, causing shingles. Herpes zoster is not caused by the same virus that causes genital herpes, a sexually transmitted disease.

Shingles usually starts as a painful rash on one side of the face or body. The rash forms blisters that typically scab over in 7-10 days and clears up within 2-4 weeks.

Before the rash develops, there is often pain, itching, or tingling in the area where the rash will develop. This may happen anywhere from 1 to 5 days before the rash appears.

Most commonly, the rash occurs in a single stripe around either the left or the right side of the body. In other cases, the rash occurs on one side of the face. In rare cases (usually among people with weakened immune systems), the rash may be more widespread and look similar to a chickenpox rash. Shingles can affect the eye and cause loss of vision. Other symptoms of shingles can include: Fever, Headache, Chills, and Upset stomach.

Shingles cannot be passed from one person to another. However, the virus that causes shingles, the varicella zoster virus, can be spread from a person with active shingles to a person who has never had chickenpox. In such cases, the person exposed to the virus might develop chickenpox, but they would not develop shingles. The virus is spread through direct contact with fluid from the rash blisters, not through sneezing, coughing or casual contact.

A person with shingles can spread the virus when the rash is in the blister-phase. A person is not infectious before blisters appear. Once the rash has developed crusts, the person is no longer contagious. Shingles is less contagious than chickenpox and the risk of a person with shingles spreading the virus is low if the rash is covered.

If you have shingles: Keep the rash covered. Do not touch or scratch the rash. Wash your hands often to prevent the spread of varicella zoster virus. Until your rash has developed crusts, avoid contact with pregnant women who have never had chickenpox or the varicella vaccine; premature or low birth weight infants; and immunocompromised persons (such as persons receiving immunosuppressive medications or undergoing chemotherapy, organ transplant recipients, and people with HIV infection).

The only way to reduce the risk of developing shingles and the long-term pain that can follow shingles is to get vaccinated. A vaccine for shingles is licensed for persons aged 60 years and older.

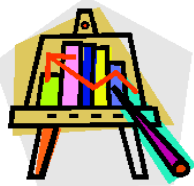
Several antiviral medicines - acyclovir, valacyclovir, and famciclovir - are available to treat shingles. These medicines will help shorten the length and severity of the illness. But to be effective, they must be started as soon as possible after the rash appears. Thus, people who have or think they might have shingles should call their healthcare provider as soon as possible to discuss treatment options.

Analgesics (pain medicine) may help relieve the pain caused by shingles. Wet compresses, calamine lotion, and colloidal oatmeal baths may help relieve some of the itching.

Taken from: [cdc.gov shingles facts website](http://cdc.gov/shingles)

The Quality Corner - News & Information From Quality Management

Quality Management Department Update



The Importance of Data

As a health care facility, ECRH is very dependent on data. Data allows us to do such things as evaluate processes, determine if we are compliant with policies and procedures, and make decisions that can affect treatment for our individuals. Data provides objective measures of how well we are (or are not) performing, rather than relying on guesses or other subjective assessments. We collect data for many areas/functions to help us analyze and make informed decisions. Our weekly CRIPA meetings, our Incident Review Committee (IRC) Meetings, and our Quality Council meetings are primarily data driven. Typically, data is entered into an Excel spreadsheet. The data can then be converted into charts, graphs, and other useful tools. We use data to create our Trigger Reports and to evaluate our individuals for Risk factors. Many reports in AVATAR are driven by data and we can generate reports from AVATAR to help us make informed decisions in the treatment/recovery process for our individuals. We report key areas of performance called HBIPS to the NRI (our vendor for these measures) and the NRI, in turn, relays this data both to the Joint Commission and to CMS. The NRI also generates reports back to us as to how our measures compare to similar state and national organizations (and, by the way, we typically compare very favorably!).

One example of a tool that is very important to us, both here and on the state level for DBHDD, is the Plato Data Analyzer tool. One of our colleagues saw a demonstration of the tool back in 2010 and had the foresight to present the tool to the state office for consideration. We began using the tool in earnest late in the fall of 2011 and have been using it ever since. We enter data into Plato, primarily from audits as performed by our discipline Mentors and several members of our nursing staff, as well as by several members of our Leadership staff. Plato is used to monitor such important items as our Physical and Nutritional Monitoring Plans, our Individual Recovery Plans, and the Risk and Incident Management processes. Plato can generate reports that help guide us in our decision making processes to help us continue to provide state-of-the-art care for our individuals.

Social Workers' Month

Augusta Campus



Lisa Kuglar, Barbara Julius, Sharon White, Tina Shoultz, Cindy White, Judith Wolfe, Latorja O'Bryant, Lisa Sanford, Mariah Moran, Deborah Sulton, Patina Hillman, Emily Fordham, Tina Landy, Bianca McIntosh, Pam Ivery, Towanna Hicks, Fredericka Murray, Shannon Childs, Adrienne Oakman, Catherine Ganzy, Kellie Middleton, Delonna Rauls.

Gracewood Campus



Karin Bush, Yvonne Singleton, Vanessa Peacock, and Steven Webb. Not pictured is Holley Hill-Murphy, Bettye Stokes and Linda Ford.



**EAST CENTRAL REGIONAL HOSPITAL
GRACEWOOD CAMPUS**

**Pause
for the
Cause
Give Blood**

*It only takes about an hour
to save 3 lives.*

**BLOOD DRIVE
Tuesday, April 1
12:00 PM - 5:00 PM**

* Present your Donor ID Card or Photo ID



s h e p e a r d b l o o d . o r g

Pharmacy Update



"Pharmacy for Nurses" Class:

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



**Gracewood Campus - Building 103B:
during Nursing Orientation**

March 31, 2014 1:30pm – 2:30pm

April 15, 2014 1:30pm – 2:30pm

May 1, 2014 1:30pm – 2:30pm

Please contact Sopheap Pin in the Pharmacy for more information.

