

OSH RECOVERY TIMES

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June 2008

OSH replacement project welcomes Bob Repine

Growing a mental health system of care has been a priority of our Governor since taking office and the OSH Replacement Project is critical to meeting that goal.

With that said, the Governor has asked Bob Repine, former director of the Office of Economic and Community Development, to serve as the Governor's Special Assistant to Mental Health Hospital Construction.

Bob brings to this position solid experience and working knowledge of state and local government. He also served 10 years in the Oregon State House of Representatives, where he was chairman of the Housing and Urban Development Committee and served as co-chairman of the Joint Legislative Committee on Ways and Means.

Bob also has owned and operated a contracting business in Grants Pass, focusing on both single-family and small commercial construc-

tion. His expertise in this area will be an asset as DHS moves forward with the project.

The Governor's continued support and further investment in this project confirms that DHS is moving in the right direction and meeting expectations for deadlines and timelines. Constructing two state-of-the-art hospitals during the next five years is as rewarding as it is challenging. But this is an incredible opportunity to be part of a project that will help ensure the health and safety of Oregonians with mental illness now and in the future.

Bob reports directly to Linda Hammond, project administrator and his office is on the 41A Ward at the Oregon State Hospital Salem campus. Welcome Bob.



Patient crafted furniture featured in "Oregon Home"

By Michael Duran, MD

The Adirondack chairs made by patients on units 48B and 48C were featured in the May-June issue of "Oregon Home" magazine. A chair and an ottoman are pictured on Page 32 and later in the "resource guide" of the same magazine. Greg Pearson is the occupational therapy assistant who runs this program and says that the program is back-ordered more than 12 months and that exposure in the magazine has resulted in even more orders coming in.

Having vocational services available is a valuable resource in the treatment of our patients in maximum security. I purchased a pair of these chairs and ottomans more than five years ago and despite being left outside look new. The chairs are very well hand-made pieces of furniture. For a chair and ottoman the price is \$95. You can contact Greg Pearson at 503-945-9256 for further information.

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OSH Recovery Times is edited by Jeffrey JESSEL. Contact Jeffrey JESSEL at 503-945-2892 with questions, comments or suggestions.

Superintendent recognizes staff efforts

By Roy J. Orr, Superintendent

What has impressed me the most since coming to OSH is the staff and the work they do day-to-day. Initially, I had heard reports about, but have now seen first hand, the exemplary and extraordinary acts of professionalism, teamwork and leadership that define this hospital.

Recently, we have been the focus of two fairly negative federal reports that detailed some deficiencies here. But even in their critiques, reviewers praised our staff for their dedication and commitment to the care and well being of our patients.

I too have accolades for our staff this month.

I want to recognize and thank the staff on 34C as well as staff in the other geropsychiatric units for their response

to the Centers for Medicare and Medicaid Services (CMS) report. "An incredible amount of work in a short amount of time" is how someone described this group of folks who shared a sense of urgency to make needed changes efficiently and effectively.

Our staff coordinated the reconfiguration of units and relocation of some patients to ensure they receive optimum treatment and care. During this time, staff worked diligently to minimize any negative clinical impacts and assure a positive effect on patient care.

This is a great example, and one of many, of the good work that our staff do daily to meet the treatment, safety and care needs of our patients. For this, I thank you.

Volunteer retires after 20 years of service

By Jeff Jessel

Long-term volunteer Morene Condon retires after more than 20 years of service. Mrs. Condon has provided volunteer service to the state hospital system since the mid 1980s. She volunteered at Dammasch Hospital until its closure and moved on to support the OSH-Portland (POSH) campus.

Mrs. Condon performed as the lead volunteer at POSH. She managed the Corner Store where her duties included purchasing, volunteer scheduling, stocking and inventory, record keeping, preparing financial reports, assembling birthday bags for patients, cashiering and overseeing all other store operations. In addition, Mrs. Condon

coordinated, managed and maintained the patient clothing shop.

Mrs. Condon has provided OSH and its patients thousands of hours of dedicated service. She has done a tremendous job and was a tireless worker. Her kindness and caring for others will always be appreciated and will not be forgotten. A retirement reception for Mrs. Condon was held June 10 at POSH where staff and volunteers came together to honor and recognize her contributions.

