

Patient designs, donates sign for Trails REACH store



Patient David Hickman and members of the REACH team pose with a new sign designed and donated by Hickman for the Trails REACH store.

By Robert Yde, Public Affairs Specialist

The walls of the Trails treatment mall are adorned with pictures and posters; however, one sign stands out from the rest. A large wooden, western-themed sign hangs outside the mall's REACH store thanks to patient David Hickman, who donated the sign to OSH through the hospital's donation program late last year.

REACH, or Recovery Environments Actively Creating Hope, is the hospital's token economy program. By meeting positive behavioral goals, patients earn points, which they can redeem at their

REACH store for a wide range of items such as clothing, snacks, movies, books, games, stationary, hygiene products and basic electronics.

According to Hickman, the REACH program has been important to his recovery, providing him with added motivation to take an active part in his treatment.

"I really like the program," Hickman said. "I've never heard of anything like it, but I'm glad we have it here."

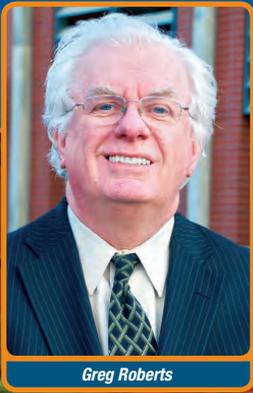
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OSH Recovery Times

is edited by Robert Yde. Contact him at 503-947-9982 with questions, comments or suggestions.



Greg Roberts

Message from the superintendent

Dear OSH Team:

They say that change is the one constant in our lives, and that is very true at Oregon State Hospital. The hospital has been engaged in continuous improvement efforts for several years now, and we can be very proud of how far we have come. However, in addition to change, the other constant at the hospital is our dedication to improving care and treatment of our patients. Whether it's Safe Containment training, reductions in mandatory overtime or introducing an electronic health record, our main priorities are always the patients and safety.

With these same priorities in mind, we are planning for the future state of OSH. As you know, the next couple of years will bring some fundamental changes to Oregon's state hospital system. Even though the Legislature has not made its final decisions yet, we must start planning for the future state of OSH now. Blue Mountain Recovery Center is expected to close by January 2014, the Portland campus is scheduled to close in early 2015, and Junction City is potentially opening in early 2015. With the impending changes to the hospital system, the Salem campus will soon house a much larger population of patients who have been civility committed, and we have a lot of work to do to ensure OSH is prepared.

Thank you to all of you who submitted feedback and recommendations on the future state proposal. The large volume of responses is a great testament to our staff's passion and commitment to making this hospital a better place. As we discussed proposals for how the hospital would accommodate these changes, our goal was to determine what will provide the best long-term solution for our patients with the fewest overall disruptions to their continuity of care.

After careful consideration of all of the feedback, incorporating key suggestions and much deliberation by the Executive Transition Committee, we have created a final plan. Rather than tying programs to specific parts of the facility, we will build the hospital's programs and leadership structures around patient

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Message from the superintendent

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populations' legal status and treatment needs – civil, neuro/gero, aid and assist (a.k.a. “.370”) and guilty except for insanity. This will give programs the flexibility to best meet patients' individual needs in the safest physical environments.

This structure offers numerous benefits to both patients and staff. Because patients will work with the same clinical executive teams during their time at OSH, transfers between units will decrease, providing more stability. Staff will also have more opportunities to develop professional expertise in treating specific patient populations.

To minimize disruptions for patients and staff, the plan is to keep units intact as much as possible. In most situations, while physical locations may be different, the patients, nursing staff and treatment teams will be the same. In addition, all units will be able to admit and discharge patients as appropriate. This means that when new patients are coming or returning to the hospital, the admissions team will be able to place them on the unit best suited to meet their needs at their particular point in their recovery.

I understand that we are undertaking this transition just as it seems we are settling into the new facility. While the focus of our programs may be shifting, our vision remains the same – hope, safety and recovery. Sometimes we will have to alter our course in order to achieve this vision, and I thank you for your continued flexibility and dedication to our patients.

Sincerely,



Greg Roberts
Superintendent

Author Jane Kirkpatrick to speak at hospital

By Melaney Moisan, OSH Museum Board

On Saturday, May 25, Oregon State Hospital Museum of Mental Health will present Jane Kirkpatrick discussing her latest novel, “One Glorious Ambition,” the story of Dorothea Dix, a 19th-century American activist for the mentally ill. The novel combines historical accuracy with the narrative of a woman who recognized suffering when others turned away.

Kirkpatrick's talk, “The Power of One”, will be held at 2:00 p.m. in the Kirkbride Gym. After her lecture, Kirkpatrick will be selling and signing her books in the museum. There is no charge for admission to the lecture, and those who attend the lecture will be admitted free of charge to the museum as well. A percentage of books sold that day will benefit the museum.