(Continued on page 9)

Pharmacy Update



Attention Nursing:



Instructions for the New Controlled Drug Process

There are 3 new forms:

- (1)** Verification of Seal Number of Medication Security Bag,
- (2)** ECRH CLN028 Nursing Unit Controlled Drug Inventory, and
- (3)** ECRH CLN033 Nursing Supervisor's Routine Inspection of Controlled Medications.

(1) Verification of Seal Number of Medication Security Bag

The purpose of this document is to ensure that the medications are secure between the time that the Pharmacist places the medications in the bag until they are received and verified by the Nursing Staff. The date, unit, bag seal #, pink card #, and Pharmacist's signature is completed by the Pharmacist. The Pharmacy Courier ensures that the information is documented accurately on the form and places his/her signature on the document. When the medications are delivered to the Nursing Staff, the Nursing Staff verifies the accuracy of the information on the form and places his/her signature on the form.

(2) ECRH CLN028 Controlled Drug Perpetual Inventory Log (Nursing Unit)

The purpose of this document is to provide a perpetual inventory of the pink controlled drug cards from when they are delivered to the Unit until they are removed from the unit.

The left side of the thick black line on the log is completed when the medications are delivered to the Unit. The right side of the thick black line on the log is completed when the pink card or pink card plus medication is returned to the Pharmacy.

Left Side - includes the date received, the name of the drug, quantity received, pink card number, Pharmacy Staff delivering medication, and Nurse receiving medication from Pharmacy Staff.

Right Side - includes the date returned to Pharmacy, quantity returned, Nursing Staff returning medication or pink card, and the Pharmacy Staff receiving medication with pink card.

(3) ECRH CLN033 Nursing Supervisor's Routine Inspection of Integrity of Controlled Medications

The purpose of this document is to document the Nursing Supervisor's routine inspection of the integrity of the controlled medications on the unit.

The packaging of the controlled medications should not be opened, taped or otherwise compromised. If the packaging has been compromised, the Chief Nurse Executive (Ms. Andrea Brooks-Tucker) or her designee and the Pharmacy Director (Cindy Kucela) or her designee should be notified immediately. The inspection should occur at least 3 times weekly and be documented on the form. The form should be faxed to the Pharmacy or emailed to the Pharmacy Director (Cindy Kucela) or Assistant Pharmacy Director (Sopheap Pin) at least once weekly.

The Nursing Supervisor will document the date and time of the inspection. The Unit Nurse and the Nursing Supervisor will sign the document and place any appropriate comments in the comments section of the form.



Training at a Glance - April

CLASS	DATE	TIME	PLACE
Safety Care Level #2	3/31/2014 4/1/2014 4/2/2014	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 20 Gracewood
NEO Principles of Recovery	4/1/2014	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
PBS Training	4/1/2014 4/2/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:30 p.m.	BLDG 103-C Lab
Updated Observation to Ensure Individual Safety	4/1/2014	10:00 a.m.-11:30 a.m. 1:00 p.m.-2:30 p.m.	BLDG 103-D E&R
MyAvatar	4/1/2014	8:00 a.m.-9:30 a.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-18
MyAvatar	4/1/2014	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 5 Computer Lab Gracewood
NEO Infection Control and Prevention+Handwashing	4/2/2014	9:00 a.m.-10:30 a.m.	BLDG 103-C Room C-23
NEO Incident Management	4/2/2014	2:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	4/2/2014	1:00 p.m.-3:00 p.m.	BLDG 103-C C-18
Updated Observation to Ensure Individual Safety	4/2/2014	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-D E&R
MyAvatar	4/2/2014	8:00 a.m.-9:30 a.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-18
MyAvatar	4/2/2014	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 5 Computer Lab Gracewood
NEO Safety Care #1	4/3/2014 4/4/2014	8:30 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 20 Gracewood
NEO Safety Care #2	4/3/2014 4/4/2014 4/7/2014	8:30 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 20 Gracewood
Updated Seizure Management	4/3/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
Updated Observation to Ensure Individual Safety	4/3/2014	10:00 a.m.-11:30 a.m. 1:00 p.m.-2:30 p.m.	BLDG 103-D E&R
MyAvatar	4/3/2014	8:00 a.m.-9:30 a.m. 9:30 a.m.-11:00 a.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-18
MyAvatar	4/3/20/14	8:00 a.m.-9:30 a.m. 9:30 a.m.-11:00 a.m. 1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 5 Computer Lab Gracewood
Updated Incident Management	4/3/2014	1:00 p.m.-2:30 p.m.	BLDG 103-C Room C-23
CPRC	4/3/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23

Training at a Glance - April

CLASS	DATE	TIME	PLACE
CPRA	4/3/2014	12:30 p.m.-4:00 p.m.	BLDG 103-C Lab
First Aid	4/4/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Updated Observation to Ensure Individual Safety	4/4/2014	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-D E&R
MyAvatar	4/4/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m. 3:00 p.m.-4:30 p.m.	BLDG 5 Computer Lab Gracewood
MyAvatar	4/4/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m. 3:00 p.m.-4:30 p.m.	BLDG 15 Computer Lab Augusta
CPRA	4/4/2014	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS End User	4/4/2014	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m.	BLDG 103-C Lab
Principles of Recovery	4/4/2014	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-C Lab
Updated Safety Care #2 (Weekend)	4/5/2014 4/6/2014	8:30 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 20 Gracewood
First Aid	4/7/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Updated Seizure Management	4/7/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
MyAvatar	4/7/2014	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 5 Computer Lab Gracewood
MyAvatar	4/7/2014	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.	BLDG1 5 Computer Lab Augusta
MyAvatar	4/7/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C C-18
NEO CPRC	4/7/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
NEO CPRA	4/7/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C C-23
Updated Incident Management	4/7/2014	1:00 p.m.-2:30 p.m.	BLDG 103-D E&R
Updated Safety Care #2	4/7/2014 4/8/2014	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
MyAvatar	4/8/2014	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 5 Computer Lab Gracewood

