

OSH patients compete, learn at annual Hoopla basketball tournament

For the second consecutive year, the Oregon State Hospital's Bridges Program had a patient team compete at the Hoopla 3-on-3 community basketball tournament in downtown Salem. Patients Dana Sword, Robert Orr and Damien Ellison played as the "Blue Jumper Cats" at this year's tournament, which was held July 24-25.

The event has been a success, with patients in OSH's community transition program getting to experience not only a big community event, but one where they engage in a healthy recreational pastime with community members. Hoopla has generously waived the fees for the Bridges team both years.

"It gives the patients a sense of normalcy," said Recreation Specialist Eric Richey, who coached the team. "They managed their frustrations. They were good sports. They were participating in the community, and they handled the experience better



Patients Robert Orr (left) and Dana Sword play basketball in the Kirkbride gym. Both were members of the Blue Jumper Cats, a team of OSH patients and staff that competed in the Hoopla 3-on-3 basketball tournament last month in downtown Salem.

than a lot of community members, honestly."

Participation in Hoopla, like other outings, requires a trip slip signed by the patient's nurse manager, but because of the competitive nature and high-exposure of the event, special considerations and program-level approval is also required.

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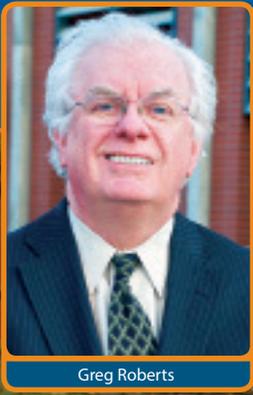
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OSH Recovery Times

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:

“Instead of asking, ‘What’s wrong with you?’ we should be asking, ‘What happened to you?’

*Raul Almazar, RN, M.A.
Senior consultant to SAMHSA’s
National Center for Trauma Informed Care*

Last month, the OSH community was very fortunate to be able to spend a couple days with Raul Almazar, a nationally recognized expert on the effects of trauma. Many of you had the opportunity to visit with Raul or sit in on one of his presentations during his visit.

For those who didn’t see the presentation, I highly encourage you to take the time to view it on the OSH intranet at <https://inside.dhsoha.state.or.us/oha/addictions-mental-health/osh.html>.

Raul has an impressive history of working with a wide-range of publicly-funded mental health providers throughout the country. His work with Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Center for Trauma Informed Care has played an important role in educating providers on the prevalence of trauma in the mental health community and helping them incorporate trauma informed care into their daily practices.

There are numerous studies that show a distinct correlation between mental health consumers and past trauma, and the effectiveness that a trauma informed approach can have in treatment. However, instead of just focusing on the science or research, I believe that the quote above from Raul’s presentation perfectly sums up what trauma informed care is all about.

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Message from the superintendent

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Take a moment to reread his quote. It is a subtle shift in how the question is framed, but the question itself is now profoundly different. Instead of asking the question in a way that suggests that there is something inherently wrong with the person, the question is now posed in a way that suggests compassion and a desire to help.

Trauma informed care is a relatively simple, but fundamental shift in our thinking and approach to our work and those we work with — both our patients and our coworkers.

This is not a tool or skill that can be mastered through training. Rather it is a mindset that asks to think about your actions and words, and understand how they may be perceived based on a person's history of trauma.

I truly believe that incorporating trauma informed approaches and strategies hospital wide, is perhaps the single most important change we can make toward truly reaching our vision.

Trauma often leaves a victim feeling shame, guilt and anger – feelings that we would never associate with a safe environment. If our patients do not feel safe, then they likely will have no hope, and without hope there is even less chance for recovery.

This is why throughout the next year, you can expect to hear more and more about trauma informed care as we work to collectively integrate these concepts into everything we do at OSH.

We have formed a steering committee to help guide us in these efforts, and we will also continue to work with the National Center for Trauma Informed Care.

In the meantime, I ask that after your next encounter with a patient or coworker, take a moment to honestly assess your words and actions from the trauma informed viewpoint. You might be surprised to discover that there may have been a more supportive approach.

If you want to learn more about trauma informed care, or how we plan to adopt this approach at OSH, feel free to contact Chief Medical Officer Rupert Goetz, M.D. at rupert.goetz@state.or.us. More information can be found at SAMHSA's website: www.samhsa.gov.