Author Jane Kirkpatrick will speak about the life of Dorothea Dix on Saturday, May 25, in the Kirkbride Gym.

Team Recognition – January, February and March 2013

By the Employee Recognition Committee

The Employee Recognition Committee would like to congratulate the January, February and March winners of the Team Recognition Award. Below is a description of each team's accomplishments.

JANUARY

Category: Inspiring hope

Nominated by: Nicole Wirth, Associate Program Director – Portland



Members of Portland's DBT team and the Superintendent's Cabinet.

Portland's Dialectical Behavioral Therapy team

Throughout the past year, Portland's DBT team has led a comprehensive training effort among MHT and RN staff to increase the awareness and effectiveness of their growing DBT program. DBT, which stands for Dialectical Behavioral Therapy, is an evidence-based practice used to treat patients with a broad spectrum of diagnoses who have challenges with emotional dysregulation and impulse control. By focusing on support and collaboration, the goal of DBT is to help patients reduce self-harm behaviors and achieve positive outcomes.

In addition to offering introductory, advanced and monthly refresher classes, the DBT team also provides daily DBT groups during treatment mall, as well as group and individual therapy. Patient participation in the program is voluntary; however, thus far, no patient who was discharged while participating in the DBT program has been readmitted to the hospital. The DBT program has inspired hope in the Portland staff, which has further improved the culture on the campus.

FEBRUARY

Category: Promoting safety

Nominated by: James "Doc" Campbell, Assistant Director, Standards and Compliance



Members of the Safe Containment Team and the Superintendent's Cabinet.

Safe Containment Team

With the goal of improving patient and staff safety, the Safe Containment Team evaluated OSH's practices for physical containment, identified areas that needed improvement and developed the hospital's new Safe Containment Protocol. The protocol establishes a safe and consistent method to be used when physical containment becomes necessary.

Since implementing the protocol in January, Harbors has reported a decrease in the number of patient to staff assaults and subsequent injuries. The team continues to evaluate the protocol and provide introductory and advanced training to all staff who are assigned to or float to Harbors.

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Team Recognition – January, February and March 2013

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MARCH
Category: Supporting recovery
Nominated by: the Springs Program Executive Team



Staff from Bird 1 and the Superintendent's Cabinet.

Staff of Bird 1

According to the Springs Program Executive Team, the staff of Bird 1 provide a high level of supportive, inspired and innovative care every day.

As an example, the team recently faced the challenge of admitting and caring for a patient who the referring facility described as the most aggressive patient they had ever cared for. Bird 1's team developed a highly individualized treatment program for the patient and formed a close relationship with the patient's family. Their efforts have helped the patient integrate into the milieu without the need for seclusion and restraint or behavioral precautions.

Congratulations to the January, February and March Team Recognition Award winners.

January: Inspiring hope

Portland DBT team:

- Brian Chapman
- Erin Fusco
- Jen Hill
- Aisha Krebs
- Chad McGhee
- Elon Shlosberg
- Linda Simpson

February: Promoting safety

Safe Containment team:

- Jason Baurer
- Joe Blank
- Brady Blatchley
- Don Blatchley
- Rupert Goetz
- Mike Highsmith
- Mike Hlebechuk

- Tony Ike
- Brant Johnson
- Krystal Landry
- Carl Miltimore
- Lindsey Sande
- Heidi Scott
- Amy Smith
- Katherine Stainbrook
- Stephanie Susee
- Lisa Theobald
- Brandy Villa-Valdez
- Christine Walker

March: Supporting recovery

Staff of Bird 1:

- Timmy Abraham
- John Anderson
- Eric Anglin
- Washington Bakira

- Carrie Barber
- Leona Burnett
- Grieselda Contreras
- Cyndi Davidson
- Angela Dodak
- Angela Doolittle
- John Edmund, Jr.
- Kathy Fink
- Megan Forrest
- Nichole Garrett
- Raul Gasca
- Juana Guerrero
- Jay Haning
- Samantha Hoffman
- Heather Hunt
- Raj Kaur
- Michelle Kedrowski
- Joy Klingberg
- Vicki Kloer

- Mylene Landaker
- June Lawson
- Dan Mitchell
- Stan Myers
- Channy Namgung
- Erin O'Conner
- Sara Phillips
- Rhanda Polly
- Dan Roberg
- Tara Roe
- Judy Soto
- Nenita Sparks
- Patrick Sprauer
- Kat Tacker
- Val Torkanievsky
- Tobin Tunison
- David Vega
- Danielle Wall

Eagle Scout donates 40 MP3 players to OSH

By Robert Yde, Public Affairs Specialist



Eagle Scout Christopher Daniel Johnson shakes hands with Director of Volunteer Services Jeff Jessel, as he and his family deliver 40 MP3 players to OSH. Johnson and his scout troop raised nearly \$450 to purchase the MP3 players, which have been donated to the hospital's Rehabilitation Services Department.

