



Special points of interest:

- *Christmas Parade Info*
- *Mayors' Motorcade Info*
- *Christmas Ball Info*
- *Augusta Tree Lighting Info*
- *What's in a Month*
- *Taking Flight*

"Our greatest blessing is the fortune of good friends, being loved, and loving others."

Alan Robert Neal

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From the Desk of the RHA - Paul Brock



The Holidays

Beginning with Thanksgiving, we have started a five week period called "the holidays." People generally look forward to the holidays and hope that they will be a time of happiness, friendliness, fellowship, and harmony. However, our anticipation and excitement can move us to uneasiness because of the stressfulness of holiday events. The demands of the season are many: shopping, cooking, travel, houseguests, family reunions, and more shopping. As the holiday season starts, many of us start to feel stressed and overwhelmed. I thought I'd suggest a few tips for maintaining one's self for the weeks ahead.

Do something beneficial for others. *Being altruistic means helping others or doing good without focusing on recognition or reward for yourself. The holiday season presents many opportunities: make a monetary donation or the gift of your time to your favorite charity, take a meal to a family with a new baby or to someone who is ill. If you have children, modeling this type of behavior sends a powerful message that helping others is important. Additionally research suggests that people who are more altruistic tend to see life as more meaningful, experience a decreased sense of hopelessness and stress, increased physical health and enhanced self-esteem.*

Make certain that in the flurry of activity and commitments that usually accompany the holiday season, you don't neglect yourself. *I'm not suggesting that you become overly self-absorbed, but if you don't take care of yourself, you're likely to crash and burn. Take a breather and make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, such as taking a walk at night and stargazing, listening to soothing music, getting a massage or reading a book.*

Eat with moderation and don't beat yourself up. *Eating a hearty holiday meal of traditional dishes is something that many of us look forward to, but don't use the holidays as an excuse for weeks and weeks of overeating. Look at your eating over the course of the holiday and try to balance those days so that the majority of time you are having sensible meals.*

Try your best to treat exercise as a non-negotiable appointment. *It's tempting to skip that exercise class or daily walk as you try to fit everything in during the holiday season. Obviously, exercising is a great way to compensate for the extra calories that you may have consumed and is also a great stress buster. If you simply can't work in a block of exercise then be sure to take a quick walk with your family or friends before lapsing into the Turkey/Football Coma.*

(Continued on page 3)

New Employees



Front Row(L-R): Juronda Brown, CNA 2; Makisha Allen, CNA; Shaquonta Bostic, CNA; Ashley Moseley; Social Worker

Back Row(L-R): Timothy Gobel, CNA; Beulah Mayers, CNA; Veronica Drayton, HST; Kevin Clarke, CNA

Front Row(L-R): Nicole Scott, Laundry Worker; Seretta Tanksley, CNA; Deshell Robinson, CNA; Toni Smith, Laundry Worker

Back Row(L-R): Destiny Rolland, CNA; Fatemia Ruff, CNA; Latasha Prince, HST; Eraina O'Neal, Warehouse Worker



(L-R): Rikeshia Taylor, RN; Clifton N. Williams, Behavioral Health Provider (Campus Supervisor); Janina Velez, HST; Jamael Worrell, HST

Hasim Momin, Dentist

Editor's Note: This employee was in our last New Employee Orientation, but the listed job title was incorrect. We regret the error.



WELCOME!

HR Partners



All DBHDD employees need to ensure that their home/ mailing address are accurate in Team Georgia/Self Service. We are coming to the end of the year and need to ensure that all communications sent to employees are received and if there is a need to mail W2 Forms, that they go to the correct address.

Please take a moment to review and update **YOUR** address, if necessary.

Thanks,
Elaine Biley
HR Operations Manager

From the Desk of the RHA - Paul Brock

It's tempting to cut back on sleep. *One of the fastest ways to run yourself into the ground is to decrease your sleep. Sleep allows our bodies to repair, refresh, and prepare for the coming day. A lack of sleep can increase susceptibility to illness, exacerbating stress along with an assortment of other problems.*

If you are overextended and rundown, try to practice your assertiveness skills. *It's often hard to prioritize, but rather than trying to do it, focus on the most important activities and tasks. It's better to do a few things well rather than to do everything poorly. Similarly, it's better to be "in the moment" and enjoy a few social functions rather than to simply go through the motions and show up to everything.*

Probably the most important thing is to maintain a sense a humor. *Laughter can help to minimize the importance of stressful experiences. You have 30 people coming for dinner and you burn the potatoes... In the big scheme of things, is it really the end of the world? Finally, laughing can produce positive physiological effects such as reducing muscle tension, increasing the flow of oxygen to the blood, exercising the heart, and producing endorphins that decrease pain and increase a sense of well-being and euphoria.*

Wherever your plans lead you, please have an enjoyable and safe holiday season.