Training at a Glance - April

CLASS	DATE	TIME	PLACE
MyAvatar	4/8/2014	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C C-18
NEO First Aid	4/8/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C C-23
NEO Medical Emergency Response System	4/8/2014	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRA	4/8/2014	1:00 pm.-4:30 p.m.	BLDG 103-C C-23
Updated Incident Management	4/8/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
Updated PNS Professional	4/8/2014	9:00 a.m.-11:00 a.m.	BLDG 103-C Lab
MyAvatar	4/9/2014	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 5 Computer Lab Gracewood
MyAvatar	4/9/2014	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.	BLDG1 5 Computer Lab Augusta
MyAvatar	4/9/2014	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 C-18
Updated Safety Care #2	4/9/2014 4/10/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 20 Gracewood
NEO Observation of Individual to Ensure Safety	4/9/2014	10:30 a.m.-1:30 p.m.	BLDG 103-D E&R
NEO Seclusion and Restraint	4/9/2014	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRC	4/9/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C C-23
NEO Infection Control and Prevention+Handwashing	4/9/2014	2:30 p.m.-4:00 p.m.	BLDG 103-C Lab
Updated Seizure Management	4/9/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C C-18
Updated PNS End User	4/9/2014	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-C Room C-23
MyAvatar	4/10/2014	8:00 a.m.-9:30 a.m. 1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 5 Computer Lab Gracewood
MyAvatar	4/10/2014	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.	BLDG1 5 Computer Lab Augusta
MyAvatar	4/10/2014	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 C-18
Therapeutic Incentive Program	4/10/2014	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
NEO Seizure Management	4/10/2014	10:00 a.m.-12:00 p.m.	BLDG 103-D E&R

Training at a Glance - April

CLASS	DATE	TIME	PLACE
First Aid	4/10/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	4/10/2014	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Incident Management	4/10/2014	8:00 a.m.-9:30 a.m.	BLDG 103-C C-18
Updated Safety Care #2	4/10/2014 4/11/2014	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
MyAvatar	4/11/2014	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 5 Computer Lab Gracewood
MyAvatar	4/11/2014	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 1 5 Computer Lab Augusta
MyAvatar	4/11/2014	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 C-18
NEO PNS Professional	4/11/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO PNS End User	4/11/2014	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Infection Control and Prevention+Handwashing	4/11/2014	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
Safety Care Level #2	4/14/2014 4/15/2014 4/16/2014	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 20 Gracewood
Updated Safety Care Level #2	4/14/2014 4/15/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 15 Augusta Campus

Unit designated scheduler, please e-mail all CPR/First Aid request to Jackie Huff. All other class requests to Runtha Giddens.

Occupational Health - Spring Allergies

Spring is the time of year that we normally think of when it comes to seasonal allergies. As the trees start to bloom and the pollen gets airborne, allergy sufferers begin their annual ritual of sniffing and sneezing.



Although there is no magical cure for spring allergies, there are a number of ways to combat them, from medication to household habits.

What causes spring allergies?

The biggest spring allergy trigger is pollen -- tiny grains released into the air by trees, grasses, and weeds for the purpose of fertilizing other plants. When pollen grains get into the nose of someone who's allergic, they send the immune system into overdrive.

The immune system, mistakenly seeing the pollen as foreign invaders, releases antibodies -- substances that

(Continued on page 14)

Occupational Health - Spring Allergies

(Continued from page 13)

normally identify and attack bacteria, viruses, and other illness-causing organisms. The antibodies attack the allergens, which leads to the release of chemicals called histamines into the blood. Histamines trigger the runny nose, itchy eyes, and other symptoms of allergies.

Pollen can travel for miles, spreading a path of misery for allergy sufferers along the way. The higher the pollen count, the greater the misery.

Trees, grasses and weeds are some of the biggest spring allergy offenders.

Allergy symptoms tend to be particularly high on breezy days when the wind picks up pollen and carries it through the air. Rainy days, on the other hand, cause a drop in the pollen counts because the rain washes away the allergens.

Airborne allergens also can trigger asthma, a condition in which the airways narrow, making breathing difficult and leading to coughing, wheezing, and shortness of breath.



What are the symptoms of spring allergies?

The symptoms of spring allergies include: runny nose, watery eyes, sneezing, coughing, itchy eyes and nose, and dark circles under the eyes.

How are spring allergies diagnosed?

If you've never been formally diagnosed with spring allergies but you notice that your eyes and nose are itchy and runny during the spring months, see your doctor. Your doctor may refer you to an allergist for tests.

What's the treatment for spring allergies?

Doctors treat spring allergies with a number of over-the-counter and prescription drugs. Some allergy sufferers turn to natural therapies for relief.



Even though you can buy these allergy drugs without a prescription, it's a good idea to talk to your doctor first to make sure you choose the right medication. Don't use over-the-counter antihistamines and decongestants for more than a few days without talking to your doctor.

Just because a spring allergy treatment says "natural" doesn't mean that it is safe. Some herbal remedies can cause side effects or can react with medications you're taking. Talk to your doctor before you start taking any herb or supplement.

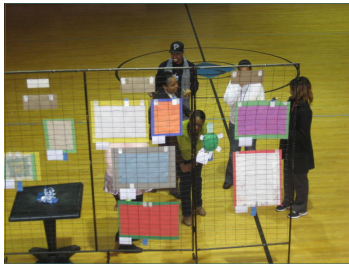
How to manage spring allergies

It's nearly impossible to completely avoid spring allergies if you live in an area where plants grow. However, you can ease sniffing, sneezing, and watery eyes by avoiding your main allergy triggers. Here are a few tips: try to stay indoors whenever pollen count is very high, keep doors/windows closed whenever possible during spring months, use of air purifiers may help, cleaning/changing air filters often, vacuuming twice a week, wear mask when vacuuming to avoid dust, pollen, mold, etc. that may be trapped in carpet, keep environment free of dust, and washing hair after going outside.