On behalf of OSH staff and patients, I wish to thank Morene Condon for her 20 years of volunteer service. She will be greatly missed

What's cooking in the kitchen?

By Patty J. Thompson



When Food & Nutrition Services (FNS) converted to the cook-chill process, food production became fragmented by work areas. Instead of all employees working toward completing the meal of the hour, different areas are now assigned to prepare different components of various meals.

This created new work areas: Hot Production, Cold Production, Ingredient Control Center, Cooks Pull and Re-therm. But certain areas that had existed in the cook-to-serve days were still required - Trayline, Warewash, Cart Drivers and Diet Cook.

Now, with the promise of a new kitchen and new equipment, FNS is hoping to return to the cook-to-serve process where meals are made and served the same day. In the new hospital, the hope is to offer multiple entrée choices at every meal and have a larger variety of fruits and vegetable from which to choose. All meals will be served in a cafeteria setting by FNS employees who will staff the service line.

This change will allow the majority of clients to eat meals from a serving line rather than a pre-plated tray served from a re-therm unit. Future editions of Recovery Times will feature articles that will introduce the people behind the scenes and their responsibilities for preparing meals for 800 people daily.

BHIP project update

BHIP Quality Assurance Objectives

Some of you have asked “What’s taking so long?” It’s important to point out that major state funded capitol projects, like BHIP, are required to have quality standards in place. This is typically done by contracting with qualified outside entities to provide an objective independent review of procedures, processes and products used in the execution and completion of the project. Having quality standards in place helps to control the budget and the scope of the project, and helps to make sure the project finishes on time.



There are two related, but somewhat different, contracts that will be let or offered out to bid to satisfy these state requirements. The first is related to quality assurance (QA). The QA vendor will conduct a high level review of overall procedures, processes and methodologies using widely accepted industry standards to ensure that the overall approaches to quality management (contracts, performance requirements, and safety regulations) are being met. The QA vendor will provide periodic reviews and reports to senior OSH, AMH and DHS management about overall project quality and timelines.

The second contract awarded by BHIP will be for quality control (QC). The QC vendor will provide detailed specific reviews of project practices. For example, evaluation of the match up between system requirements and hardware/software purchased. The QC vendor will report to the project manager.

Since March 2008, BHIP has been crafting the required documents and contracts required by state policy to hire the qualified outside entities. In the effort to ensure quality for this project it has taken some time, and many approval steps, to work toward placing the QA and QC contracts out for bid. Most of the required approvals have been provided and BHIP hopes to announce that the QA and QC are open for competitive bid in the near future.

Questions or comments? Email Project, BHIP

Examining Core Values: stewardship

By Lisa Harnisch

A steward is defined as one who manages another’s property, finances or other affairs for a specific purpose. However, stewardship is about more than just the money. As OSH employees, we are all stewards of the public trust — no matter our job. It is our duty to be good stewards of the resources we have to fulfill the department’s mission: “Assisting people to become independent, healthy and safe.”

Stewardship includes money, time, power, equipment and the tools we have available to conduct our business. As employees, we have many materials and resources available to us to perform our work. We are accountable for the efficient use of our time at work. DHS and the state have entrusted us with resources to perform our jobs.

The choices we regularly make have a big impact — not only on those we serve, but also on those we work with and the public at large.

At OSH we can be good stewards of DHS Resources by:

- Turning off the water in the ward showers when nobody is taking a shower
- Recycling ink jets, toner cartridges, batteries and paper
- Checking to see what is available in the Warehouse before ordering new items
- Carpooling when going to meetings or events off campus
- Copying single-sided documents to two-sided documents
- Repairing something rather than replacing it
- Canceling unnecessary meetings, or ending them early
- Reducing the number of interview panelists when a small interview panel would be adequate
- Using sick time only when appropriate
- Following SPOTS card procedure
- Reporting maintenance issues before the problem becomes bigger

In order to examine Core Values in a way that is most relevant to people at OSH, we need your input. If you have additional examples of good stewardship, or an ethical dilemma you would like to see addressed here, we would like to hear about it. All submissions will be confidential. Please email your story to core.values@state.or.us.

Lisa Harnisch is the DHS Core Values Project Manager in the Office of Human Resources Training Unit.