Sincerely,
Paul Brock



Safety Shop

Questions?
Call Safety Office
706-790-2400

MOUNT YOUR SURGE PROTECTOR



Many multi-outlet power strips have a fragile internal connection that can be damaged by repeated movement or jarring.

Fires have resulted when this connection is damaged, so it is important that the strips be above the floor and mounted to a fixed surface, such as a wall or cabinet. Please call Plant Operations and initiate a work order to mount your surge protector.



If you need assistance with anything Fire Safety, Life Safety, Radio Communications, MSDS, HazMat, Medical Equipment, or Emergency Management, please contact Farzana Hussaini at 706-790-2400/2401. Or e-mail at Farzana.Hussaini@dbhdd.ga.gov.

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

Occupational Health - Healthy Skin

What you know about your skin

Your skin is the organ that comes into contact with the rest of the world. It holds body fluids in, preventing dehydration and keeps harmful microbes out—without it, we would get infections. Your skin is full of nerve endings that help you feel things like heat, cold, and pain. If you couldn't feel these things, you could get badly hurt and not even know it!

Why is healthy skin important?

Since your skin plays such an important role in protecting your body, you should keep it as healthy as you can. This will help you keep from getting sick or having damage to your bones, muscles, and internal organs.



What you might not know about your skin

Skin is actually your body's largest organ by size. Your skin helps keep your body temperature even. If you get too hot, blood vessels near the surface of the skin, called capillaries enlarge to let the warm blood cool down.

Your skin also makes vitamin D when the sun shines on it. Vitamin D is important for the health of your bones and other parts of your body.

You can injure your skin

It's not too hard to injure your skin. So be careful when you're doing anything that might injure it (like using sharp tools, working in the yard, or playing a sport). Cuts, bumps, and scrapes are a normal part of life. It wouldn't be much fun if you tried to avoid them completely. But it's smart to wear the right protective equipment, like gloves, long sleeves, knee and elbow pads, or helmets.



Be very careful when you're around anything hot that can burn your skin. Burns, including sunburn, can be very painful and can take a long time to heal. Burns can also get infected easily. Sometimes, burns leave bad scars and permanently damage your skin. If you're helping out in the kitchen, make sure you use hot pads or wear oven mitts to protect your hands when you're grabbing something hot.

What to do when your skin is injured

If you do get a cut or scratch, clean it right away with soap and warm water and put on a bandage to protect it while it heals. This keeps dirt and germs from getting into the wound and causing an infection. If you come into contact with a plant like poison ivy, wash your skin and clothing right away. If you develop a rash, ask your pharmacist about over-the-counter medicines. For severe rashes, you might need to see your doctor.

What to do about insect bites

Watch out for insect bites, too. Try not to scratch them, because they could get infected. Cover up your skin as much as possible when you will be in the woods, tall grass, or other areas where there may be ticks (small, 8-legged bugs). It helps to wear light-colored clothing, so you can see ticks before they have a chance to bite. Ticks can carry germs that will make you sick. If you find a tick attached to your skin, get a trusted adult to help you remove it.



Occupational Health - Healthy Skin

(Continued from page 5)

Skin diseases

There are many diseases that can affect your skin. Some like vitiligo cause the skin to lose its natural color, and some like alopecia areata can make the hair fall out. Another skin disease like epidermolysis bullosa can cause painful blisters. Psoriasis can cause itchy, scaly red patches. Go see your doctor if you think you might have a skin disease.



Information Taken From: National Institute of Arthritis and Musculoskeletal and Skin Diseases

Infection Control - Fungal Infection

Have you wondered about your risk for fungal infection?