Most people are inherently aware of the undeniable connection between music and our memories. Certain songs can momentarily transport us to the past or awaken long-forgotten memories buried in our subconscious.

In recent years, many long-term care facilities, especially those treating patients with Alzheimer's or dementia, have successfully used MP3 players preloaded with carefully crafted individual playlists to help patients with memory recall and as an alternative to medication for agitated patients.

Now, thanks to the efforts of one local Eagle Scout, OSH's Springs program will soon be able to provide a similar service to its patients.

After watching the trailer for the upcoming documentary "Alive Inside," which details the increasing use of MP3

players as part of some patients' treatment, Christopher Daniel Johnson of Troop 477, was inspired to do something similar for patients at OSH.

Johnson approached Director of Volunteer Services Jeff Jessel in January with the idea of raising money to purchase MP3 players, which he would donate to the hospital.

"I was very impressed by the professionalism and enthusiasm Christopher displayed when he presented his project," Jessel said. "He was organized, pleasant and eager to help."

With the help of other members of his scout troop, Johnson went door-to-door asking for donations. In just a few weeks, he and his fellow scouts raised nearly \$450, allowing them to purchase 40 MP3 players.

Johnson and his family delivered the MP3 players to the hospital Feb. 22. The MP3 players have since been donated to the Rehabilitation Services Department (RSD), which has set aside 20 of them for Springs. RSD staff plan to pilot a program that give Springs' patients the opportunity to check out an MP3 player for reasons such as mood elevation, decreasing anxiety or simply for leisure. Before they're able to check out the MP3 players, patients will work with RSD staff to develop an individualized playlist of personally meaningful music.

A handful of the remaining MP3 players will be given to patients during upcoming events, and the rest will be used in various treatment mall groups.

"We are very excited about this donation," said Music Therapist Christy Hey. "It will help our patients take advantage of the benefits of MP3 technology for many years to come."

March: National Social Work Month

By Cheryl Meyers, Licensed Clinical Social Worker

For nearly 50 years, March has been recognized as National Social Work Month. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), professional social workers are the nation's largest group of mental health services providers. There are more clinically trained social workers than psychiatrists, psychologists and psychiatric nurses combined. Federal law and the National Institutes of Health recognize social work as one of five core mental health professions.

The goals of clinical social work include:

- Treatment of bio-psychosocial impairment, assessment-based treatment planning and therapeutic intervention;
- Support, enhancement and therapeutic intervention of bio-psychosocial strengths and functioning ability; and
- Pursuit of those purposes within the context of professional relationships through individual, family and group work.

Social workers at Oregon State Hospital are involved in many aspects of patient care. As a member of the interdisciplinary team, social workers provide expertise in ongoing bio-psychosocial assessments to assist patients in their progress toward recovery and wellness.

Social workers also provide advocacy and take the lead in highlighting an individual's strengths and his or her capacity to overcome barriers to discharge. Social workers work with patients to provide a path of person-focused community reintegration services from admission to discharge and into the community.

While March may be designated for social workers, their contributions are significant every day. Please take a few moments to thank your social worker for their clinical leadership skills, advocacy, enthusiasm and determination!

For more information on OSH's Social Work Department, please contact Director of Social Work **Rebecca Curtis** at 503-945-2860.

April: Occupational Therapy Month

Adapted from the American Occupational Therapy Association

In its simplest terms, occupational therapists and occupational therapy assistants help people participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). Occupational therapy practitioners have a holistic perspective, in which the patient is an integral part of the therapy team, and the focus is on adapting the environment to fit the patient.

In mental health treatment, the overall goal of occupational therapy is to help people develop the skills and obtain the supports necessary for independent, interdependent, and productive living. Particular

emphasis is given to interventions that result in an improved quality of life and decrease hospitalization.