Sincerely,



Greg Roberts
Superintendent

OSH patients compete, learn at annual Hoopla basketball tournament

The team played in the competitive “Division III” tournament and improved every game. The Blue Jumper Cats lost by just one point, 32-31, in their final contest against the eventual consolation champion (out of nearly 40 teams). Ellison nailed three 3-pointers in the final minutes of that game to help the patient team push the eventual consolation champs to the final possession.

During the course of the four games in the tournament, the team worked together to figure out a rotation and develop plays and strategies.

“There was lots of competition ... I’d say heavenly competition,” said Orr with a grin.

But Orr added that for him, the most important thing about participating in the tournament was “getting used to being around folks who don’t have a mental illness and seeing how they manage their behavior.”

Sword mirrored Orr’s sentiment that the most important aspects of the Hoopla outing go beyond the lines of the court.

“It’s important for our wellness, our fitness, and for us to get out into the community and enjoy sober activities,” said Sword. “But, it also gives us a chance to demonstrate the coping skills we’ve developed from going to groups ... to demonstrate that we can handle an open, fun activity in the community.”

Interest for the Hoopla squad has been growing, and members of the Blue Jumper Cats hope that more than one team can compete next year.

“We have a lot of guys here [at OSH] who play basketball,” said Ellison. “It’s really important. Hoopla gives us the opportunity to play against other people and learn.”

Richey said interest will continue to grow after this year’s visit.

“The guys are now coming back and talking about Hoopla with their peers,” said Richey. “Playing in Hoopla is an incentive for patients to do well.”

Donating blood - An easy way to save a life

Red Cross Blood Drive: Monday, September 9



Through the simple act of donating blood, ordinary people just like you and me can help save a life. Just an hour of your time and a pint of your blood can make a real difference to a person in need.

Accident victims, cancer patients and others suffering from a variety of illnesses or emergencies are often in need of this life-saving gift. Please help ensure blood is available for the next person who needs it by taking a little bit of time to give blood.

The next Red Cross Blood Drive at Oregon State Hospital will be held Monday, September 9, from 10 a.m. to 3 p.m.

If you would like to participate, please make an appointment to donate at www.redcrossblood.org (sponsor code: OregonStateHospital). Remember, you must have an appointment to donate, and before you donate, you will need to check in at the Red Cross table, which will be located inside the main entrance of the Kirkbride Building.

Thank you for giving the gift of life.

For more information on the OSH Red Cross Blood Drive, contact Director of Volunteer Services Jeff Jessel at 503-945-2892 or jeffrey.m.jessel@state.or.us.

Raul Almazar visits OSH to discuss trauma informed care

According to the Substance Abuse and Mental Health Services Administration (SAMHSA) there is an underlying commonality shared by the majority of mental health consumers. Research has shown that as many as 90 percent of mental health consumers have been exposed to some form of trauma, with the majority of those experiencing multiple incidents.

Traumatic events such as sexual abuse, physical abuse, severe neglect and domestic violence can be dehumanizing, and often leave the victim feeling vulnerable, betrayed and struggling to find a way to cope with their stress. It is common that victims will make attempts at self-healing, which often results in victims engaging in self-destructive behavior that can potentially lead to further health risks.

Understanding a patient's trauma history and triggers, and incorporating this knowledge into their treatment can have a significant effect on their ability to recover. Trauma informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives.

Last month, Raul Almazar, a senior consultant to SAMHSA's National Center for Trauma Informed Care (NCTIC), spent a day-and-a-half at Oregon State Hospital visiting with staff and hospital leadership to discuss the concept of trauma informed care. NCTIC works with a broad range of publicly-funded mental health providers to educate and help them adopt trauma informed practices into their environment.

During his visit, Almazar gave three presentations to staff, one of which was recorded and is now available on



Raul Almazar, a senior consultant to SAMHSA's National Center for Trauma Informed Care, leads a discussion about trauma informed care during his visit to OSH July 25.

the OSH intranet at <https://inside.dhsoha.state.or.us/oha/addictions-mental-health/osh.html>. An NCTIC PowerPoint presentation is also available here.

As noted by Chief Medical Officer Rupert Goetz, M.D., Almazar's visit and presentation was the first step in a hospital-wide effort to universally integrate trauma informed care into everything we do at OSH. A Trauma Informed Care Steering Group has been formed to develop future educational and training opportunities for staff.

Beginning next month, the steering group will begin a regular series of article in the Recovery Times to help you learn more about this supportive and effective approach.