Fungi are everywhere. There are an estimated 1.5 million different species of fungi on Earth, but only about 300 of those are known to make people sick. Fungal infections are often caused by microscopic fungi that are common in the environment. Fungi live outdoors in soil and on plants and trees as well as on many indoor surfaces and on human skin. Mild fungal skin infections (such as ringworm) can look like a rash and are very common. Fungal infections in the lungs can be more serious and often cause symptoms that are similar to other illnesses, such as the flu or tuberculosis. Fungal meningitis and bloodstream infections are less common than skin and lung infections but can be life-threatening. Because the symptoms of fungal infections can be similar to other illnesses, proper diagnosis and treatment are often delayed. The more you know about fungal infections and your risk, the better prepared you can be to protect your health. The CDC has developed a questionnaire to help you learn your risk for fungal infection. Answering the 10 questions can help you understand fungal infections, assess your chance of getting sick, and know what you need to do to stay healthy. The CDC questionnaire can be found here:



<https://www.cdc.gov/features/fungalinfections/index.html>



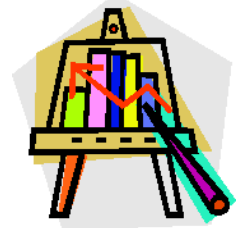
Celebrate Retirement with
Teresa Crouch and Skip Earnest

December 16, 2016
2-4 pm
Gracewood Cafeteria

The Quality Corner



NEWS & INFORMATION FROM THE
QUALITY MANAGEMENT DEPARTMENT



Happy Holidays!

In the spirit of the season, however, whatever, or wherever you celebrate, here is wishing you a peaceful and joyous Holiday season!

Please be kind to each other and to our individuals so that we can all enjoy the gifts of this wonderful time of year.

From your Quality Management Staff:

Lisa Steed, Gary Alexander, Atira Cotman, Del Emory, Amber Franklin-Lacey, Brea Griffin, Deb Griffin, Shana Howard, Stacy Hughes, Ida Newman, Amanda Pattillo, Tasanya Ross, Cecile Stuart, and Michael Scharff

Training at a Glance - December

Class	Date	Time	Place
NEO Principles of Recovery	12/1/2016	10:00 a.m.-11:00 a.m.	BLDG 103-D E&R
NEO PNS End User	12/1/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO PNS Professional	12/1/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
Updated Safety Care Level #2	12/1/2016 12/2/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-11:00 a.m.	BLDG 99L
NEO Infection Control and Prevention+Handwashing	12/2/2016	10:30 a.m.-12:00 p.m.	BLDG 103-D E&R
CPRC	12/5/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C ROOM C-23
EMR Nursing	12/5/2016	8:00 a.m.-1:30 p.m.	BLDG 103-C Room C-23
Infection Control and Prevention+Handwashing	12/5/2016	1:00 p.m.-2:30 p.m.	BLDG 103-C C-23
Updated PNS End User	12/6/2016	8:00 a.m.-9:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-C Lab
Updated Seizure Management	12/6/2016	9:00 a.m.-10:30 a.m.	BLDG 103-C Lab
Infection Control Prevention + Handwashing	12/6/2016	2:00 p.m.-3:30 p.m.	BLDG 103-C Lab
CPRA	12/6/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C ROOM C-23
First Aid	12/6/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
Nova Stat Strip Glucometer User Training	12/6/16	8:00 am – 9:00 am 9:00 am – 10:00 am 11:00 am – 12:00 pm 1:00 pm – 2:00 pm 2:00 pm – 3:00pm 3:00 pm – 4:00 pm	BLDG 103-D E&R
Updated Safety Care Level #1	12/7/2016	8:00 a.m.-11:30 a.m.	BLDG. 99 F
Updated PNS Professional	12/7/2016	8:00 a.m.-10:00 a.m.	BLDG 103-C Lab
Updated Seizure Management	12/7/2016	10:30 a.m.-12:30 p.m.	BLDG 103-C ROOM C-23
NEO PBS Training	12/7/2016	8:00 a.m.-12:00 p.m.	BLDG 99L
Updated PNS End User	12/8/2016	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m.	BLDG 103-D E&R
Updated Seizure Management	12/8/2016	3:00 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Safety Care Level #2	12/8/2016 12/9/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-11:00 a.m.	BLDG 99F
NEO CPRA	12/8/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
NEO CPRC	12/8/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab

Training at a Glance - December

Class	Date	Time	Place
NEO First Aid	12/8/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	12/9/2016	8:00 a.m.-10:00 a.m.	BLDG 103-C Lab
NEO Medical Emergency Response System	12/9/2016	8:00 a.m.-12:00 p.m.	BLDG 103-D E&R
NEO Seizure Management	12/9/2016	12:30 p.m.-2:30 p.m.	BLDG 103-D E&R
CPRC	12/9/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care Level #2 (weekend)	12/10/2016 12/11/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-11:00 a.m.	BLDG 99L
NEO Observation of Individual to Ensure Safety	12/12/2016	8:00 a.m.-10:30 a.m.	BLDG 103-D E&R
First Aid	12/12/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	12/12/2016	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO Seclusion and Restraint	12/12/2016	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated PNS Professional	12/12/2016	8:00 a.m.-10:00 a.m.	BLDG 103-C Room C-23
Infection Control and Prevention+ Handwashing	12/12/2016	1030 a.m.-12:30 p.m.	BLDG 103-C Lab
Defensive Driving (Drivers Improvement)	12/13/2016	8:00 a.m.-2:30 p.m.	BLDG 103-C Lab
NEO Therapeutic Incentive Program	12/13/2016	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
Updated Safety Care Level #2	12/12/2016 12/13/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-11:00 a.m.	BLDG 99L
Updated Safety Care Level #2	12/13/2016 12/14/2016	1:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
First Aid	12/14/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO PNS End User	12/14/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO PNS Professional	12/14/2016	12:30 p.m. – 4:30 p.m.	BLDG 103-C Lab
Updated Safety Care Level #2	12/14/2016 12/15/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-11:00 a.m.	BLDG 20 Gracewood
Updated PNS End User	12/15/2016	10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-D E&R
Updated Seizure Management	12/13/2016	1:00 p.m.-2:30 p.m.	BLDG 103-D E&R

Language Line Services

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

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

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

When receiving a call:

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

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

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

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

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

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

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

Out & About



Putting up the Christmas tree in the Gracewood Auditorium.



HIPAA training begins on the Gracewood Campus.



Out & About

Gracewood Tree Lighting



Thanksgiving in Camellia



Out & About

TIP Thanksgiving



Nursing Skills Fairs



December Birthdays

December 1	Valerie P. Phillips	December 13	Elizabeth M. McCorkle
December 3	Tanya E. Brooks		Catorry J. Smith
	James Arthur Fitts		Malindy Snead
	Latasha L. Prince	December 14	Jonathan L. Graham
December 4	Debra P. Brizius		Marquita D. Rowe
	Demarkus B. Houck	December 15	Shmiker L. Brown
	Kenyatta Bryette King		Clarence A. Ellis
	Terrell L. Ruffin		Chimael'Angelyka Hughes
	Eddie L. Scurry	December 16	Darnella D. Jackson-Congo
December 5	Tanya D. Brown		Antonio D. Jimperson
	Regenia Harrison-Moore		Jonathan A. Underwood
	Zakkary T. Stock		Clifton Williams
December 6	Margarita Garrett		Glene D. Williams
	Barbara Ann McClary	December 17	KeAnne K. Bowie
	Victor Tyrone Peterson		Ella M. Brigham
	Steven L. Webb		Charvia Dyshell Manor
December 7	Stevie L. Crawford	December 18	Ladana S. Hall
	Angela J. Fralix		Gladys Y. Martinez Guerrero
December 8	Antoinette Afriyie		Teresa L. McGahee
	Dorothy N. Buchanan		Chimene Park
	Crystal Leialoha Clifton		Tawanna K. Roach
	Loretta P. Ray	December 19	Melinda WH Denmark
	Tabitha R. Snellings		Harold W. Earnest
December 9	Latoya Jean Mims		Natasha Y. Johnson
	Zelma Turner		Ranita Evans Keener
	Judith L. Wolfe		Rhonda Faye Phillips
December 11	Christopher J. Sims		Chiquita Yashiba Young
	Carol D. Waller	December 20	Nicholas D. Jenkins
	Stuart R. Waller		James P. Mills
December 12	Bessie Butler	December 21	Ronda L. Cooper
	Seth A. Croxton		Nicole Holloman
	Elaine D. Ellerbee		Shana J. Howard
	Almedia D. Johnson		Nikki R. Kirkland
	Teresa Darlene Johnson		Mary R. Murray
	Tisia M. Larsuel		Charity Alexandria Sims
	Mary Alice Luton		Yolanda V. Thornhill
	Christopher A. Scott		Hasim Momin
	Eula Mae Woodruff	December 22	Rosemary Beard
December 13	Robert P. Camanini		Tonia F. Gilmore