Occupational therapists and occupational therapy assistants in the mental health field provide purposeful, goal-oriented activities that teach and facilitate skills in:

- Assertiveness;
- Cognition (e.g., problem solving)
- Vocational interests and pursuits;
- Self-awareness;

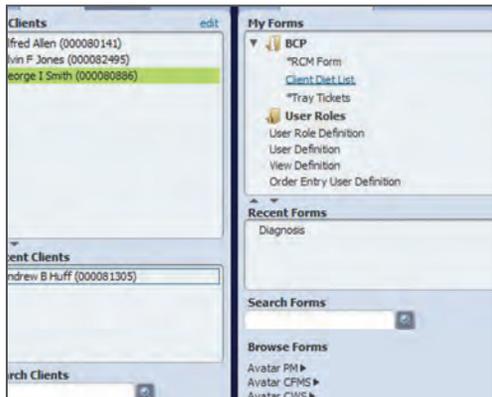
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Changes to Avatar

By Lauren Quinlan, Operations and Policy Analyst
Technology Services

Since its implementation, the Avatar team has continued to refine Avatar in order to better meet the needs of OSH. Meanwhile, Netsmart, the company that created Avatar, has also been working on the program on their end. This ongoing collaboration has resulted in the first major overhaul of Avatar, which will soon be introduced to OSH under the name “myAvatar.”

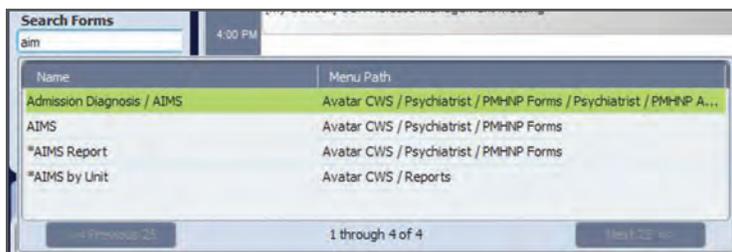
What’s changing



Rather than using a menu-based format, myAvatar will use a widget-based format, making it easier to navigate.

to access a single menu. The system will also remember people and forms that you’ve opened recently in case you want to use them again.

Now, when you search for something, you no longer have to type in the entire name before hitting “Enter” and crossing your fingers that you got it right. As you



Locating information in myAvatar will be easier thanks to its auto-fill search field.

There will be a major change to how Avatar looks. Instead of a blank screen and menus, Avatar is going to become “widget” based. This means that when you log in, you’ll be able to select clients or open forms without needing

type, Avatar is going to show you a list of things that match what you’re typing. This will happen for almost everything — from finding a patient to looking for forms, medications or diagnoses.

There are also changes to how the chart looks.

In myAvatar, patient information will show across the top of your screen. Clicking on a patient name will bring up that patient’s chart and all forms that you have open for that particular patient. The biggest change in how forms look is that tab and page format will change. Tabs will move from the top of the window to the left side, where they will look like links, and you will no longer have to click between pages. Instead of having pages, each form will appear on a single page with sections that can be collapsed if you don’t want to see them.



Patient information will be displayed across the top of the page.

In addition to the big changes, there will be smaller ones that will be controlled by users like the ability to move things around on your screen, the option of updating the spell check dictionary, and the ability to change the color theme.

When will it change

The goal is to introduce myAvatar in May, so keep an eye out for training announcements!

For more information on Avatar or myAvatar, contact OSH.TSM@dhs.oregon.gov.

OSH Transportation Teams provide valuable service

By Security and Jason Stringer, Communications Coordinator (on rotation from Rehabilitation Services)



Members of the Oregon State Hospital transportation team. Transporters provide a valuable set of services for patients, staff and the community.

The transportation teams of the Oregon State Hospital's Portland and Salem campuses do not always receive the recognition they deserve for their loyalty, dedication, professionalism and accomplishments.

What does it mean to be a transportation team member for the Oregon State Hospital?

"We had a patient that came to the hospital a few years ago where we knew her name and that was it. We didn't know any of her background or family or anything," said Transporter Kipp IV.

Kipp said it took a year before a social worker was able to track down the patient's family. It was discovered that the patient's daughter had been searching for her for a half decade.

"The last time her family had seen her was when she got married," said IV.

The patient was discharged to her family – who was living on the East coast – and because of special

medical considerations, two transporters were sent with her.

"We went and met up with the daughter. It was great. It was a five-year reunion," said IV. "Those are the things that make my job worthwhile."

The transportation team is made up of professional employees – 10 of whom are trained emergency medical technicians – who have decades of combined experience serving patients, staff, and leadership at Oregon State Hospital.

Transporters do a job that can be difficult and demanding. Some spend hours behind the wheel of a state vehicle, cautiously traveling long distances while caring for the therapeutic, physical and medical needs of escorted patients. The on-campus team spends its day moving patients from units and treatment malls to the medical clinic, dental center, physical therapy and other locations for appointments or patient jobs. This

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A Culture of Safety and the Six Core Strategies

From your Seclusion and Restraint Committee

During the past year, we have looked in detail at five of the National Technical Advisory Council's (NTAC) Six Core Strategies for Reducing Seclusion and Restraint. Each of these strategies plays a key role in developing our Culture of Safety initiative at OSH. Now, we turn our attention to the sixth and final strategy —the role played by consumers and peers.