If you have questions about trauma informed care, please contact Chief Medical Officer Rupert Goetz, M.D., at rupert.goetz@state.or.us.

OSH introduces new vision poster

“We are a psychiatric hospital that inspires hope, promotes safety and supports recovery for all.”

Since redefining OSH’s vision in 2010 as part of the hospital’s transformation efforts, these words have become ingrained in the overall consciousness of OSH. In the three years since, we have worked to make this vision a reality for hundreds of patients.

In the coming months, you’ll begin to notice a new visual reminder of this fundamental message as a redesigned vision poster is hung up throughout the hospital.

The new poster was born out of a Leadership Academy project headed up by Associate Chief of Psychology Amy Smith, Ph.D., Training and Development Specialist 2 Jason Baurer, and former employee Michelle Dague, MSW. For their project, Amy and Jason invited staff and patients to participate in a World Café event, during which they discussed the concepts of hope, safety and recovery and produced artwork to reflect their ideas. The discussion and artwork from that day served as an inspiration for the new vision poster.

Look for the new poster in your work area soon.

If you have questions about the design of the new OSH vision poster please contact Amy at 503-945-0966 or amy.j.smith@state.or.us, or Jason at 503-947-1095 or jason.baurer@state.or.us.



OSH Vision

We are a psychiatric hospital that inspires hope, promotes safety and supports recovery for all.

This poster is the product of a World Café collaboration of OSH patients, staff, and the 2012 Leadership Academy team.

Oregon Health Authority

OREGON STATE HOSPITAL
HOPE • SAFETY • RECOVERY

OHA 8899 (04.13)

Two OSH committees receive Director's Excellence

Two Oregon State Hospital committees were recently honored with Oregon Health Authority awards for setting an example of excellence in our agency. OSH's Employee Wellness Committee and Employee Recognition Committee were each awarded the agency-wide Director's Excellence Award by OHA Director Bruce Goldberg, M.D., on Tuesday, July 23 in the Kirkbride second-floor staff lounge.

"When I used to come over to the hospital – the old hospital – it never used to be for a celebration," said Goldberg.

Times have changed.

The director added that coverage of OSH has historically been negative, but that's because a positive story isn't as exciting to reporters. "It's important to recognize 'when the trains run on time,' when people smile and things go well," added Goldberg.

The Employee Wellness Committee was recognized for its organizational efforts to furnish the OSH staff fitness room, while the Employee Recognition Committee was recognized for its contribution to the culture change at OSH with team recognition awards, individual employee recognition forms and special events.



Members of the Employee Recognition Committee pose with Oregon Health Authority Director Bruce Goldberg, M.D. Committee members are: Sara Walker, Cathy VanEnckevort, Amy Smith, Richard Ott, Jesse Rodriguez, Marj Eley, Luisa Amori, Nancy Stephen, Cheryl Collins, Tracy Hoyt, Terre Banks, Cory Bied, John Wihandojo and Katherine Heicksen.



Members of the Employee Wellness Committee pose with Oregon Health Authority Director Bruce Goldberg, M.D. Committee members are: Patricia Davis-Salyer, James "Doc" Campbell, Justin Carey, Erica Johnson, Aisha Krebs, Robert Omeara and Jason Ryther.

June team recognition: Staff of Bridges 2

The Employee Recognition Committee would like to congratulate the June recipient of the Team Recognition Award — the staff of Bridges 2. Below is a description of the team's accomplishments.

Category: Inspiring hope

Recipient: Staff of Bridge 2

Nominated by: Nancy Frantz-Geddes,
Bridges Program Director

One of the guiding principles at OSH is the belief that recovery is possible for everyone. According to Bridges Program Director Nancy Frantz-Geddes, the staff of Bridges 2 embody this philosophy, providing their patients with a hope-filled environment that promotes active engagement in treatment and community integration. Their commitment to and belief in their patients has resulted in the successful discharge of several long-term patients, most notably, one recently discharged patient who had been at OSH for decades.

“Because the team believes in their residents, the residents



Bridge 2 staff celebrate with members of the Superintendent's Cabinet.

believe in themselves and are more successful than they have ever been,” Frantz-Geddes said.

Congratulations to the staff of Bridges 2.

For more information on the Team Recognition Award, contact Employee Recognition Committee Chair Sara Walker, M.D., at 503-945-8872 or sara.walker@state.or.us.