Taken from: WebMD

Out & About

Special Olympics



Multimedia Art Show



April Birthdays

April 1	Gloria Jean Lambert Keona Maloyd Beverly C. Tate Ajai Kalla Beverly D. Stewart	April 9	Denise Lasalle Griffin
April 2	Claudia Darice Lanham Renee B. Pyles Delores T. Williams	April 10	Sherri Lorie Dukes Freddie L. Jones Patricia Octavia Dority
April 3	Whitney P. Fletcher Fannie Deborah Griffin Sandra Gail Lewis Michael M. May Wanda J. Ware-Fabre Amanda D. White Sheryl A. Land April Baldwin Avent	April 11	Godeharda S. T. Torda-Valencia Linda Jordan April L. Wright
April 4	Sherrri Denise Bell Devaris L. Henry Sequoia R. Durant Ida C. Newman Elizabeth J. Schoultz	April 12	Berkeley R. Shelton
April 5	Bobby Darley Janice L. Roberson Yolinda D. Hopkins	April 13	Shenea N. Copeland James A. Harvey Sharon Danforth White Claudette Austin Ballesteros Vada I. Wood Marcus M. Jackson
April 6	Binhyen Thi Tran Susie M. Mosley	April 14	Nancy A. Ellison John L. Rosenkoetter Enotra K. Beaty-Stiger Betty J. McCants Vickie M. Kelly
April 7	Milton Fields, Jr. Alexander J. Page Lonnie M. Pledger Jerry A. Rodgers Teresa S. Roscoe Anton S. Sinclair Wyconnie Osborne	April 15	Latosha Harley Jacqueline R. McCrary Kayla C. Myers
April 8	Lisa B. Clayton Carmen T. Cromer Yulonda M. Rouse Jeffery S. Love	April 16	Leh'Chantel Thompson Vincent I. Brown Donna M. Kent Tiffany N. Spencer Michael Reed, Jr.
April 9	Peggy A. Bostick Tamara Worthy Combs	April 17	Amber Danielle Franklin-Lacey Sanora Y. Jones
		April 18	Keith Antoine Thomas McCoy Charlie H. Prescott
		April 19	Shimberely Hooper Fabeula R. Trimmingham-Seneus
		April 20	Lynda M. Fryer Patricia A. Salser
		April 21	Andrea R. Jones Jacqueline Monique Warner
		April 22	Glenn L. Frantzich

More April Birthdays

April 22	Catrina T. Fredrick Linda A. Meyers Nathaniel Harvey Louis M. Scharff
April 23	Ameishell Rena Brown Pamela Vanise Johnson Bettye Jean Stokes Vivian S. McNeil
April 24	Micheal S. Huff
April 25	Angela Denise Davis Shelia J. Mayes Mamie L. G. Ross Rebecca K. Strong Michele McWhite
April 26	Mary E. Ward Willie Elbert Douse
April 27	Steven A. Scharber
April 28	Jamaal R. Bates Jaterric M. Brackins Angela D. Miller
April 29	Roxane D. Beard Lisa Paschell
April 30	Virginia P. Bowman Semeonitra D. Brookins Beverly A. Scarlett Latasha Mendenhall Turner Sanrika K. Morris Janet D. Walker



ECRH Basketball

This year, the ECRH Basketball team combined with GRU (Georgia Regents University) to win the Industrial League Championship. Their record was 7 wins against 3 losses. In the championship game, they played Sitel and won 45-41. Congratulations to the team and



Dr. Emile Risby (center), DBHDD Clinical Director, visited ECRH to meet with (L-R) SS Trainers Donyal Brown, Charles Turner, and Jack Scott. Margaret Tuck was also in attendance.



Language Line Services

ECRH's Language Access Coordinator is Lisa Kuglar. 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, Lisa Kuglar, at 706-792-7171 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 Lisa Kuglar at lkuglar@dhr.state.ga.us.

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.languageline.com.

ECRH Central Kitchen Menu - Online

To find the monthly menu on the web, you must be on the new webpage at <http://dbhdd.georgia.gov/east-central-regional-hospital-augusta-gracewood>. This will have the ECRH logo (sunshine in yellow with East Central Regional in blue around it), not the pictures of our two front entrances. On the left side, choose "Employee Information". Scroll down to "Employee Links". Click on the "Menu for the Month of ____"



Gracewood Post Office

New Window Hours

M-F 9:00 am-12:00 noon
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!



A large advertisement for 'Forever' stamps. On the left, a large black and white photo shows a welder in a protective mask and cap working on a metal structure. To the right, a grid of 12 smaller black and white photos depicts various American workers in industrial settings, such as operating machinery, using tools, and working on construction sites. Each of these smaller photos has the word 'forever' printed vertically on its left side. Below the grid, the text 'USA | Building a Nation' is repeated under each of the 12 photos. At the bottom of the advertisement, the phrase 'Made in America Building a Nation' is written in a large, bold font. A small 'Bellini' logo is visible in the bottom right corner of the grid area.

RICHMOND COMMUNITY Federal Credit Union



Bad Credit? Need a Car? Looking for a Fresh Start?

If you have had credit problems in the past RCFCU is here to help! We are pleased to offer our "Fresh Start" Auto Loan* program to all qualified candidates! Come in and speak to a loan officer for more details.

Worry Free Loans*

- Account in good standing
- Member for 5 years
- On your job for 5 years
- Automatic payment
- Other restrictions may apply

\$500 for 6 months or \$1000 for 9 months! No Credit Check!

Sweetheart of a Deal*! 2.14% in 2014

Looking for a New or Used Vehicle?

Purchase a NEW or USED Automobile During April 2014 and get 2.14% APR!!!

Automobile must be a 2009 or newer, and applicant must have a beacon of 660+. Call or come in and speak to a loan officer today!!



Purchase a car from **Enterprise Car Sales**, and finance with **Richmond Community Federal Credit Union**, and you will receive **1% off of your qualifying interest rate*!** This could save you hundreds of dollars over the life of your loan!!

**All loan applications are subject to approval. Certain credit and policy restrictions may apply.*

What's in a Month?

April is...