More December Birthdays

December 22	Emily Diane Gottfried Monique L. Lee
December 23	Adrienne Francis Oakman Patricia A. James
December 24	Addie D. Griffin Lynette L. Walton
December 25	Brittany N. Coleman Murphy N. Harrell Darlene Jacobs Angel M. Owens Gisela M. Rosa Del Moral
December 26	Paul Timothy Fedrick
December 27	Jennifer Leigh May
December 28	Kevin D. Clarke Jarvig L. Gaiters Valeria A. Middleton Eraina D. Oneal Lauren W. Williams Linda Y. Evans
December 29	Claude F. Harris Erica D. Albea
December 30	Phylicia Marie Blount Bonita D. Bolton Deidre Brown Robin Lee Chavous Atira Donache Cotman Paige R. Ingram Evelyn G. Lawrence Judy F. Middleton
December 31	Melanie Denise Harris Andrea Elaine Williams-Mays



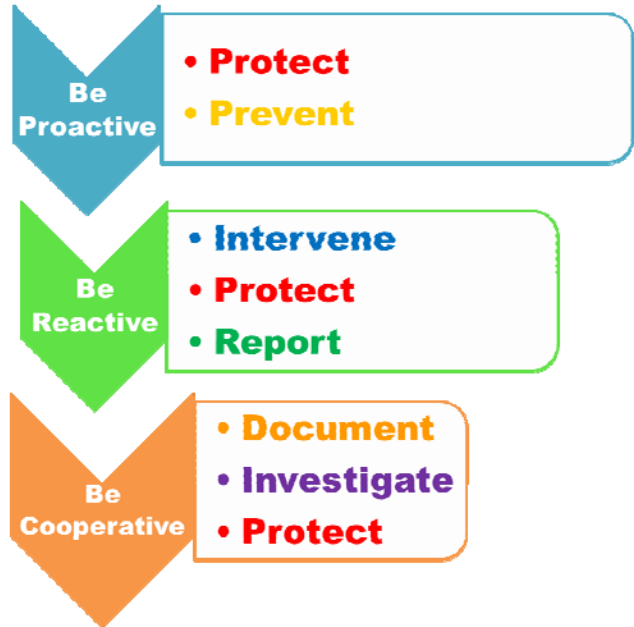
HAPPY BIRTHDAY!

Don't forget your PPD!

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



ECRH Incident Management Hotline Procedure

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

Hotline Number:

(706) 945-7150



Project GREAT

Project GREAT Workshop - Putting Recovery into Practice



Alex Mabe, Ph.D.

Michael Rollock, Ph.D.

Date/Time: December 7 @ 8:30-11:30

Location: Augusta Campus gym

Target Audience: Psychiatrists, psychologists, social workers, professional counselors, nurses, case workers, HSTs, and peer specialists who are providing mental services/support at ECRH **who have not attended before must attend.**

Workshop Objectives:

1. Assist MH providers to examine their practice from a consumer perspective and be motivated for positive change.
2. The MH providers will learn the fundamental principles of the recovery model of mental health care and be able to apply these principles to clinical practice issues.
3. The MH providers will begin to recognize the need for promoting attitudes of hope and empowerment in partnership with consumers of MH care.
4. The MH providers will become familiar with potential obstacles to the implementation of a recovery model of mental health care.
5. The MH providers will become familiar with recovery practice habits, skills, and “practice tools” that will assist them in implementing the recovery model of mental health care within their mental health care practice/system.

Please email Jamie Emert at jamie.emert@dbhdd.ga.gov if you plan on attending.



ECRH Annual Christmas Tree-Lighting Ceremony

DATE: *Thursday, December 1, 2016*
LOCATION: *ECRH/Augusta Campus Gym*
TIME: *5:30 PM*

Come enjoy a time of celebration, music of the season, and refreshments.



**EAST CENTRAL
REGIONAL HOSPITAL**

**2016
Christmas
Parade**

GRACEWOOD CAMPUS
(Off Tobacco Road)

DECEMBER 7, 2016
12:00 PM - LINE UP
1:00 PM - PARADE

NOTE: RAIN DATE - DECEMBER 8 - 1:00 PM

FOR MORE INFORMATION CONTACT:
CHRIS MILLER
706-790-8231



**2016
Mayor's Christmas Motorcade**
Thursday, December 8, 2016



**Augusta Campus
GYM**

1:15 PM - 2:30 PM

The Christmas Recognition Program
"For mayors and/or their representatives and other guests, ECRH Individuals, and ECRH staff".

*"Everyone is encouraged to attend the afternoon Program
We look forward to seeing each of you on this very joyous occasion."*

For More Information Call: Renita Keener, PHR/Clinical Services Coordinator - 7075

**TIP
SPONSORED
Christmas Ball**

Thursday, December 15, 2016
1:00 p.m. to 3:30 p.m.

