

OSH Recovery Times

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From the Desk of the Superintendent Teach Your Children Well ...

By Marvin D. Fickle MD

Over the past twenty years, the state has produced a variety of published studies on the topic of mental health and the state hospital. Many were of the highest quality, and reading them years later, their content remains relevant. The state invested huge amounts of time and energy in them, but something happened along the way that left these plans to dissipate. How can we avoid a similar fate for this master plan?

Maintaining the public's interest in a topic as alien as the state hospital is no easy task. Reading the archives of the hospital is revealing, in my opinion. When the topic of public safety is central, there appears to be a spike in interest, but it abates quickly. When the focus is humane treatment, the public's response is more muted, but seemingly of longer duration. We have seen a similar response over the past year, with the media taking an intense interest when the subject matter is sensational, but a more sustained response when the more consequential issue of building a new hospital became the center of attention. Somehow, we need to balance the two, so that we can sustain legislative and media enthusiasm over an extended time.

You have likely heard me repeat my management mantra: "This is a marathon, not a sprint." That appears to have been the shortfall of many previous efforts to effect long-term change. For example, the excellent "Governor's Task Force Report" that led to the closure of Dammasch State Hospital also recommended a number of other actions, which were suppose to mitigate the effects of the closure over the long term. However, in the face of Measure 5, only the cutbacks were undertaken, not the full range of expansion that was envisioned.

This is especially relevant as we move to the proposals for a new hospital. If a new hospital can only be built on the back

of community service cutbacks, we won't be improving the situation. To destroy the ability of community services to grow in order to build a new hospital will lead to the situation currently happening in Hawaii. After 20 years the hospital is no longer under judicial master; but since the state improved the hospital by taking the money from the community, the federal court is moving ahead to take control of community services. The planning assumptions of this effort must be built upon having community services that are vibrant and creative, as well

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OSH Recovery Times is edited by Jessica Loewen. Contact her at 503-945-2892 with questions, comments or suggestions.

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as serving numbers of clients that are reflective of reliable demographics.

I advocate that we all re-read those old reports. Life has not changed so dramatically as to render them useless. The recommendations of those reports were frequently ignored or only partially followed; to understand why that is so should illuminate our path ahead.

We need to prepare now for 2006 and beyond to the next legislative session, so as to be ready with both data and rationale for the personnel increases we all know are essential to staff a modern hospital. The hopes and aspirations of our patients demand that we are well prepared for the political challenge ahead. ●

Free Health Screens

By Sue Wimmer

The last free health screens will be held Nov. 2-3 from 7:00 a.m. to 10:30 a.m. and 2:00 p.m. to 4:00 p.m., since the PEBB Health Center is closing at the end of this year and will not be providing health screens any longer. This is your last chance to get a free, quick, and nearly painless health screen. They will take place in the new OSH Employee Wellness area. As part of the Healthy Worksites program, we are trying to set a record for staff using this service, so reserve your spot by calling PEBB at (503) 362-1111. ●

Wellness Area Now Open

By Sue Wimmer

The OSH Wellness Committee is proud to announce the opening of an OSH Employee Wellness Area. It is located in the "old ceramic" area of the 40 Building basement. It is accessible through the tunnels or the southwest stairs outside of the building to the basement.

The Wellness Committee would like to thank 24-Hour Fitness, Courthouse Athletic Club, and OSH staff for their donations of prizes for the Wellness Area open house held in October. We are looking for donations of exercise mats, stretch bands, exercise bikes in good working order, exercise or relaxation DVDs and videos, outdoor chairs, a picnic table, and any motivating scenic pictures, jokes, or quotes.

The area will be the home of the noontime yoga program. In the future it will house exercise bikes, stretch bands, and low-tech equipment. There is also a nice serene nature area in the courtyard adjoining the area for lunch and breaks when you need a change of scenery.