Whether their title is peer bridger, peer specialist, patient advocate, or in the case of OSH, recovery specialist, former consumers bring first-hand knowledge and a unique perspective to mental health treatment. Their lived experience with a traumatic event such as seclusion and restraint often gives them a clarity and sense of urgency to improve the process.

As patient advocates, recovery specialists challenge us to continually improve our services and adhere to our core values of hope, safety and recovery. They have been essential in the hospital's efforts to develop effective debriefing methods and helping staff gain a better understanding of what it's like to go through a seclusion or restraint event.

In addition to advocating for patients, recovery specialists are members of Interdisciplinary Treatment Teams (IDTs), assist patients with developing Wellness Recovery Action Plans (WRAP), and offer training sessions through the Education and Development Department (EDD) to further expand our awareness of the patient perspective.

Recovery specialists and patients share their experiences living with mental illness with new hires during New Employee Orientation (NEO). They have been heavily involved with the Person-Centered Care Performance



Improvement Team, as well as many of the hospital's boards and councils. In several instances, the Performance Improvement team has sought out their opinions and advice as part of a process improvement. The unique perspective of recovery specialists and patients and their eagerness to foster positive change will continue to be central in our efforts to create a Culture of Safety.

In the next issue of Recovery Times, we will finish our discussions of consumer and peer roles in helping to safely reduce the use of Seclusion or Restraint events. If you have suggestions, comments, or observations for the Seclusion and Restraint Committee, you can send them to **J.S. "Doc" Campbell**, CPHQ at *James.CAMPBELL@state.or.us*.

Artist and musicians visit OSH for ‘Spring Break’

By Security and Jason Stringer, Communications Coordinator (on rotation from Rehabilitation Services)

Patients and staff were serenaded by musicians and participated in a mosaic art class as part of the “Spring Break” special activities hosted March 12-15 by the Events Planning Group. This series of break-week events follows several other successful events during the past year, such as the Arts Festival, Holiday Pageant and OSH Concert Series.

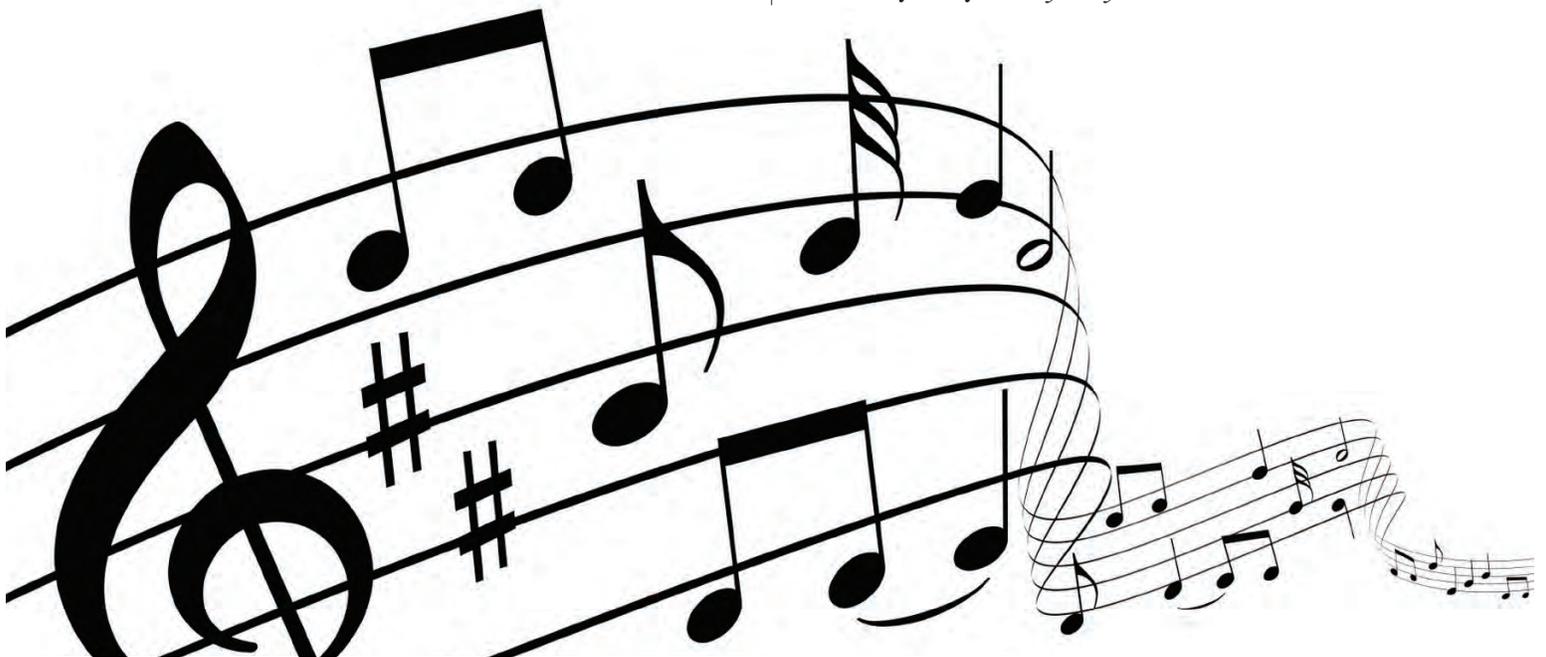
To kick off the afternoon of March 12, country-tinged folk pop duo Gallon House performed at the Salem campus in the Harbors and Kirkbride gyms. The band performed several harmony-laden ballads, as well as a few fiddle-riddled, foot-stomping tunes that got the patients in Harbors clapping along. To help promote the event, two patients created the graffiti-style poster that was hung throughout Harbors.