**ADVANCE TICKET: 200 POINTS/WEEK
OF THE EVENT: 250 POINTS**

**INDIVIDUALS MUST EXHIBIT POSITIVE BEHAVIOR
FOR 1 WEEK PRIOR TO EVENT**



What's in a Month?

December is...

Bingo Month
Write a Friend Month
Made in America Month
Hi Neighbor Month
National Stress Free Month

Family Holiday Month
Read a New Book Month
Holiday Thank You Month
Interfaith Month
Safe Toys and Gifts Month

And...

<u>December 1</u> World AIDS Awareness Day Eat a Red Apple Day	International Children's Day National Noodle Ring Day	National Flashlight Day Winter Solstice
<u>December 2</u> National Fritters Day	<u>December 12</u> Poinsettia Day	<u>December 22</u> National Date Nut Bread Day
<u>December 3</u> First Day of Advent National Roof Over Your Head Day	<u>December 13</u> Foster Child Day Ice Cream Day Violin Day	<u>December 23</u> Feast of the Radishes Day Roots Day Festivus
<u>December 4</u> Santa's List Day Wear Brown Shoes Day	<u>December 14</u> International Monkey Day National Bouillabaisse Day	<u>December 24</u> Christmas Eve National Chocolate Day
<u>December 5</u> Bathtub Party Day Repeal Day	Roast Chestnuts Day <u>December 15</u> Underdog Day	National Egg Nog Day Channukah <u>December 25</u> Christmas Day
<u>December 6</u> St Nicholas Day Mitten Tree Day Put on your own Shoes Day	Bill of Rights Day National Lemon Cupcake Day <u>December 16</u> National Chocolate Covered Anything Day	Christmas Day National Pumpkin Pie Day <u>December 26</u> Boxing Day Kwanzaa
<u>December 7</u> Pearl Harbor Day International Civil Aviation Day	<u>December 17</u> National Maple Syrup Day Wright Brothers Day	<u>December 27</u> Make Cut Out Snowflakes Day National Fruitcake Day
Letter Writing Day National Cotton Candy Day Teacher's Appreciation Day	<u>December 18</u> Bake Cookies Day National Roast Suckling Pig Day	<u>December 28</u> Card Playing Day Holiday Breather Day
<u>December 8</u> National Brownie Day Take it in the Ear Day	<u>December 19</u> Look for an Evergreen Day Oatmeal Muffin Day	<u>December 29</u> Pepper Pot Day
<u>December 9</u> Christmas Card Day National Pastry Day	<u>December 20</u> Go Caroling Day	<u>December 30</u> Bacon Day National Bicarbonate of Soda Day
<u>December 10</u> Human Rights Day Sister-friend Day	<u>December 21</u> Humbug Day Forefather's Day Crossword Puzzle Day	<u>December 31</u> Make Up Your Mind Day Unlucky Day New Year's Eve
<u>December 11</u>	Look at the Bright Side Day	

East Central Regional



Paul Brock Regional Hospital Administrator
Matt McCue Interim Associate Regional Hospital Administrator, Gracewood
Dr. Jason Henle Dr. Sarita Sharma Dr. Terri Lawless Interim Clinical Directors
Mickie Collins Chief Operating Officer
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NOTICE Items for publication must be submitted in written form. The upcoming issue's deadline is December 8, 2016. All articles and notices submitted for publication in the East Central Regional Hospital Bulletin are subject to editorial discretion. Please contact the Bulletin editor if you have questions regarding editorial decisions.

Our Mission

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

Our Vision

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

Our Values

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

- 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
JANUARY MESSAGES
December 23, 2016

