

OSH Recovery Times

Volume 2, Issue 7



July 2006

Happy Birthday!

By Jessica Loewen

The *OSH Recovery Times* is a year old this month. Over the years, there have been a variety of newsletters at hospital. The Recovery Times is

intended to provide information about OSH current events to hospital staff, patients and any interested members of the community. Thanks to all who

have contributed stories and ideas over the past year. This is your newsletter, so please keep them coming. ❖

Here Comes the Sun — with apologies to G. Harrison

By Marvin D. Fickle, MD

As most of you are aware, the past month has brought us both hope and despair. The governor, senate president, and speaker of the house jointly approved moving forward to build a new mental health system, with the Master Plan Option 2 a major component. (For the complete Frame Work Master Plan Phase II report by KMD Architects, go to www.oregon.gov/DHS/mentalhealth/osh/hospital-plan_II.pdf.) A week later, the U.S. Department of Justice announced that they were going to investigate the hospital for “civil rights violations,” due to reports of poor patient conditions.

The two announcements, coming but a week apart, are inextricably woven, as the governor stated in his press release — we welcome the investigation if it can help us move forward in a positive direction. We have in fact moved forward considerably since the media helped tell the story of Oregon State Hospital in 2004.

What can we expect from these two developments? First, the Master Plan siting process is moving ahead at a pace two months ahead of previous expectations, meaning that we should be able to find a site and move toward a contract for construction following the 2007 legislative session. The U.S. DOJ will not be on site until September or October by their own reckoning, with the Joint Commission following closely

behind. At the present time it is impossible to determine the impact and timing of all these events.

For those of you worried about a federal investigation, let me reassure you that individual impact is likely to be negligible, as case law clearly does not

“DEVELOPMENTS ” cont. page 2

In this issue....

July Calendar	2
Patient Goodbye	2
OSH Diversity Meal.....	2
May New Hires/Promotions.....	3
AS400 Migration Update	3
Incident Report Relocated	3
Cultural Competency and Diversity	4
Employee Recognition	5
Disc Golf at OSH	5
Excellence at OSH	6
July EDD Schedule.....	6

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

"DEVELOPMENTS" cont. from page 1

make individuals liable for the insufficiencies of state operations. There may very well be an increase in staffing levels, as has been seen elsewhere, but that is unpredictable. Therein lies the rub — the uncertainty of it all.

I have focused in previous columns about how we need to constantly deal with the uncertainty of our situation. It is easy for me to talk bravely when I am not directly responsible for daily patient-care issues — for employees overwhelmed by the constant barrage of patient problems, surviving another day is a prime concern.

I believe that we must improve steadily prior to opening a new state hospital if we are to open a new facility that builds on our strengths and improves on our weaknesses. We will need to lower the census of many units if we are to survive the next two years — it is all well and good to rejoice in the building of a new hospital, but it is another matter to continue operating an understaffed, overcrowded facility, all the while planning for something new.

We will need the help of many staff members during the next phase of planning, with frequent "reality checks" a bare minimum. Like most everyone involved in this effort, I am interested in building a new hospital — not another "institution." There is hope in this endeavor, but history is a harsh judge. We cannot afford to fail. ❖

Patient Goodbye

By Elon Shlosberg

In June, a long-time OSH patient was getting ready for discharge from Portland ward 1A. As a part of a goodbye conversation, he was praised for how successful he had been during his hospital stay. He was then asked, "Why do you think you did so well?" His speech was frequently difficult to understand, but his answer this time was clear and concise: "Everyone here treats me real nice. When people treat you nice, you got to treat them nice back." ❖

OSH Diversity Meal

By Heike Tash

On Tuesday, July 4, OSH Food Services served patients an all-American BBQ consisting of hot dogs and hamburgers as part of the diversity meal program. For more information, please contact Food and Nutrition Services at (503) 945-2915. ❖

July 2006 Calendar

19

Diversity Committee

1:30 p.m.

Treleaven Room

Contact Rebecca Sweetland:

(503) 945-2806

21

Wellness Committee

8:15 a.m.