National Humor Month	Records and Information Management Month	Couple Appreciation Month
International Guitar Month	Sexual Assault Awareness Month	Customer Loyalty Month
Keep America Beautiful Month	Autism Awareness Month	International Legacy Month
Lawn and Garden Month	National Grilled Cheese Sandwich Month	Cancer Control Month
National Poetry Month	Occupational Therapy Month	National Smile Month
National Pecan Month	Animal Cruelty Prevention Month	Straw Hat Month
National Welding Month	Community Spirit Month	Spring Break Month
Stress Awareness Month	Confederate History Month	World Habitat Awareness Month

And...

<u>April 1</u> April Fool's Day International Fun at Work Day International Tatting Day	<u>April 9</u> Name Yourself Day Winston Churchill Day	<u>April 17</u> Blah Blah Blah Day National Cheeseball Day National High Five Day Pet Owner's Independence Day	Pig in a Blanket Day Take Your Daughter to Work Day
<u>April 2</u> Children's Book Day National Peanut Butter & Jelly Day Reconciliation Day	<u>April 10</u> Golfer's Day National Siblings Day	<u>April 18</u> Good Friday International Juggler's Day Newspaper Columnists Day	<u>April 25</u> East Meets West Day World Penguin Day
<u>April 3</u> Don't Go to Work Unless it's Fun Day Tweed Day	<u>April 11</u> Eight Track Tape Day Barbershop Quartet Day National Submarine Day	<u>April 19</u> National Garlic Day	<u>April 26</u> Hug an Australian Day National Pretzel Day Richter Scale Day
<u>April 4</u> Hug a Newsmen Day National Walk to Work Day Walk Around Things Day School Librarian Day Tell a Lie Day	<u>April 12</u> Big Wind Day Russian Cosmonaut Day	<u>April 20</u> Easter Look Alike Day Volunteer Recognition Day	<u>April 27</u> National Prime Rib Day Babe Ruth Day Tell a Story Day Bring Your Kid to Work Day
<u>April 5</u> Go for Broke Day	<u>April 13</u> Palm Sunday Scrabble Day	<u>April 21</u> Dyngus Day Kindergarten Day Patriot's Day	<u>April 28</u> Kiss Your Mate Day International Astronomy Day Great Poetry Reading Day
<u>April 6</u> Plan Your Epitaph Day Sorry Charlie Day	<u>April 14</u> National Pecan Day Reach as High as You Can Day Ex Spouse Day International Moment of Laughter Day Look Up at the Sky Day	<u>April 22</u> National Jelly Bean Day Girl Scout Leader Day Earth Day	<u>April 29</u> National Shrimp Scampi Day Greenery Day Puppetry Day
<u>April 7</u> Caramel Popcorn Day No Housework Day World Health Day California Poppy Day	<u>April 15</u> Tax Day Rubber Eraser Day Titanic Remembrance Day	<u>April 23</u> National Zucchini Bread Day Executive Admin's Day Lover's Day Take a Chance Day World Laboratory Day	<u>April 30</u> National Honesty Day Hairstyle Appreciation Day
<u>April 8</u> All is Ours Day Draw a Picture of a Bird Day	<u>April 16</u> National Eggs Benedict Day National Librarian Day National Stress Awareness Day	<u>April 24</u>	



East Central Regional



DBHDD



Nan M. Lewis Regional Hospital Administrator
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
Teresa Crouch Publisher
Harold "Skip" Earnest Editor/Photographer
<p>NOTICE</p> <p>Items for publication must be submitted in written form. The upcoming issue's deadline is April 8, 2014. 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.</p>

Our Mission

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

Our Vision

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

Our Values

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

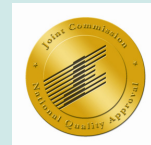
Integrity

Communication & Collaboration

Accountability

Recognition through Relationships

Empowerment through Excellence



Accredited
by
The Joint Commission

Campus Marquees

Deadline for submission of

MAY MESSAGES

April 23, 2014

Submit information to Teresa Crouch

Gracewood Campus

Extension 2030

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



TOWN HALL MEETINGS

Overview of Employee Engagement Survey Results

GRACEWOOD CAMPUS

Thursday, April 3, 2014

Bldg. 22 Auditorium, 2:30-3:30 p.m.



AUGUSTA CAMPUS

Friday, April 4, 2014

Gymnasium, 8:00-9:00 a.m.

Attendance is Voluntary
Attend ONE meeting
of choice

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.

Activity Therapist - Forensic Unit

Associate Nurse Executive - Augusta Campus

Certified Nursing Assistant 1 (multiple shifts available)

Clinical Risk Manager

CNA 2

DD Shift Supervisor - Gracewood Campus

Facility Safety Officer - Corporal

Food Service Worker (WL)

General Trades Craftsman

Groundskeeper

Health Care Worker

Health Service Technician 1 - Augusta Campus

Health Service Technician 1 - Gracewood Campus

Health Services Technician 2 - Augusta Campus

Health Services Technician 2 - Gracewood Campus

HVAC Repair Technician

Laundry Worker

Leave / Workers Compensation Coordinator

Licensed Practical Nurse (LPN) - 1st Shift- Augusta Campus

Licensed Practical Nurse (LPN) - 1st Shift- Gracewood Campus

Licensed Practical Nurse (LPN) - 2nd Shift- Augusta Campus

Licensed Practical Nurse (LPN) - 2nd Shift- Gracewood Campus

Licensed Practical Nurse (LPN) - 3rd Shift- Augusta Campus

Licensed Practical Nurse (LPN) - 3rd Shift- Gracewood Campus

Mechanic

MH Shift Supervisor

MH/DD Team Leader

Nurse Administrator - (E/N) Gracewood and Augusta Campus

Pharmacist (AL) (Part time hourly)

Physicians Assistant- Augusta

Program Assistant - Camellia Unit

Program Assistant - Redbud Unit

Program Associate - Clinical Department

Registered Nurse (RN) - Augusta Campus

Registered Nurse (RN) - Charge Nurse - Augusta Campus

Registered Nurse (RN) - Charge Nurse - Gracewood Campus

Registered Nurse (RN) - Forensic Mall

Registered Nurse (RN) -Gracewood Campus

Training Specialist

Work Therapist - Augusta Campus

Taking Flight

A Briefing from Project GREAT
Georgia Recovery-Based Educational Approach to Treatment