Submit information to Skip Earnest
Gracewood Campus
Extension 2102

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

DBHDD Vision and Mission

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



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

Gracewood Post Office

Window Hours

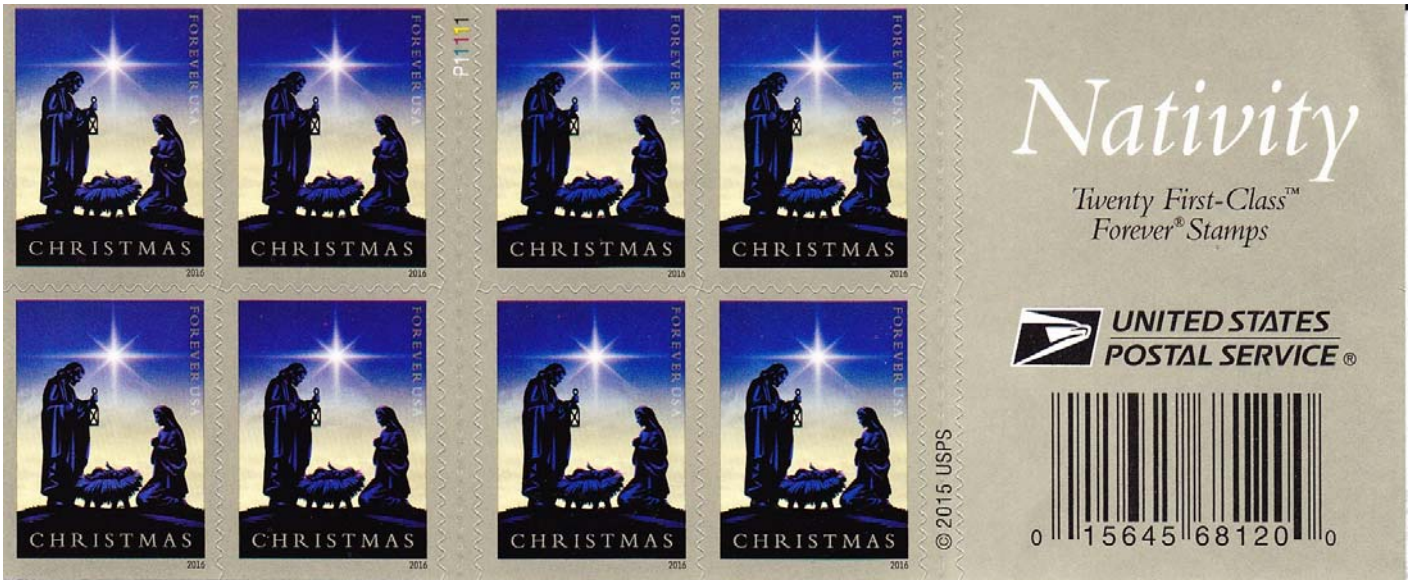
M-F 9:30 am-12:30 pm

1:30 pm-4:30 pm

Sat 9:00 am-10:45 am



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ECRH employees please remember that the credit union parking lot is not a smoking area.

We are a tobacco –free facility and that extends to the credit union parking lot as well.

ECRH Jobs List

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

[Activity Therapy Instructor - ECRH ADD ICF/MR Treatment Mall - 69363](#)

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

[Activity Therapy Leader - ECRH Redbud Unit - 69235](#)

[Assistant Maintenance Director - Plant Operations - 68940](#)

[Automotive Mechanic - ECRH Plant Operations - 70743](#)

[Barber \(part-time, as needed\) - East Central Regional Hospital](#)

[Beautician \(part-time, as needed\) - East Central Regional Hospital](#)

[Behavioral Health Counselor - \(AMH Treatment Teams\) - 69858](#)

[Behavioral Health Counselor - Community Integration Home - 194840](#)

[Behavioral Health Counselor 3 - MH/DD Team Leader - 69222](#)

[Carpenter - 76890](#)

[Certified Nursing Assistant - Second Shift](#)

[Certified Nursing Assistant - Third Shift](#)

[Client Support Worker \(Houseparent * Part-time 3rd shift * No Benefits\) - 194835](#)

[Clinical Dietitian - AMH Treatment Team - 70120](#)

[CNA 2 \(Lead\) - 3rd shift - Gracewood Campus](#)

[CNA Health Aide Shift Supervisor \(SNF\)](#)

[Craftsman - Park Operations - 76900](#)

[Dental Worker - ECRH - 69076](#)

[Director of Clinical Information Systems](#)

[Electrician](#)

[Food Service Operation Worker - ECRH](#)

[Groundskeeper 1](#)

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

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

[Health Service Technician - Redbud - 2nd Shift - 69378](#)

[Health Service Technician - Redbud - 3rd Shift - 69905](#)

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

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

[Health Service Technician 1 - Forensic Inpatient 1 - 69391](#)

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

[Health Service Technician 2 - Forensic Inpatient 1 - 76522](#)

[Health Services Technician 2 \(Lead\) - 2nd shift - Gracewood Campus](#)

[Health Services Technician 2 \(Lead\) - 3rd shift - Gracewood Campus](#)

[Housekeeper - ECRH](#)

[Housekeeping Team Leader - 1st shift - Gracewood - 70182](#)

[Human Resources - Benefits and Leave Specialist](#)

[Incident Manager - ECRH Risk/Incident Management - 68856](#)

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

[Laundry Worker - 69935](#)

[LPN - Gen Mental Hlth](#)

[LPN - Hourly - ECRH Camellia](#)