This area is for staff use, so it is up to us to make it happen. We need ideas about what would be supportive to staff, groups, programs, etc., that you may be interested in, and how to make it more user friendly. We would also welcome anyone interested in becoming a committee member. ●

Welcome

Welcome to all those hired or promoted in September

- Jason Baurer, MH Therapy Tech*
- Nancy Boge, MH Therapy Tech*
- Jami Buckley, MH Therapy Tech*
- Angela Cruz, Office Specialist 2*
- Peter Davidson, Physician Spec.*
- Karen Eaton, Word Pro. Tech 2*
- Laura Evenbus, MH Therapy Tech*
- Maria Grider, MH Reg. Nurse*
- Donald Hawkins, MH Ther. Tech*
- Karen Hayes, MH Therapy Tech*
- Scott Ho, MH Registered Nurse*
- Danielle Kingsberry, MH Ther. Tech*
- Larry Kramer, Office Specialist 2*
- Yulia Larina, MH Therapy Tech*
- Janice Logologo, MH Therapist 1*
- Velinda Mack, MH Therapy Tech*
- Kathleen Marr, Dental Hygienist*
- Amanda Parish, MH Therapy Tech*
- Brenda Parker, Accounting Tech 2*
- Marjorie Parker, MH Therapist 1*
- Cody Pierce, MH Therapy Tech*
- Jack Price, MH Therapy Tech*
- Anthony Randolph, MH Ther. Tech*
- Jesse Rodriguez, MH Therapy Tech*
- Farm Saechao, MH Therapy Tech*
- Julie Schilling, MH Therapy Tech*
- Cynthia Seabury, MH Ther. Tech*
- Joshua Settlemeyer, MH Ther. Tech*
- Kristi Steinbacher, MH Ther. Tech*
- Faith Stuck, MH Supervising RN*
- Christine Talbert, MH Ther. Tech*
- Matthew West, MH Therapy Tech*
- Frances Wilkins, Account. Tech 2*
- Robert Wilson, MH Therapy Tech*

The Caring Tree Project Is Underway

By Jessica Loewen

It is no small task to ensure that every patient at the hospital receives a personal, festively wrapped present by Dec. 25 on a budget consisting entirely of donations. However, that is what the OSH Caring Tree Project has made possible for the past 18 years.

In October, requests go out for money, gifts, and volunteer time. At the same time, patients are asked what gift they would like. Over the next few weeks patient wishes are distributed to gift donors in the form of gift tags. Last year tags went out to 30 local organizations. Sixteen organizations and individuals donated money, and 188 volunteer hours were logged.

Over the next few weeks, preparations are made for the donations. Patients are tracked as they move in and out of the hospital and between wards. Gift pick up is arranged, wrapping supplies are purchased, and space is prepared for the sorting and wrapping of the gifts. Plans are also made to deliver the gifts to both Salem and Portland wards by Dec. 25.

The 19th year of the Caring Tree Project is already well underway and there are plenty of opportunities for you to help out. On Nov. 21 gift tags will be made available on Salem Campus trees at the Administration Building and the Communications Center for people wishing to buy gifts for patients that have been admitted to the hospital since the original gift requests have gone out.

Friday, Dec. 16, Monday, Dec. 19, Tuesday, Dec. 20, and Wednesday, Dec. 21, the wrapping room will be open at its new location on 40B on the Salem Campus. Many volunteers will be needed to come and wrap over 700 gifts. There will also be a need for volunteers to help with the sorting and delivery of gifts to the wards. Please call Jessica Loewen at (503) 945-2892 for more information. ●

No Name Is Named

By Jessica Loewen

Thanks to all who submitted name suggestions for the OSH Newsletter, formerly known as *No Name News*. The superintendent's executive council reviewed the list and decided on a combination of several suggestions. Starting with this issue, the OSH newsletter will be called *OSH Recovery Times*. Special thanks to John Keogh, Forensic Psych. Services, for the suggestion that the name is most closely based on. ●

November Calendar

2-3: Free Staff

Health Screenings

OSH Employee Wellness Area

Call PEBB to schedule:

(503) 362-1111

**10: OSH Foundation
Benefit Event**

Elsinore Theater, 7:00 p.m.