A RECOVERY STORY

Finding a Voice through Peer Support

Theresa has been a recipient of mental health services for over 20 years since the age of 15. Although she has been receiving mental health services for so long, she is largely dissatisfied with the nature of her care. She has distressing memories of being repeatedly hospitalized, undergoing forced medications and other treatments, and being occasionally put in holds and restraints. Theresa has always felt that she has been unable to voice an opinion in her own care. She started receiving services as a teenager after her parents had her hospitalized at a children's hospital; as such, she had no say in her initial hospitalization. At the age of 18, her care was simply transferred to an adult hospital and several outpatient services. Theresa stated that as a teenager, she had a "strong" personality and often expressed her opinions openly. Over the years however, she has become quite passive, having surrendered to a fate of involuntary hospitalizations and treatments. She stated that she has had some practitioners ask for her opinion about certain aspects of her care. However, having her opinion entertained was rare and often involved trivial decisions such as appointment time rather than critical decisions about medications, psychotherapy, community placement, and so on. She observed that on occasions when she had expressed dissatisfaction with some aspect of her care during her hospitalization, she was often ignored. When she insisted on her opinion in these situations, they often escalated into an argument with staff that resulted in her being subsequently put in involuntary holds or restraints. Theresa often wondered about regaining her confidence, reasserting her personality, and rebuilding her own identity but puzzled about how this could be possible if she remained a psychiatric patient.

During one of her visits to the outpatient clinic, Theresa's psychotherapist asked her if she would be interested in the services of a Certified Peer Specialist. Theresa learned that a peer specialist is someone who has a personal history with mental illness but has embarked on a journey of rebuilding their own identity and reclaiming their own lives from mental illnesses. A peer support specialist working at the outpatient clinic would provide a model of

recovery and coping with illness by sharing from their own history and experiences. Theresa readily agreed to begin sessions with the peer specialist. Through their interaction, Theresa learned about recovery and consumer rights. She also learned to begin to advocate on her own behalf. She worked with the peer specialist to learn to effectively express her needs and advocate for them—often through role plays with her peer support specialist. Theresa's peer specialist also served her by speaking on behalf of Theresa's perspective during treatment planning. Theresa also asked that her peer specialist to be present during her medication visits as she tended to have difficulty asking the "right" questions, discussing side effects, inquiring about the necessity of certain medications, and reporting side effects. Theresa found that through the help of her peer specialist, she was able to regain her self-confidence and find her "voice" by become more engaged in her own care through self-advocacy.

LEARNING POINT

The services of peer specialists can be beneficial to people receiving psychiatric services. Using their experiences receiving psychiatric care, peer specialists are able to connect with service recipients in a unique way and help them to become partners in their own care. Several studies support the benefits of peer-provided services for care recipients. These services can potentially enhance traditional care by contributing to decreased psychiatric symptoms, lowered risk of relapse and rehospitalization, and improved community living.^{1,2} Peer support can provide the added benefit of increasing the satisfaction of care recipients with psychiatric services.³ It would no doubt be beneficial for providers to make peer support services available in mental health settings and encourage care recipients to seek such services.

1. Lawn S, Smith A, Hunter K. Mental health peer support for the hospital avoidance and early discharge: an Australian example of consumer driven and operated service. *J Ment Health* 2008;17(5):498-508.
2. Min S, Whitecraft J, Rothband AB, et al. Peer support for persons with co-occurring disorders and community tenure: a survival analysis. *Psychiatr Rehab J* 2007;30(3):207-13.
3. Sells D, Davidson L, Jewell C, et al. The treatment relationship in peer-based and regular case management for clients with severe mental illness. *Psychiatr Serv* 2006;57(8):1179-84.

Anthony O. Ahmed, PhD

2014 SPECIAL EVENTS CALENDAR
Revised 02.06.14

LEGEND	
Special Olympics	Hospital Special Events
Super Saturday	Spiritual Care Events