Callan Room

Contact Sue Wimmer:

(503) 945-2886

26

General Staff Meeting

2:30 p.m.

30 Building Gym

Contact Pam Dickinson:

(503) 945-2852

28

OSH Foundation Board Meeting

9:30 a.m.

Callan Room

Contact Jessica Loewen:

(503) 945-2892



AS400 Migration Team Update

By *Chris Betts*

The AS400 Migration team is busier than ever! Most of the forms and documents we have been developing to replace AS400 functions are now being piloted somewhere in the hospital. The Integrated Project Plan is now complete and in late June we began gathering requirements and developing use cases for migrating the day-to-day functionality of the AS400 to the Novell Network/Microsoft Office platform.

Additionally, we ask that managers please fill out Add, Modify, Delete Requests (AMDs), each time an employee begins or ends state service, or changes location or department. This is a proven agency best practice in keeping track of people and equipment.

In staff news, we are happy to announce Diana Marshall from the OSH Education Department joined the project as a trainer July 1. Training schedule information will be coming soon.

Jim Freeman, our consulting project manager for the last six months, retired June 30. Although we will miss his presence and can-do attitude, we wish him the very best!

We also wish to thank everyone at the hospital again for their ongoing cooperation and support of the AS400 Migration Project. Our goal is to provide you with improved information services and we appreciate your patience during the transition. ❖

Incident Report Relocated

By *Valerie Anderson*

The Incident Report/Medication Variance system has been relocated to the Risk Management department of OSH. All submissions, follow-ups, and correspondence should now be directed to Risk Management via GroupWise email to **OSH Risk Management**. When sending an incident report/medication variance, please remember to include OSH in the GroupWise address. Without it,

you could inadvertently submit the report to the DAS Risk Management Department, and this would violate our patients' confidentiality.

Continue to forward incident reports or medication variances needing correction to the Mental Health Supervising RN (MHSRN) or department supervisor for your work area. Return corrected documents to OSH Risk Management.

Welcome

May hires and promotions

Jason Baurer

Mental Health Therapist 2

Jason Bayne

Mental Health Therapy Tech

Kristina Burbank

Mental Health Therapist 2

Nichole Kisor

Office Specialist 2

Anna Kolman

Mental Health Therapy Tech

Trevor McMurray

Psychiatric Social Worker

Dennis Nemecek

Mental Health Therapist 1

Kevin Richey

Custodian

Benjamin Romero

Custodian

Eugene Smith

Mental Health Supervising RN

Christina Steiger

Mental Health Specialist

Mesme Tomason

Principal Executive/Manager D

You should coordinate training on the submission of an Incident Report/Medication Variance with your unit MHSRN or area supervisor, and direct your technical issues to the Service Desk at (503) 945-5623. If you have any questions, contact Valerie Anderson, OSH Risk Management, at (503) 945-0937. ❖

Cultural Competency and Diversity

By *Rebecca A. Sweetland*

The diversity spotlight this month is on Ricky Youmans, 22, who is an active participant on the Valuing Diversity Committee, serving on the Welcoming Décor, Native American Events and Patient Entertainment subcommittees. Ricky, on medication since he was 3 years old, came to OSH in 2004 as a PSRB patient with a dual diagnosis. At 13, he had his first experience living at a state psychiatric hospital in San Antonio. When released, he became interested in Native American ceremonies as a foster child of Ruth, who is German, and Jim, who is Native American. Ricky's biological mom is Native American and his biological dad is German.

Ricky has continued his development of spirituality and knowledge of Native American traditions while at OSH, thanks to Dr. Gail Mason, whom he considers his mentor. He leads smudging ceremonies (spiritual purification using smoldering sage) and sweat lodge ceremonies (intense spiritual and therapeutic experiences). He is working to create an extended family of sweat lodge participants, and his goal is to make all feel comfortable joining in, and to make existing ceremonies function independently of him and Dr. Mason so other patients and staff can support and lead these traditional activities.