Classical and metal guitarist Peter Hughes visited the Portland campus March 13, and 1920s throwback jazz trio Faerabella performed in the Kirkbride gym the afternoon of March 15.

A question-and-answer session gave patients the chance to learn more Faerabella’s musical backgrounds and influences. After the concert, the musicians stuck around to sign autographs for some patients. “They have a really cool sound,” said one attendee. “The singer’s voice reminds me of Norah Jones.”

Mosaic artist Lynn Takata teamed up with OSH Art Therapist Sara Slack at the Salem campus March 14 to lead two art workshops. Patients from Springs, Bridges, Trails and Harbors worked on a spring-themed mosaic project in the Kirkbride pottery room.

The next set of break-week events is scheduled for May 27-31. We hope to bring in an eclectic group of visitors in the future, including speakers, athletes, artists and musicians. In addition, the Events Planning Group will soon begin planning the second-annual Arts Festival scheduled for August. If you’re interested in joining the group, or just have some ideas, contact Music Therapist **Christy Hey** christy.l.hey@state.or.us.



OSH raises more than \$21,000 to benefit 2013 Governor's State Employees Food Drive

By Jeff Jessel, Director of Volunteer Services



Staff peruse the wide-range of donated items available during the Food Drive Silent Auction.

Throughout February, Oregon State Hospital employees came together in overwhelming support of the Governor's State Employee's Food Drive (OSH Food Drive Campaign). This year's campaign was a huge success, with OSH contributing \$21,583.50, breaking the hospital's fundraising record for this annual event by more than \$4,000.

The money raised by OSH alone will provide 86,334 pounds of food to hungry Oregonians. In addition, more than 700 pounds

of nonperishable food was collected from the on-site collection barrels.

The success of this year's food drive is a testament to our staffs' kindness and generosity, and it was truly awesome that so many people took their personal time and money to prepare food, gifts, baked goods, crafted items and much more for the campaign.

Thank you to all the staff who supported, donated and participated in the 2013 Governor's State



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OSH raises more than \$21,000 to benefit 2013 Governor's State Employees Food Drive

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Employees Food Drive. A special thank you to the following members of the Food Drive Team:

Jamal Al-Awaj, Treatment Malls
 Terre Banks, Nursing Admin.
 Becky Birky, Housekeeping
 Gloria Blair, Housekeeping
 Sandi Brinlee, Tree 3
 Deb Bulletset, Warehouse
 Lenette Bultena, LH1
 Sherry Chrisco-McKee, Radiology
 Leslie Conahan, Harbors Admissions
 Vince Daniel, Volunteer Services
 Paul Dimeglio, Security/Comm Center
 Julee Engelsman, HEART
 Patty Foster, Human Resources
 June Harms, CSO
 Christy Hey, RSD Music Dept.
 Barb Houser, POSH Tx Mall
 Jordan James, Standards & Compliance
 Dale Jones, Facilities Services
 Alice Kanaka, POSH Security
 Lila Lokey, Human Resources
 Linda Marshall, RSD/VOC
 Susan McDonald, RSD Hair Salon
 Dan Miller, Volunteer Services
 Sandy Moler, Springs Treatment Mall
 Laura Musga, Housekeeping
 Marilyn Nichols, Nursing Admin.
 Yogi Nolan, CSO
 Lynn Olszewski-Adams, POSH Tx Mall
 Janet Opdahl, Pharmacy

Staff hosted more than 40 activities and events, the majority of which were luncheons and feeds to allow more staff to participate during their lunch breaks. Below, is a list of the events and how much each raised.