Staff of Bridges 2

Larry Belcher, NM
Lee Brown, MHT2
Kathleen Boggan, OS2
Karen Cannon, MHT2
Dan Carpenter, Psychologist
Lena Chavez, MHTT
James Cook, RN
Marj Eley, MHSRN
Joe Harold, MHT2
Tiffany Hawks, MHTT

Jamie Gomez, MHTT
Gilbert Guerrero, MHTT
Rubina Gundroo, MD
Danielle Kingsberry, MHTT
Tatyana Kovalenko, MHTT
Justine Mallari, RN
Heather Matthews, RN
Vickie McGuire, MSW
Leora McLean, RN
Douglas Miller, RN

Helen Miller, MHT2
Pat Mitchell, TCPS
John Nguyen, MHTT
Mike Patton, RSD
Sydiria Reese, RN
Rakesh Sharma, MHT2
Dan Sikich, MHTT
Doug Smith, RN
Thu Ha Thi Mai, MHT1
Kara Warberg, MHTT

National Rehab Services Week: Sept. 15 -21

RSD is a diverse department that engages patients in a wide-range of therapeutic activities, such as:



Harbors Incredible Garden: gardening groups help patients relax, provide exercise and help them learn more about healthy eating.



Music therapy: music can be used to create an environment in which a patient's interests are used to help him or her progress in treatment.



Supported Education: education — whether through formal studies or just learning life skills — can play an important part in recovery.

National Rehabilitation Services Week is Sept. 15-21, and Rehabilitation Services Department management has scheduled parties to celebrate in Salem on Wednesday, Sept. 18, at 3:15 p.m. in the Kirkbride second floor staff lounge, and in Portland on Monday, Sept. 16, at 12:30 p.m. in the POSH activity center. Both parties will have cake and punch.

The Rehabilitation Services Department (RSD) consists of more than 100 employees and serves patients throughout the hospital on the Salem and Portland campus.

RSD is a diverse department consisting of art, music, occupational and recreational therapists, accounting techs, certified occupational therapy assistants, chaplains, hairdressers, institutional teachers, vocational counselors, manual arts instructors, office support specialists, outdoor specialists, recreation specialists, rehab industry reps, supported employment specialists and truck drivers. The employees in the department strive to support the vision of hope, safety and recovery through meaningful, patient centered treatment.

The department's creativity and passion shines through in everything they do! Some of the events which showcase this passion and commitment are events such as the OSH Arts Festival, softball tournaments, car shows, open mic, concerts, and the OSH Holiday Pageant to name a few. This department commits time and energy into making these services a success.

This department also showcases therapeutic excellence in daily services, assessment and treatment they provide the patients every day. The department provides educational, vocational, spiritual and life-skills support as well as leisure, art, music, occupational and recreational therapy groups.

Remember to take the time to recognize these fantastic people and all the talents we have within the Rehabilitation Services Department.

Softball, car show, drumming highlight transition week



Guest instructor Mark Powers leads a hand drumming workshop with Music Therapist Kirsten Swanson in the Harbors gym on Friday, Aug. 16.

Though Treatment Mall wasn't in session Aug. 12-16 for transition week, staff at OSH provided special activities for patients around the hospital. Three of the activities were a softball tournament on Tuesday, Aug. 13, a car and motorcycle show on Thursday, Aug. 15, and a drumming workshop for patients in the Archways and Pathways-Harbors Programs on Friday, Aug. 16.

The special transition-week events are a valuable addition to OSH's calendar, because they create a normalizing environment where staff and patients can have fun and enjoy healthy activities together. The fun events also celebrate an end to another successful term of treatment mall groups and spark interest for the coming term.

Four teams participated in the softball tournament, and each team had both patient and staff players. The event

also drew non-playing attendees from the Pathways, Bridges and Springs program as well as administration to form a crowd of cheering fans behind the backstop. Fans and players enjoyed hamburgers or veggie burgers, with potato salad, corn-on-the-cob and chips, and popsicles for dessert. The event was catered by Food and Nutrition Services.

Chuck Porter, a mental health therapist 2 at OSH, and his squad Porter's Pounders won the championship in front of a crowd of more than a hundred fans.

"I believe that it is important for us to have events like this to not only keep up patients spirits, but to give the clients a sense of normalcy that they don't always get here at the hospital," said softball tournament organizer and Recreation Specialist Nikki Espeland. "Everyone wants to have a good time and this is just one way of doing that."