Ricky plans to continue his participation in the Native American community when he leaves the hospital, as well as build computers, work on cars and possibly return to OSH as a patient advocate. He is now organizing activities related to weaving, beading and drum making, and he is also the acknowledged fry bread master of OSH. He can be seen making this delicious traditional native food most Thursday mornings in the 50 building! ❖

A Busy Month for the Valuing Diversity Committee

- ❖ Surveys of diversity activities have gone to each ward.
- ❖ Patient diversity paintings have been displayed at the Communication Center, Administration Building and at the World Beat Festival. (See the related article from June 27, *Therapy Turns to Beautiful Art* at the Oregon State Hospital, at Salem-News.com.)
- ❖ A calendar of OSH diversity activities, including sweat lodge ceremonies, the diversity walk, and ethnic meal days is available on GroupWise under OSH Diversity Calendar.

Stay tuned for more to come or attend a meeting on the third Wednesday of each month at 1:30 in Treleven Room. ❖

New Community Reintegration Staff

By *Vern Eggiman*

I am pleased to announce the selection of several new staff for the Community Reintegration program.

Chris Pahl, Mental Health Specialist, joined the Sex Offender Treatment Program June 19. For the past six years, Chris has been providing clinical treatment in Forensic Psychiatric Services, and she also volunteers for Stepping Out Ministries. Prior to coming to OSH, Chris held counseling positions. She received her MS in Rehabilitation Counseling from Western Oregon University.

Tyler Case, Mental Health Specialist, joined the Co-Occurring Disorder Treatment Program June 19. Tyler most recently worked as a counselor at Cascadia Behavioral Health Care and has held other mental health counseling positions. He received his BA in psychology from Alfred University and is currently attending graduate school at Lewis and Clark College, pursuing counseling psychology with a focus on addictions.

Carlene Shultz, Psy.D., will be joining the Co-Occurring Disorder Treatment Program Sept. 1. For the past four years Dr. Shultz has been a Psychologist in Forensic Evaluation Services.

"NEW STAFF" cont. page 5

Disc Golf at OSH

By *Stephanie Kintner*

Have you noticed the metal poles with blue “bells” around campus? They make up OSH’s very own Disc Golf Course, designed and built several years ago by OSH Rec Center and Physical Plant staff as an additional on-grounds activity for patients. Our course has 10 holes, five on each side of Center Street. The northern course is the easiest, being relatively flat with few trees, and begins on the north side of the 34 Building by the sidewalk. The southern course can be quite challenging with many large trees and hills.

So what do you need to play disc golf? Just one Frisbee, preferably an official Disc Golf Frisbee, but any Frisbee will do. Pro golfers (yes, there are regional and national disc golf tournaments) have 15 or more discs. They range from putters and drivers to ones that roll well or hook to the left or right. Discs can be found at Play It Again Sports, G.I. Joe’s, Big 5 Sporting Goods and online. With a couple of discs in hand, you will not only be ready to use our course here on campus but also one of the 37 others in the Willamette Valley. There are even future plans for two courses at local parks in Salem.

Our disc golf course is used regularly in the summer by patients. Some avid players have been spotted sloshing through the puddles in the dead of winter with their staff bravely holding their umbrella against the wind and rain. Patients in the 41 Building even have a basket in their yard to hone their putt and approach skills. There have been two OSH Disc Golf Tournaments in the past several years with more than 30 patients of all skill levels participating in each.

If you are curious and want to try your hand at this ever-growing sport, come participate in the July wellness activity, which will be hosted in the Rec Center. You can pick up more information on the sport, check out several discs and play as many holes as time allows. ❖

“NEW STAFF” cont. from page 4

Prior to coming to OSH, Dr. Shultz worked in Illinois in private practice, psychiatric hospitals and residential facilities. She received undergraduate and graduate degrees from Illinois State University, and a doctorate from Forest Institute of Professional Psychology.