Contact: Jessica Loewen

(503) 945-2892

10: Friends of

Forensics Meeting

Brooks Conf. Room, 1:00 p.m.

Contact: Deborah Howard

(503) 945-7132

11: Veterans Day

**14: OSH Foundation
Board Meeting**

Callan Room, 10:00 a.m.

Contact: Jessica Loewen

(503) 945-2892

16: Wellness Committee

Callan Room, 8:15 a.m.

Contact: Sue Wimmer

(503) 945-2886

18: Diversity Committee

Callan Room, 1:30 p.m.

Contact: George Bachik

(503) 945-2860

23: General Staff Meeting

30 Building Gym, 2:30 p.m.

Contact: Pam Dickenson

(503) 945-2852

24: Thanksgiving

In Our Own Voice: Living with Mental Illness

By Brenda Nelson

“In Our Own Voice: Living with Mental Illness” is a public recovery education program presented by trained consumers to other consumers, families, other lay audiences and professionals. The program is available to OSH staff, patients, and anyone who wants to know how people with serious mental illnesses cope with the realities of their disorders while recovering and reclaiming productive lives that have meaning and dignity.

“In Our Own Voice” is a multi-media, interactive program featuring a video and discussion with consumers offering other consumers realistic help to develop coping skills and hope for living fulfilling, successful lives. We are also helping families and professionals by giving them the chance to ask questions and get straight answers from the consumer presenters without fear of upsetting anyone.

“In Our Own Voice” is not a lecture but is intended as a way to spur discussion for all audiences. It has proved to be an enriching experience for the consumer presenters who develop leadership skills and increased confidence, and it empowers the trained presenters as they reach beyond the perceived limits of their illnesses and take a significant step in their own recovery. To schedule an “In Our Own Voice Presentation,” please contact Brenda Nelson at (971) 240-1403. ●

OSH Foundation Benefit

By Jessica Loewen

It's not too late. You can still attend the Oregon State Hospital Foundation's (OSHF) “Building for the Future” event. This year marks the 30th Anniversary of the filming of *One Flew Over the Cuckoo's Nest*. Thursday, Nov. 10, OSHF plans to commemorate that with an evening of refreshments, entertainment, and education about OSH and its future at the historic Elsinore Theater in Salem. Special guests will include Governor Ted Kulongoski, Senator Peter Courtney, Superintendent Marvin Fickle, Dr. Dean Brooks (*One Flew Over the Cuckoo's Nest* cast member and former superintendent), and others.

Admission is \$25 per person. To reserve a place on the guest list, send a tax-deductible check to OSH Foundation, PO Box 12706, Salem, OR 97309. Guests may wait and pay at the door as space permits. Donations are also welcome. For information, visit <http://www.oregon.gov/DHS/news/oshflyer.pdf> or call Jessica Loewen, (503) 945-2892. ●

Sip n' Safari Open

By Barbara Cochran

To our loyal customers, and to those who would like to become one, we opened Oct. 10 in our new location in the 35 building (the north side of the former Encore Cafe). We were open from 7:30 a.m. to 9:30 a.m. and took the rest of the day to work on moving activities.

Oct. 12 we started our new hours of operation, 7:30 p.m.-4:00 p.m., Monday through Friday. We are now serving our full menu of coffee, juices, pastries, sandwiches, and a select variety of salads.

Please pass the word. We look forward to seeing you in our new location. Thank you on behalf of the Sip n' Safari staff. ●

Employee Recognition

Congratulations to all OSH employees who reached milestones in September.

•25 Years of Service•

Martin Burbey, Food Services

•20 Years of Service•

Loc Nguyen, Security

•15 Years of Service•

Theodora Anderson, Food Services

•10 Years of Service•

Joanne Trzcinski, 35C

•5 Years of Service•

Mary Garvey, 35B

Stanley Mortensen, Physical Plant

Christine Pahl, 50G

Wendy Puckett, Food Services