The car and motorcycle show featured staff's classic and sports cars as well as motorcycles courtesy of Salem Harley Davidson. Several staff teamed up to

Staff and volunteers brought in classic cars and motorcycles for display as part of a car show on Thursday, Aug. 15 at OSH.



Second Annual OSH Arts Festival Friday, September 13

**ARTS • CRAFTS
MUSIC • SPORTS
GAMES • FOOD**

**Patients, staff and
community members
together for a day of fun!**



Winning
Art Festival
logo design
by Nick T.

entertain attendees with a jam session, while patients and staff checked out the vehicles and enjoyed snow cones and popcorn.

In the Archways Program, staff provided several recreational activities throughout the week on the Treatment Mall, including fitness opportunities, games and a special movie showing with chips and salsa on Thursday, Aug. 15.

On Friday, Aug. 16, world-traveling drum instructor Mark Powers visited OSH to instruct hand drumming with patients in the Archways and Pathways-Harbors Programs. Powers will return to OSH during the Arts Festival on Friday, Sept. 13, to perform with many of the students from the workshops for the Harbors portion of the festivities.

“It is important to bring outside performers to OSH,” said Music Therapist Kirsten Swanson. “Clients can be kept in the loop with what is going on in their community, and it also introduces new, positive leisure skills.”

Staff and patients gather together after the softball tournament.



OSH Education and Development Department (EDD) August classes and trainings

For more information about these classes, call 503-945-2876.

August 2013				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>19</p> <p>New Employee Orientation Day 1 Leadership Room, #342</p> <p>New Employee Orientation Day 6 Integrity Room, #344</p> <p>Open computer lab, EDD computer lab,#310</p>	<p>20</p> <p>New Employee Orientation Day 2 Leadership Room, #342</p> <p>New Employee Orientation Day 7 EDD computer lab, #310</p> <p>*BLS CPR Part 2</p>	<p>21</p> <p>New Employee Orientation Day 3 Leadership Room, #342</p> <p>CPR remediation: 8 a.m. - noon Integrity Room, #344</p> <p>ACL training: 1 - 5 p.m. Integrity Room, #344</p>	<p>22</p> <p>New Employee Orientation Day 4 Leadership Room, #342</p> <p>FPS Nursing Orientation Service Excellence Room, #306</p>	<p>23</p> <p>New Employee Orientation Day 5 Leadership Room, #342</p> <p>ProACT Refresher for 13/20 staff: 7:30 a.m. - 9 p.m. Integrity Room, #344</p> <p>Motivational Interviewing Step 3: 1 - 5 p.m. Leadership Room, #342</p> <p>Open computer lab, EDD computer lab,#310</p>
<p>26</p> <p>New Employee Orientation Day 1 Leadership Room, #342</p> <p>New Employee Orientation Day 6 Integrity Room, #344</p> <p>Attachment, Trauma and Emotional Regulations: 1- 5 p.m. Service Excellence, #306</p> <p>Open computer lab, EDD computer lab,#310</p>	<p>27</p> <p>New Employee Orientation Day 2 Leadership Room, #342</p> <p>New Employee Orientation Day 7 Computer Lab, #310</p> <p>ProACT Refresher Day 1 : 8 a.m. - 5 p.m. Integrity Room, #344</p>	<p>28</p> <p>New Employee Orientation Day 3 Leadership Room, #342</p> <p>ProACT Refresher Day 2: 8 a.m. - noon Integrity Room, #344</p> <p>Nursing Orientation Service Excellence Room, #306</p> <p>*BLS CPR Part 2</p>	<p>29</p> <p>New Employee Orientation Day 4 Leadership Room, #342</p> <p>ProACT Refresher Day 1: 8 a.m. - 5 p.m. Integrity Room, #344</p> <p>Avatar for LPN/RN Computer Lab, #310</p> <p>CISM Training Part 1: 8 a.m. - 5 p.m. Service Excellence Room, #306</p>	<p>30</p> <p>New Employee Orientation Day 5 Leadership Room, #342</p> <p>ProACT Refresher Day 2: 8 a.m. - noon Integrity Room, #344</p> <p>CISM Training Part 2: 8 a.m. - 5 p.m. Service Excellence Room, #306</p> <p>Open computer lab, EDD computer lab,#310</p>

* To register for BLS CPR Part 2, please contact Diana Marshall at diana.l.marshall@state.or.us.