We are fortunate to have seasoned veterans from OSH as well as experienced staff from the community, and welcome these staff to the Community Reintegration Program Team. ❖

May Milestones

•30 Years of Service•

Debra Cederburg, Voc. Srvc

•25 Years of Service•

Lawrence Shreeve, 41C

•20 Years of Service•

Susan Enyart, 41C

Joan Grace, 34C

•15 Years of Service•

Gary Sjolander, Social Srvc

Ewa Bargiel, 41C

•10 Years of Service•

Melody Leinenbach, 34D

Edward Doak, 48C

Danny Olson, 41A

Linda Miller, 41C

•5 Years of Service•

Diane Conklin, 41A

Stacy Green, 35B

Jeff Hodson, 48C

Theresa McCartt, 41C

Sherrie Rodriguez, 35A

Fiel Trapero, 48C

Stephen Valacer, 48C

Dan Distler, Portland Security

Connie Mickelson, Food Srvc

•Retirements•

Kathleen Greene,

Transporting MH Aide

Patricia Litherland,

MH Supervising RN

Steven Martinmass,

Auto Mechanic 2

William Vandiver,

MH Therapy Shift Coord.

John Warzynski,

MH Registered Nurse

Excellence at OSH

Each quarter the Department of Human Services awards up to three Director's Excellence Awards to DHS employees who have demonstrated outstanding work in improving DHS services, developing innovative ways of sharing public and private resources or making exceptional efforts to positively impact people's lives. This quarter, two OSH employees have been nominated, and whether or not their names are among the final three, their coworkers are glad they are part of the OSH team.

Nominee, **Lonna Chase - By Cecelia Quaal**

Lonna Chase is an RN on our unit and has worked on 50H since it opened in 2001. She has worked for the State of Oregon since 1985 and has had the reputation of being an exemplary employee and nurse. Lonna demonstrates an impressive work ethic and her enthusiasm is contagious. She provides patient care with kindness and a light approach that makes even many of our most difficult patients smile. When we have student nurses on the unit, we consistently get feedback about how helpful she has been with their clinical experience and how impressed they are with her skill in treating the chronically mentally ill. Although Lonna is one of the many capable DHS employees who consistently and quietly do an excellent job day after day, I feel that this award would be well deserved. I am proud to work with Ms. Chase and whole-heartedly support her nomination.

Nominee, **Kathy Roy - By Lori J. Kessler**

Kathy is a shining example of psychiatric nursing at its best. I have been her supervisor since October 2004. Kathy has been with Adult Treatment Services since she became an RN in May 1995. She is

dedicated to bettering the lives of each chronically mentally ill person she serves. She is kind, generous and attentive in her interactions with both patients and her co-workers.

Kathy brings honesty, compassion and an inspiring work ethic into a job that is not for the faint of heart! She is organized, thorough in her approach to a vast array of duties and maintains a sense of humor. She is cheerful and well liked by staff in a variety of disciplines all over the hospital. She is a natural leader and is our primary mentor for nursing students. Kathy also is an avid patient advocate and she interacts well with family members and visitors to the unit. Kathy is also appreciated for her flexibility and willingness to help out when unavoidable staffing shortages happen. I am honored to have Kathy on my team. ❖

July EDD Schedule: Following is a list of classes being offered at the OSH Education and Development Department (EDD) during the remainder of July. All classes are located at EDD unless otherwise noted. For more information, call (503) 945-2875.

General Orientation: 7/10-14, 8 am – 5 pm; 7/17, 8 am – noon
Ed Day: 7/11 & 7/25, 8 am – 5 pm

CME – “Management of Substance-related Co-morbidities of Schizophrenia”: 7/11, noon – 1 pm
Motivational Interviewing, Part 2: 7/13, 9:30 am – 2:30 pm
Nursing Leadership: 7/17 & 7/31, 1–5 pm
MHT 101 Orientation: 7/17 & 7/31, 1–5 pm
Communication Principles: 7/18, 1–4 pm

Nurse Orientation: 7/18, 1–4 pm
Pro-ACT Refresher Training: 7/19, 8 am – 5 pm; 7/20, 8 am – noon
Boundary Issues: 7/19, 2 – 4:30 pm
Pharmacology CMA: 7/21, 8 am – noon
General Orientation: 7/24-28, 8 am – 5 pm; 7/31, 8 am – noon
RN Skills Fair: 7/24 & 7/25, 8 am – 5 pm
Solution Focused Brief Therapy, Part 1: 7/27 9:30 am – 2:30 pm