Remembering Safety.... SLIPS, TRIPS AND FALLS

Provided by the OSH Safety Department

Members of the Central Safety Committee, with the addition of several Local Safety Committee members, have been involved in a Slips, Trips and Falls Sub-committee. The goal is to minimize and even eliminate these injuries.

By being aware of surroundings and events occurring around you, you and others can avoid being injured. Below are some tips that can be used at work and home to help everyone.

Think Ahead

- Are there electrical cords in places that could cause a hazardous condition?
- Are floor tiles loose, missing or cracked or is the carpet loose, torn or frayed?
- Is there an uneven surface?
- Is there enough illumination?

Good Housekeeping

- Keep areas free of clutter.
- Keep tools and utensils and equipment in their proper place when not in use.
- Keep corridors, aisles and walk ways clear.
- Wipe up spills immediately. Find the source and look for ways to prevent another spill.
- Discard trash.

Common Sense

- Wear non-slip shoes.
- Avoid walking on wet floors.
- Avoid lifting or carrying more than you can handle or objects that obstruct vision.
- Make sure pathways are clear.

- Report dangerous conditions so they can be corrected.
- In winter conditions, be extra aware of outside surface conditions.

Fall Prevention Checklist

- Use handrails on steps and stairs
- Never carry anything that prevents you from seeing where you are stepping
- Report damaged flooring or loose carpeting
- Avoid bending, twisting and leaning backward while seated
- Close drawers and cabinets after each use
- Always use a stepladder for overhead reaching or working. **NEVER** use a chair or table.

Look Out Below

If you do discover you are going to fall, remember to roll, not reach out. By allowing your body to relax and roll, injury is less likely.

Reaching out to break your fall may cause a strain, sprain or a leg or arm break. If you fall, trip or slip, report the incident immediately, even if it's minor.



Opera singer performs at OSH

By Pat Mitchell, CTRS

On May 3rd, OSH presented the band "Beautiful Minds" which is conducted and directed by Kirsten Swanson and Pat Mitchell. This band consists of eleven client/consumer members with many vocal and musical talents. After the band performance, Rebecca Fromherz took the stage. Rebecca is a professional opera singer who performs throughout Europe, and in Oregon. An Oregon native, she began her music studies at Dallas High School and later received her bachelors in Voice Performance at Oberlin Conservatory of Music in Ohio.

Upcoming engagements for Rebecca include; Norma of Amsterdam, Holland, a concert at Western Oregon University in Monmouth and a Christmas concert with the Salem Concert Band in December. Rebecca is the recent winner of the Lillian and Paul Petri Foreign Music Study Award.

Ms. Fromherz was able to have an educational and interactive dialogue regarding her career choice and motivation. She also graciously expressed a desire to return and perform again at OSH. The audience of 65 attendees was obviously enlightened and moved by this cultural experience.

Wellness program news

By Toby Kead

Get those tennis shoes out and get ready for summer, all you inspired and committed wellness people. It's time to "ramp up" the routines as our beautiful Oregon summer weather returns. Our next Wellness walk on is June 26 and it will be a "doozy," incorporating the great outdoors and aerobic stimulation with "green" concepts in recycling. The wellness walks will focus on building toward the first OSH 5k run/walk, scheduled for September. Look for more information on GroupWise for future events.

So, did anyone out there start on some in-home fitness regimens in the past month? How about biking to work? Get in on any of those hikes that Linda puts out on GroupWise? Anyone swim, raft, or kayak? Who joined a yoga class? Started meditating? How was that massage? Please let us know so that we can share your inspiring story with everyone in future publications. I know in my travels around campus that there are all sorts of fitness, recreation, and wellness being practiced. Share your stories. I know of one individual who undertook a 50k (that's more than 30 miles) trail run this past month. That's impressive. Take a bow, Kurtis Drake.

The American Lung Association's "Reach the Beach" bike event on May 17 was another success. Not only did the OSH riders make it to Pacific City without incident, they beat the inland heat with a perfectly timed ride to the coast. While temperatures soared to 100 degrees in the valley, riders enjoyed 70s at the coast. Unfortunately, the OSH riders all dispersed from the finish line before group

pictures could be taken. (But trust me, we were there.) Special thanks to Matt Pebley for coordinating the riders for the event. (Well, actually, they were coordinated before that, he just got them the money from the Wellness Team).