- Standards & Compliance:
Candy Jar Guessing Games – **\$237.00**
- Harbors Admissions:
Bake, Soup and Book Sales – **\$713.00**
- Facilities Services:
Spaghetti Feed – **\$690.00**
- Housekeeping: Biscuits/Gravy Breakfast;
two Raffle Baskets – **\$1,029.00**
- RSD Beauticians: Staff Haircuts – **\$103.00**
- Cultural Diversity Buffet – **\$732.00**
- Human Resources: two Bake and Gift
Sales ; Raffle Basket – **\$585.75**
- FNS: Bake and Basket Sale:
Breakfast Burritos – **\$1,142.00**
- Warehouse:
two Hot Dog and Chili Feeds – **\$490.00**
- Springs Treatment Mall:
Bake Sale – **\$332.00**
- Program Directors: Nacho Feed – **\$270.00**
- Nursing Admin Execs: Pulled Pork/Chicken
Sandwiches – **\$595.00**
- Tree 2: Donuts by the Dozen
(delivered) – **\$221.00**
- Volunteer Services/RSD: Chili
Cook-Off – **\$373.75**
- Security/Comm Center:
Pancake Feed – **\$258.00**
- RSD: Jammin' for Food – **\$65.00**
- CSO: Cotton Candy/Pepperoni/Popcorn
Sales – **\$132.00**

OSH raises more than \$21,000 to benefit 2013 Governor's State Employees Food Drive

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Pam Palke, Administration

Debra Rose, Trails/Tree 2

Brenda Ross, Program Directors

Kathy Ross, Facilities Services

Alta Saner, FNS

Vaga Shaffer, Housekeeping

Michelle Shepherd, RSD Hair Salon

For more information on OSH's contributions to the 2013 Governor's State Employees Food Drive, please contact Director of Volunteer Services **Jeff Jessel** at **503-945-2892** or jeffery.m.jessel@state.or.us.

- Food Drive Team : Silent Auction – **\$3765**; Cake Walk – **\$435**
- POSH EVENTS – Chili Cook-Off, Book Sale, Staff Haircuts, Pot Luck, Dorothy's PRN Candy Sale, Donut Raffle, Coin Drive, Silent Auction, Suongs Noodles, Cupcake Sale, Jar Guessing Game, Donations - **\$2,440.00**

Grand total from events = \$14,609.00 + donations and payroll donations \$6,974.50 = \$21,583.50!

Patient designs, donates sign for Trails REACH store

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After writing an article about the REACH store for the mall's patient newsletter, Hickman decided he wanted to do something to help the REACH "store" feel more like a store. He talked to members of the REACH team about creating a distinct sign, which could be hung outside the store, making it easily recognizable.

With the team's support, Hickman reached out to his brother, who made the sign based on Hickman's design. Believing that "REACH Store" wasn't exactly accurate, Hickman opted for a name he felt was more fitting – REACH Trading Post.

"Basically what we're doing here; we're trading points for products," Hickman explained.

After receiving the sign from Volunteer Services, the team invited Hickman to help them stain and prepare it to be mounted outside the store.

"This entire idea was David's, and he did a really great job seeing it through," Rebecca McIntyre, the Trails REACH program coordinator, said. "The sign looks terrific, and we're really excited about hanging it outside of our store."



The new Trails Trading Post sign now hangs above the door of the Trails REACH store.

April: Occupational Therapy Month

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- Independent living, including the use of community resources, home management, time management, management of medication, and safety in the home and community;
- Interpersonal and social skills;
- Stress management;
- Activities of daily living (e.g., hygiene);
- Role development (e.g., parenting); and
- Self-sufficiency and interdependency and wellness.

Occupational therapists hold a bachelor's, master's or doctorate degree. Certified occupational therapy assistants earn an associate degree. All occupational therapy practitioners must complete supervised clinical

fieldwork in a variety of health and educational settings and must pass a national certification examination.

Their expertise plays an important role in patient treatment at OSH. Please make sure to take some time to thank our occupational therapist for all that they do.

For more information on OSH's Occupational Therapy Department, please contact Director of Occupational Therapy **Michelle Swanger** at **503-945-8981**.

References

"About Occupational Therapy." (2013). Retrieved April 16, 2013, from <http://www.apastyle.org/learn/faqs/web-page-no-author.aspx>.

OSH Transportation Teams provide valuable service

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team is consistently on the move, ensuring patients reach their appointed destinations without delay.

When traveling off campus, transporters need to depend upon their own skills and experience when dealing with difficult situations. Nonetheless, they accomplish their mission without complaint, driving all over the state and, occasionally, out-of-state or country.

Additionally, the transportation teams bring incoming patients from outside agencies and other hospitals to both Salem and Portland campuses. Many times patients are acutely ill, and this challenge is met with patience, respect, compassion and technical skill on the part of the transportation teams.