Month	EVENTS
January	
Jan 18	Super Saturday – Trinity on the Hill Methodist Church 11:00 AM-1:00PM
February	
Feb 5	Special Olympic Training Clinic Track & Field (Location: Gracewood Campus) 10am-12n & 2pm-4pm
Feb 13	Sweetheart Ball – Augusta Campus 1pm – 3:30pm
Feb 15	Super Saturday – Trinity on the Hill Methodist Church 11:00 AM-1:00 PM
Feb 25 March 7	Multimedia Arts
Feb-25-27	Multimedia Arts-Exhibit Preparation
March 3-4	Multimedia Arts- Set Up etc-Judging
March 5	Multi Media Art Show-Awards Program, 10am, Gracewood Gym
March	
March 6 and March 7	Multi Media Arts Work Viewing- Gym
March 12	Special Olympics- ECRH Local Games (Location: Gracewood)
March 15	Super Saturday – Trinity on the Hill Methodist Church 11:00 AM-1:00PM
March 26	Special Olympics- Georgia Area Games (Location: Fort Gordon)
May 27	Special Olympics- Georgia Area Games Rain Date
April	
April 9	Putt- Putt Tournament, Augusta Campus Putt – Putt Course and Gym – 1:00 – 3:00
April 16	Spring Dinner and Dance – Gracewood Campus, Central Kitchen and Gym <ul style="list-style-type: none"> • Group A - Spring Dance & Dinner – 3pm-5pm • Group B - Spring Dance & Dinner – 6pm-8pm
April 24	Spring Dinner and Dance, Augusta Campus, Gym 5:00 – 8:00
April 19	Super Saturday – Trinity on the Hill Methodist Church 11:00 AM-1:00PM
April 20	Sunday Easter Service – Chapel of All Faiths 10 am
May	
April 30	Special Olympic Training Clinic Bache (Location: Gracewood Campus) 10am-12n
May 1	National Day of Prayer – ECRH Chapel of All Faiths, 10:00AM
May 7	Clarks Hill Training – All Clinical Staff are welcome to attend
May 30-June 1st	Special Olympics – Summer Emory University, Atlanta Ga.
May 17	Super Saturday – Trinity on the Hill Methodist Church 11:00 AM-1:00PM
May - September	Summer Camps – Units - TBA
June	
June 19	Super Saturday – Trinity on the Hill Methodist Church 11:00 AM-1:00PM
July	
July 4	Independence Day Activities (Units TBA)
July 5	Super Saturday – Trinity on the Hill Methodist Church 11:00 AM-1:00PM
August	
August 14	Hawaiian Party – Augusta Campus Gym and Pavilion 5:00 – 8:00
TBA	Special Olympics – Masters Bowling Tournament, Warner Robins, GA
August 16	Super Saturday – Trinity on the Hill Methodist Church 11:00 AM-1:00PM
September	
Sept 11	911 Remembrance Program – ECRH Chapel of All Faiths, 10:00 AM
Sept 10	Fishing Derby for DD Services
Sept 11	Fishing Derby for MH Services
Sept 12	Rain Date for DD Services Fishing Derby
Sept 13	Rain Date for MH Services
Sept 20	Super Saturday – Trinity on the Hill Methodist Church 11:00 AM-1:00PM
Sept 25	Special Olympic Training Clinic Basketball (Location: Gracewood Gym) 6:15p-7:30p
October	
TBA	Georgia Special Olympics – State Fall Games Dalton, GA
Oct 18	Super Saturday – Trinity on the Hill Methodist Church
Oct 20-25	Harvest Fest Activities, Gracewood Campus
Oct 30	October Festival, Augusta Campus 1:00 – 3:30
November	
TBA	Columbia County Fair
TBA	Exchange Club Fair
Nov 16	Super Saturday – Trinity on the Hill Methodist Church 11:00 AM-1:00PM
TBA	Christmas Tree Trimming Activities (Both Campuses)
December	
Dec 2	Christmas Tree Lighting Ceremony – Augusta Campus 5:00pm
Dec 3	Christmas Tree Lighting Ceremony – Gracewood Campus 5:30 Gym
Dec 11	Mayors Motorcade 1:15 pm
Dec 18	Christmas Program – ECRH Chapel of All Faiths, 7:00 PM
Dec 18	Christmas Ball – Augusta Campus – 1:00 pm
Dec 20	Super Saturday – Trinity on the Hill Methodist Church (Friday Night Dance 7-9 PM)

April Menus

SUNDAY 4-6-14	MONDAY 4-7-14	TUESDAY 4-8-14	WEDNESDAY 4-9-14	THURSDAY 4-10-14	FRIDAY 4-11-14	SATURDAY 4-12-14
Banana Scrambled Eggs w/Sausage Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sliced Ham Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk
Baked Ham Corn Collard Greens Carrot/Raisin Salad Bread/Margarine Peach Slices Iced Tea / 2% Milk	Fried Chicken Au Gratin Potatoes Mixed Vegetables Lettuce/Tomato Sld w/Drsg Wheat Roll/Marg Oatmeal/Raisin Cookies Iced Tea/2% Milk	Roast Pork w/Gravy Cnd Swt Potatoes Field Peas Pickled Beet/Onion Salad Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Spaghetti w/Meat Sauce Parmesan Cheese Calif Mixed Vegt Tossed Sld w/Drsg Bu Garlic Toast Pineapple Upside Down Cake Iced Tea /2% Milk	Baked Chicken Macaroni/Cheese Seas Turnip Greens Sliced Peaches Cornbread/Marg Ice Cream Iced Tea/2% Milk	Roast Beef w/Gravy Mashed Potatoes Seasoned Squash Peach/Pear Mix Roll/Margarine Bread Pudding Iced Tea/2% Milk	Pepper Steak Rice Broccoli Pear/Cheese Salad Bread/Margarine Chocolate Pudding Iced Tea/2% Milk
Fried Fish 'N Bun w/Tartar Sauce Spanish Rice Green Beans Coleslaw Sherbet Iced Tea	Hamburger 'n Bun Sliced Cheese Catsup/Must/Mayo Sliced Pickles Fried Onion Rings Roll/Margarine Fried Onion Rings Baked Beans Lett/Tomato Sld w/Drsg Pound Cake Iced Tea	Chuckwagon Steak w/Cream Gravy Mashed Potatoes Calif Mixed Vegt Shredded Lett/Drsg Bread/Margarine Pears Iced Tea	BBQ Pork w/Bun Spinach Potato Salad Peach/Pear Mix Iced Tea	Turkey Pot Pie Steamed Carrots Shred Lett w/Drsg Bread/Margarine Brownie Iced Tea	Ham Ndl Casserole Garden Peas Copper Penny Sld Bread/Margarine Sugar Cookies Iced Tea	Hot Dog 'n Bun Must/Catsup/Onion Baked Beans Coleslaw P'Butter Cookies Iced Tea