Representatives of the new hospital design team and the Wellness Team met in May to decide on the location of the exercise and

multi-use wellness areas in the new facility. The two areas, slotted for the second floor, will be about 500 square feet each, separated by bathrooms and showers. There was no discussion yet on how the rooms will be equipped. There is a tentative agreement that the multi-use room will have a feature to divide it into smaller segments to accommodate multiple activities, such as yoga and tai-chi.

As our hospital campus continues to change, and people get moved to accommodate construction, let's continue to focus on our opportunities to either start new regimens of well-being, or continue in our quest to be "the best we can be." Let's tackle the issues and stresses of on-going change by taking time everyday to focus on self-care, as well as sharing our concerns with our fellow employees in a healthful manner.

To that end, our Wellness Team is evolving in an effort to help more employees find ways to utilize resources on campus and in their daily lives. We want to become more inclusive in our team membership, involving more areas of the hospital to develop programs that impact a larger part of the workforce. We are restructuring our group by electing officers, establishing new bylaws, and focusing on implementing more ideas through voting/delegating responsibility.

The "we" in all this is the key, of course. In order to increase our membership, expect that current Wellness Team members will be approaching you about coming to meetings, sharing your ideas about improving our current campus resources, and using your considerable collective skills to develop a culture of improvement here at OSH. Looking around at other state facilities, there are well-established programs that serve large workforces from which we can draw.

Superintendent Roy Orr has graciously offered to entertain all ideas for improvement on this OSH campus. He challenged us to speak up, gave us a vehicle to make change a process we can all be involved in. Let's make wellness an integral part of this improvement. Get involved. Ask how you can play a part.



Employee input sought for “DO NOT” employ registry

The Oregon Department of Human Services (DHS) is holding nine meetings around the state on the proposed process for mandatory screening of DHS employees and service providers for histories of abuse and neglect, as required by ORS 409.025 and 409.027.

DHS is developing a “do not employ” registry to be used as part of the background check process. This registry will identify individuals who have substantiated reports of abuse or neglect serious enough that they will be unemployable anywhere in the DHS system. DHS will screen also for less severe levels of abuse and neglect to better inform hiring decisions. Individuals will have the right to appeal the decision before being placed on the registry.

The development team is working on defining the screening criteria for the registry and determining how the screening and appeals processes will work. They are seeking input from stakeholders to ensure a system that is fair and effective. The meetings will provide an opportunity for DHS employee and union representatives, volunteers and service providers to learn more about the proposed registry, and to discuss and provide input on the development of the process.

The schedule below lists meetings around the state in June and July. You may attend whichever meeting is most convenient for you.

If you need reasonable accommodation, please let us know at least 48 hours in advance of the meeting you wish to attend. If you have any questions or concerns please contact Georgena Carrow at 503-945-5621.

Abuse and Neglect Screening Public Information Meetings

Date	Time	Location
June 25	1:30-3:30 pm	Coos Bay 2025 Sheridan Ave North Bend Large Conference room (Corner of Sheridan Ave and Virginia Ave)
June 27	1:30-3:30 pm	Bend 1300 NW Wall St Lewis and Clark room
July 9	9:00-11:00 am	Washington Co tba
July 9	1:30-3:30 pm	Multnomah Co 3618 SE 122nd Ave Portland, OR Conf room A, B, C
July 9	10:00-12:00 pm	Tillamook 4670 E 3rd St East and West side conf room
July 11	1:30-3:30 pm	Eugene 2885 Chad Drive Lucy Lahr conf room
July 11	9:00-11:00 am	Salem 3420 Cherry Ave Cherry Ave conf room
July 18	10:00-12:00 am	Grants Pass, SPD 2166 NW Vine St, Suite J Large conf room All visitors must check in at the front desk and get a badge. They will then be directed outside to the back of the building where the conference room is.

DHS smoke-free policy includes OSH

For the health and well-being of employees, clients and visitors, all campuses wholly owned or leased by DHS will become tobacco-free effective May 30th, 2008.



A campus comprises all indoor and outdoor areas including porches, grounds and parking lots owned or controlled by DHS. DHS campuses that also house other tenants will become tobacco-free later as leases are renegotiated.