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

[Maintenance Worker - Plant Operations](#)

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

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

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

[Mental Health Counselor - ICF/MR Treatment Teams - 178358](#)

[Mental Health Counselor - SNF Treatment Teams - 68906](#)

[Mental Health Team Leader - ECRH ICF/IID - 69233](#)

[Nurse Manager \(Inpatient\) - Redbud Nursing - 69863](#)

[Nurse Manager - Inpatient \(ECRH - Redbud\)](#)

[Pharmacy Tech - Full-time Days - 76663](#)

[Plumber - ECRH Plant Operations - 70755](#)

[Program Assistant \(secretarial\) - \(2nd Shift\) - ECRH Admissions/23hr Observ - 76582](#)

[Program Assistant \(secretarial\) - Safety and Emergency Management - 70721](#)

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

[Program Assistant - ECRH Plant Operations - 70791](#)

[Program Assistant - Redbud - 69688](#)

[Quality Management Specialist - 195162](#)

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

[Registered Nurse - GMH Part-time Hourly - 77005](#)

[Registered Nurse - Part-time Hourly - 70282](#)

[Registered Nurse - Part-time Hourly 2nd Shift - AMH -163327](#)

[Service Director / RN](#)

[Shift Supervisor - ECRH Forensics - 3rd shift - 198731](#)

[Shift Supervisor - ECRH General Mental Health - 3rd shift - 198729](#)

[Shift Supervisor - Redbud - 1st Shift - 69288](#)

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

[Social Worker, Licensed - 198540](#)

[Social Worker, Licensed - ICF/MR Treatment Teams - 69315](#)

[Social Worker, Non-Licensed - ECRH AMH Treatment Team - 194983](#)

[Social Worker, NonLicensed - SNF Treatment Team - 69966](#)

[Steam Plant Operator](#)

[Storekeeper \(Warehouse\) - 70033](#)

[Training Specialist - HR Development - 69791](#)

Issue 72

November 2016

Taking Flight

A Briefing from Project GREAT

Georgia Recovery-Based Educational Approach to Treatment

A RECOVERY STORY – Aaron

At 35 years old, Aaron has a sharp wit, loves computers, and reads as voraciously as he always has. These things have not changed over the past 15 years as he has been in and out of inpatient psychiatric facilities. But Aaron's quality of life over this period has been, as he put it, "way below what I'd like it to be. That's for sure!"

Aaron has a severe form of Schizophrenia that has not responded well to many types of medication and several psychosocial and behavioral interventions over the years. As a result, he has often reacted, sometimes dangerously so, to delusions and hallucinations that make him feel afraid or upset. Aaron's family is highly engaged in his life, visiting him often at the hospital, but they are not able to have him return to their residence. This has been very difficult for Aaron, who, due to his illness, is not fully able to comprehend why he cannot return home. For years, he has vehemently refused any other living arrangement, such as a personal care home, based on his confidence that he would one day return to the home where he grew up.

With a deep familiarity of the programming offered at the hospital, Aaron often disengaged from services, appearing frustrated at some moments, and hopeless at others. Given the persistence and severity of his symptoms, and the unpredictability of his behavior, many staff members also struggled to maintain hope for Aaron in the face of what many perceived as a lack of observable progress. But Aaron has been making strides over the past several months as his Recovery Team members refuse to

give into despair, and refuse to allow him to do so either. Aaron has been going into the community, accompanied by a psychologist, to meet his family to engage in personally meaningful activities. While he still has delusional thoughts, his behavior has been safe. Aaron recently celebrated a birthday at the hospital, and was deeply moved by a surprise party thrown for him by his Recovery Team, including cake, song and casual conversation. During the party, he asked everyone around the table a challenging question that, at first drew perplexed looks, but soon opened a floodgate of opportunity. Aaron asked each person, "What is your best?" After much pondering, we answered, saying things such as, "my family"; "my love of helping others." We then turned his poignant open-ended question back to Aaron, who said, "My best is me, because I'm a work in progress and I'm always working to get better." There was a shift in his perspective. In a more formal meeting the following week, Aaron finally expressed openness to exploring other community-based living arrangements, and we are currently collaborating with him to make that happen.

Learning Points:

It is said time again: Hope is the key ingredient of Recovery. When practiced, it leads to patience; it fosters determination. And when it starts to dwindle, it is rekindled through social support, through collective commitment to the principles of mental health Recovery, and through openness to the possibility of positive change. What is *your best*?

By Dr. Michael Rollock