SUNDAY 4-13-14	MONDAY 4-14-14	TUESDAY 4-15-14	WEDNESDAY 4-16-14	THURSDAY 4-17-14	FRIDAY 4-18-14	SATURDAY 4-19-14
Cranberry Juice Scrambled Eggs Sausage Links Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sliced Ham Grits Syrup/Margarine Coffee/2% Milk	Cranberry Juice Scrambled Eggs w/Sausage Bits Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Toast/Marg/Jelly Coffee/2% Milk
Baked Ham Oven Browned Potatoes Seas Turnip Greens Cucumber/Vinegar Salad Bread/Marg Ice Cream Iced Tea/2% Milk	Roast Turkey w/Gravy Cranberry Sauce Baked Dressing Green Beans Potato Salad Roll/Margarine Coconut Cake Iced Tea/2% Milk	Baked Chicken Rice w/Gravy Broccoli Sliced Tomato Salad Roll/Margarine Sweet Potato Pie Iced Tea/2% Milk	Roast Beef w/Gravy Egg Noodles Carrots Tossed Sld w/Drsg Wheat Roll/Marg Banana Cake Iced Tea/2% Milk	*Fried Fish w/Tartar Sauce Scalloped Potatoes Steamed Cabbage Sliced Tomato w/Mayo Cornbread/Marg Cake w/Icing Iced Tea/2% Milk *Broiled Pollock as 2nd choice in Employee Cafeteria ONLY	BBQ Pork 'N Bun French Fries Green Beans Coleslaw Pineapple Upside Down Cake Iced Tea/2% Milk	Hamburger Steak w/Gravy Snowflake Potato Green Peas Tomato Sld/Drsg Roll/Margarine Vanilla Pudding/Topping Iced Tea/2% Milk
Chili Con Carne Rice Corn Shred Lettuce/Drsg Saltine Crackers Sliced Peaches Iced Tea	Beef Noodle Cass. w/Cheese Topping Seasoned Squash Tossed Salad/Drsg Bread/Margarine Sherbet Iced Tea	Sloppy Joe 'n Bun French Fries Green Peas Green Salad w/Drsg P'Butter Cookies Iced Tea	Hot Dog / Bun Baked Beans Coleslaw Chocolate Pudding Iced Tea	Turkey Noodle Cass Sea Collard Greens Tossed Salad Bread/Margarine Ice Cream Iced Tea	Fried Chicken Macaroni / Cheese Broccoli Lett/Tom Sld/Drsg Roll/Margarine Sugar Iced Tea	Chicken Salad Saltine Crackers Copper Penny Sld Bread/Margarine Fruit Cup Iced Tea

SUNDAY 4-20-14	MONDAY 4-21-14	TUESDAY 4-22-14	WEDNESDAY 4-23-14	THURSDAY 4-24-14	FRIDAY 4-25-14	SATURDAY 4-26-14
Orange Juice Scrambled Eggs w/Ham Bits Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs w/Cheese Grits Cinnamon Roll Margarine Coffee/2% Milk	Apple Juice Waffles Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk
Spaghetti w/Meat Sauce Parmesan Cheese Green Beans Tossed Salad w/Drsg Garlic Bread Pears Iced Tea/2% Milk	Roast Turkey w/Gravy Cranberry Sauce Baked Dressing Peas & Carrots Peaches** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk **Augusta Campus= Fruit Cocktail	Baked Ham Mashed Potatoes Seas. Collard Greens Pears Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Lasagna Combination Salad w/ Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk	Meatloaf w/Mushroom Gravy Mashed Potatoes Carrots Pear/Cheese Salad Roll/Margarine Gingerbread Iced Tea/2% Milk	Roast Pork w/Brown Gravy Steamed Rice Broccoli Lettuce Sld w/Drsg Bread/Margarine Banana Pudding w/Topping Iced Tea/2% Milk	Baked Chicken Oven Brown Potatoes Calif Mixed Vegt Coleslaw Roll/Margarine Ice Cream Iced Tea/2% Milk
Polish Sausage/Bun Diced Onion/Relish/ Mustard Baked Beans Coleslaw Pineapple Tidbits Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Sweet Potato Pie Iced Tea	Tuna Ndl Casserole Calif Mixed Vegt Shred Lettuce/Drsg Bread/Margarine Apricot Halves Iced Tea	Hot Dog 'N Bun Must/Catsup/Onion Baked Beans Coleslaw Brownies Iced Tea	Roast Beef w/Gravy Noodles Green Beans Tossed Salad w/Drsg Bread/Margarine Peaches Iced Tea	Chili Mac Corn Pears ** Saltine Crackers Choc Chip Cookies Iced Tea **Augusta Campus = Fruit Cocktail	Taco Pie White Rice Spinach Shred Lettuce/Drsg Bread/Margarine Applesauce Iced Tea

SUNDAY 4-27-14	MONDAY 4-28-14	TUESDAY 4-29-14	WEDNESDAY 4-30-14	THURSDAY 5-1-14	FRIDAY 5-2-14	SATURDAY 5-3-14
Cranberry Juice Scrambled Eggs w/Ham Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Pancakes Sliced Bacon Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Ham Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sausage Links Dry Cereal Toast/Marg/Jelly Coffee/2% Milk
Chuckwagon Steak w/Cream Gravy Mashed Potatoes Collard Greens Sli Tomato Salad Roll/Margarine Peaches Iced Tea/2% Milk	Pepper Steak Steamed Rice Squash Tossed Salad/Drsg Roll/Margarine Brownie/Icing Iced Tea/2% Milk	Roast Beef w/Gravy Egg Noodles Carrots Applesauce Wheat Roll/Marg Cake w/ Icing Iced Tea/2% Milk	Hamburger w/Bun Must/Catsup/Mayo Dill Chlp/Sl Onion French Fries Sli Tom/Lett Salad w/Mayonnaise Gingerbread Iced Tea/2% Milk	Red Beans & Rice Mixed Vegetables Lettuce Sld w/Drsg Bread/Margarine Vanilla Pudding Iced Tea/2% Milk	Baked Chicken Rissolo Potatoes Broccoli Carrot/Raisin Salad Roll/Margarine Heavenly Hash Ice Tea/2% Milk	Meatloaf w/Brown Gravy Snowflake Potato Green Peas Pineapple Tidbits Roll/Margarine Ice Cream Iced Tea/2% Milk
Chicken Tetrzini Carrots Tossed Salad w/Drsg Garlic Bread P'Butter Cookies Iced Tea	Bkd Rigatoni/Beef Broccoli Pickled Beet Salad Bread/Margarine Apple Crisp Iced Tea	Fried Chicken Au Gratin Potatoes Green Beans Shred Lettuce/Drsg Bread/Margarine Apricots Iced Tea	Roast Turkey w/Gravy Sweet Potatoes Seas Turnip Greens Sliced Tomato Cornbread/Marg Fresh Fruit Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Banana Pudding Iced Tea	*Fried Fish w/Tartar Sauce Spanish Rice Okra Green Salad w/Drsg Bread/Margarine Apple Crisp Iced Tea *Broiled Pollock as 2nd choice in Employee Cafeteria ONLY	Turkey Salad Saltine Crackers Pickled Beet Salad Bread/Margarine Apricot Halves Iced Tea