The policy is aimed at protecting the health of our employees and the public. Secondhand smoke contains more than 4,000 toxins, more than 50 of which can cause cancer. Secondhand smoke can trigger asthma attacks in adults and can cause asthma in children. The U.S. Surgeon General states that there is no safe level of exposure to secondhand smoke. Additionally, tobacco use costs Oregon more than \$2 billion per year in direct medical expenses and lost productivity due to premature death.

DHS is committed to helping employees reduce their tobacco use. Employees who want to quit smoking or using tobacco are encouraged to call the Oregon Tobacco Quit Line at 800-QUIT-NOW for free support and medication.

For more information about the policy, tobacco use in Oregon or quitting, go to www.dhs.state.or.us/tools/tobfree.

OSH new hires and retirees

New Hires

Rebecca Birky	Office Specialist
Robert Boggs	Laborer/Student Worker
Chandra Fuller	Mental Health Therapy Tech
Christie Gallegos	PEM-D, Unit Director
Jacqueline Gunther	Mental Health RN
Jane Kaser	Occupational Therapist
Sadie Lingo	Licensed Practical Nurse
Robert Peckfelder	Mental Health RN
Debra Morse-Little	Mental Health RN
Theresa Naegeli	Administrative Specialist 1
Bernard Palmer	Licensed Practical Nurse
David Pelley	Mental Health Therapist 1
Mathew Poteet	Recreation Specialist
Gregory Rundo	Psychiatric Social Worker
Susanne Schuch	Mental Health Therapist 1
Heidi Shuler	Mental Health RN
Sridevi Talluri	Medical Transcriptionist 2
Richard Varnum	PEM-H, Director
Andrea Vink	Mental Health Supervising RN
Kelsie Warner	Mental Health Therapy Tech

Retirees

Margaret "Elaine" Mootry	Mental Health Therapist 1
Art Snelling	RN
James Nagler	Security Tech



EDD June 2008 events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 General Orientation - Week 1 40C Conf Room 1	03 General Orientation-Week 1 40C Conf Room 1 ED Day 40C Conf Room 2	04 General Orientation-Week 1 40C Conf Room 1	05 General Orientation-Week 1 40C Conf Room 1 OSH Drivers Training 40C Conf Room 2 8-10a or 2p-4p	06 General Orientation-Week 1 40C Conf Room 1	07
08	09 General Orientation-Week 2 40C Conf Room 1 OSH Drivers Training 40C Conf Room 2 2-4p	10 General Orientation-Week 2 (RN/LPN only) 40C Conf Room 1 ProACT Refresher Training 40C Conf Room 2 8-5p Wound Care Seminar 40A 8:30a-2p	11 General Orientation-Week 2 (RN/LPN only) 40C Conf Room 1 ProACT Refresher Training 40C Conf Room 2 8a-12n CMA Pharmacology Class 40C Conf Room 3 8a-12n	12 ProACT Refresher Training 40C Conf Room 2 8a-5p	13 ProACT Refresher Training 40C Conf Room 2 8a-12n	14
15	16 General Orientation-Week 1 40C Conf Room 1	17 General Orientation-Week 1 40C Conf Room 1 ED Day 40C Conf Room 2	18 General Orientation-Week 1 40C Conf Room 1 Safety Committee OSHA Training 40C Room 3 9-12 Pain Management for Healthcare Professionals 40 Bldg Basement 8a-5p	19 General Orientation-Week 1 40C Conf Room 1	20 General Orientation-Week 1 40C Conf Room 1	21
22	23 General Orientation-Week 2 40C Conf Room 1 Stages Of Change 40C Room 3 8a-5p	24 General Orientation-Week 2 (RN/LPN only) 40C Conf Room 1 ProACT Refresher Training 40C Conf Room 2 8a-5p	25 General Orientation-Week 2 (RN/LPN only) 40C Conf Room 1 ProACT Refresher Training 40C Conf Room 2 8a-12n Safety Committee OSHA Training 40C Room 3 9-12	26 ProACT Refresher Training 40C Conf Room 2 8a-5p	27 ProACT Refresher Training 40C Conf Room 2 8a-12n	28
29	30 Assertive Boundaries 40C Conf Room 1 1-5p Safety Committee OSHA Training 40C Room 3 1-4 ASAM 40C Conf Room 2 8a-5p	<p>Note: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>				



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