Transporters – both off-campus and on – work closely with unit registered nurses, social workers and staff that coordinate medical, dental and vision needs either in our medical clinic or in the community. The team

members must remain flexible, with schedule changes often occurring with little or no advance notice.

When patients receive full discharges or end their time at OSH, the transporters are there to help them reach the next step of their journey – whether it is in Salem, across the state or beyond.

May 2013 EDD events

The following is a list of classes being offered at the OSH Education and Development Department (EDD) during May. Classes are located at EDD unless otherwise noted. For more information about these classes, call 503-945-2876.

Avatar training for RN/LPN

Held in 310 Computer lab
May 9 (8 a.m. to 5 p.m.)

Avatar group notes training

Held in 310 Computer lab
May 13 (2:30 p.m. to 4:30 p.m.)

Avatar for non-clinical staff

Held in 310 Computer lab
May 17 (1 p.m. to 5 p.m.)

Pro-ACT refresher

Held in 344 Integrity
May 7 (8 a.m. to 5 p.m.) Day 1
May 8 (8 a.m. to 12 p.m.) Day 2
May 9 (8 a.m. to 5 p.m.) Day 1
May 10 (8 a.m. to 12 p.m.) Day 2
May 21 (8 a.m. to 5 p.m.) Day 1
May 22 (8 a.m. to 12 p.m.) Day 2
May 30 (8 a.m. to 5 p.m.) Day 1
May 31 (8 a.m. to 12 p.m.) Day 2

Pro-ACT refresher for 13/20 staff

Held in 344 Integrity
May 6 (7:30 a.m. to 9 p.m.)
May 17 (7:30 a.m. to 9 p.m.)

Pro-ACT refresher for operations staff

Held in 344 Integrity
May 3 (8 a.m. to 5 p.m.)

New employee orientation

Held in 342 Leadership
May 1-3 (8 a.m. to 5 p.m.) Day 3-5
May 6 (8 a.m. to 5 p.m.) Day 6
May 7 (8 a.m. to 5 p.m.) Day 7
(310 Computer lab)
May 13-17 (8 a.m. to 5 p.m.) Day 1-5
May 20 (8 a.m. to 5 p.m.) Day 6
May 21 (8 a.m. to 5 p.m.) Day 7
(310 Computer lab)

ED day

Held in 344 Integrity
May 13 (8 a.m. to 12 p.m.)
May 14 (8 a.m. to 12 p.m.)
May 28 (8 a.m. to 12 p.m.)
May 31 (1 p.m. to 5 p.m.)

FPS Nursing orientation

Held in 306 Service Excellence
May 1 (8 a.m. to 5 p.m.)
Held in 308 Partnership
May 28 (8 a.m. to 5 p.m.)

Nursing orientation

Held in 306 Service Excellence
May 8 (8 a.m. to 5 p.m.)

Motivational interviewing Step 1, Step 2 and Step 3

Held in 344 Integrity
May 2 (8:30 a.m. to 3 p.m.) Step 1
May 16 (8:30 a.m. to 3 p.m.) Step 2
(Held in 306 Service Excellence)
May 31 (1 p.m. to 5 p.m.) Step 3

CMA pharmacology

Held in 306 Service Excellence
May 29 (1 p.m. to 5 p.m.)

Contraband/Room search

Held in 306 Service Excellence
May 28 (1 p.m. to 5 p.m.)

Group facilitation basics

Held in 344 Integrity
May 15 (1 p.m. to 5 p.m.)

Burnout for ACP

Held in 344 Integrity
May 1 (3 p.m. to 5 p.m.)

Attachment, Trauma and Emotional Regulations

Held in 342 Leadership
May 8 (8:30 a.m. to 12 p.m.)

Behavioral emergency Equipment

Held in 312 EDD lab
May 1 (8 a.m. to 12 p.m.)

Ethics for ACP

Held in 344 Integrity
May 8 (3 p.m. to 5 p.m.)

Volunteer/Contractor orientation

Held in 308 Partnership
May 9 (8:30 a.m. to 12 p.m.)

Remediation CPR

Held in 344 Integrity
May 15 (8 a.m. to 12 p.m.)

Shield training

Held in 308 Partnership
May 15 (1:30 p.m. to 3 p.m.)

Learning styles

Held in 344 Integrity
May 22 (1 p.m. to 4:30 p.m.)

Open computer lab

Held in 310 Computer lab
May 3 (8 a.m. to 5 p.m.)
May 10 (8 a.m. to 5 p.m.)
May 31 (8 a.m. to 5 p.m.)
(no registration required, email Diana if require special assistance)

BLS CPR Part 2*

May 1 (Portland campus)
May 6
May 8
May 22
May 31
(Please e-mail Diana at diana.l.marshall@state.or.us to register, requirements are needed)

Or if special assistance is needed in lab)