

On-unit activities, groups help treatment mall reach more patients



Music therapist Lisa Peterson helps Bird 1 patient David Brooks play the accordion during an on-unit treatment mall group.

The Oregon State Hospital began shifting its treatment model of unit-based programming to the “treatment mall” nearly five years ago. Among other advantages, the treatment mall offers a chance for the vast majority of patients to access more groups and activities from a larger selection of disciplines and clinicians than the previous model allowed.

However, without a comprehensive treatment approach that includes individualized on-unit programming

when necessary, a minority of patients wouldn’t receive comparable treatment opportunities to their peers. Luckily, in the Springs, Archways and Pathways programs, the Rehabilitation Services Department and treatment mall is hard at work to bring the mall to patients who cannot attend traditional groups because of safety, physical and other precautions or limitations.

Many OSH clinicians agree that the impact of reaching patients who have barriers to attend the traditional mall is

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OSH Recovery Times

is edited by Jason Stringer. Contact him at 503-947-2890 with questions, comments or suggestions.



Greg Roberts

Message from the superintendent

Dear OSH Team:

With the end of the 2013 Legislative session, I am pleased to share that the Legislature has approved the final funding needed to complete the facility in Junction City. This is good news for the people of Oregon because this means there will be enough capacity to serve those with mental illness whose needs cannot be met in a community setting.

In other good news, Governor Kitzhaber and the Legislature made substantial investments in community mental health services by increasing funding for programs that focus on children and adolescents and for expansion of services and residential treatment for adults. These investments will have long-lasting effects, helping move people out of the hospital faster, getting people the help they need in the community before they require hospitalization, and preventing people from developing severe mental illness in the first place. Our new Addictions and Mental Health (AMH) Director, Pam Martin, and her team now enter the planning process, working with local communities to determine the best way to put these new programs in place.

The Legislature also approved the January 1, 2014, closure of the 60-bed Blue Mountain Recovery Center in Pendleton. Combined with the approved funding for the new facility in Junction City, we can now begin implementing the plans we have been working on for the past few months. We expect to start accepting patients from the civil commitment wait list this fall and the final patients from Blue Mountain to transfer to OSH in December 2013. The Junction City campus is scheduled to open in spring of 2015, with the Portland campus closing shortly thereafter.

Many work teams have been working diligently to complete the new programs and to plan unit moves. I am extremely proud of all they have accomplished so far, but there is a lot of work yet to be done. The Transition Team is also doing a great job of sharing information about the planning process as it becomes available, both with the bi-weekly Transition Times and the frequently updated intranet page. Look for these if you want to stay informed.

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Message from the superintendent

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In closing, I would like to acknowledge the passing of one of my personal heroes – former superintendent Dr. Dean Brooks. Dean passed away in May, and many of you attended his memorial last month. He was an extraordinary man who left an indelible mark on this hospital and the entire field of mental health, continuing his fight to improve the lives of people with mental illness until his very last days. We can all learn a lot from Dean, the way he did his job and the way he lived his life. He listened more than he spoke, he genuinely cared about everyone he met, and he always put the patient first.

Sincerely,

A handwritten signature in black ink that reads "G Roberts". The signature is fluid and cursive, with the first letter of each word being capitalized and prominent.

Greg Roberts
Superintendent

On-unit treatment mall

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huge for the individual, but also for the advancement of the hospital toward its goal of providing an environment of hope, safety and recovery.

Springs

Michelle Swanger is the Springs RSD Manager and Interim Director of Occupational Therapy. Her team has employed an updated version of the “Connecting with the Senses” group on neuropsychiatric units Bird 1 and Butterfly 1. Many of the patients on these units have difficulty tolerating changing environments, and are therefore unable to participate in most treatment programs offered on the mall.

“We realized we needed to figure out how to extend the mall services to the unit to best meet the needs of those patients,” said Swanger of her department.

The department employs a multi-disciplinary team of recreation specialists, art therapists, music therapists, occupational therapists and a recreation therapist to provide therapy groups and activities for Butterfly 1 and Bird 1. Both individual activities and groups with peer-to-peer interaction are provided. The engagement of the patients in the treatment intervention can be anywhere between two minutes to 45 minutes (the length of a regular “on mall” group) depending on the given patient’s ability. The group/treatment is custom-designed for the patients, and can include sensory techniques to help calm or alert the patient, as well as cognitive activities like towel folding, looking through picture books, jigsaw puzzles, sorting, stacking blocks or writing grocery lists.

Swanger said that new music therapist Lisa Peterson often performs or leads sing-alongs with her accordion.

“They just respond so well to music,” said Swanger. “One patient gets tears in his eyes when they start singing Irish ballads.”

Peterson, along with Recreation Specialist Kyla Hughes and Occupational Therapist Vanessa Baccarat are the

primary RSD staff assigned for Butterfly 1. Recreation Specialist Stefanie Mack, Art Therapist Linda Morgan, and Music Therapist Paul Martin are the primary RSD staff assigned to Bird 1. Swanger said that Hughes and Mack spend more than half of their work week working with patients on their respective units.

But Swanger admitted that the whole Springs RSD team chips in when needed as well.

“It’s a hard job,” said Swanger. “And they do it well.”

Archways and Pathways

On-unit programming is essential in Archways and Pathways programs, where some patients have security precautions that make attending traditional mall groups difficult.

Archways RSD Manager and Interim Director of Recreation Specialists Kurtis Drake said that, while some on-unit engagement is happening in the programs on afternoons and weekends, he’s working toward an expansion and rebranding of the program to reach the patients on the Archways and Pathways units that are struggling the most.

The on-unit programming offered for the Archways and Pathways programs is diverse and includes physical fitness, leisure delivery, recreation, art and music therapy and legal skills – the latter of which is provided by the Psychology Department.

Music Therapist Kirsten Swanson and Recreation Specialist Shelley Davidson have a sing-along activity each week with a patient on the Anchors 3 South Hall Program (previously Lighthouse 2).

Swanson said she believes the “engagement time is integral to [the patient’s] recovery.”

“During his time with us, he is focused and concentrates on listening and singing his favorite music, while interacting with staff.”

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Food and Nutrition Services debuts intranet page

The screenshot shows the 'Inside DHS | OHA' intranet page. At the top, there is a search bar and accessibility icons. A navigation bar contains links for Home, Agencies/Offices, Popular links, Human Resources, Technology & Security, Financial & Budget, and More Services. On the left, a sidebar lists 'Food & Nutrition Services home', 'About FNS', 'Weekly Menus', 'Calendar of Special Menus', 'FNS Forms', and 'Policies & Procedures'. Below this is a 'FNS Contacts' section with a 'Do you have a suggestion?' button. The main content area has a breadcrumb trail: OHA > Addictions & Mental Health > Oregon State Hospital > Patient Care > Food and Nutrition Services. A 'Welcome to Food and Nutrition Services' message is followed by a photo of a burger and salad. To the right, there are sections for 'Today's Menu' and 'Kirkbride Daily Specials', each with a fork and spoon icon.

Food and Nutrition Services recently created an intranet page where Oregon State Hospital staff can find menus, contact information and other important information related to the department.

Food and Nutrition Services has created a new page on the DHS/OHA Intranet for staff to access weekly menus, Kirkbride Café menus, hours of operation, department contacts, and other information. To access the page, visit the DHS-OHA Intranet, click on “Oregon State Hospital” under “Agencies/Offices” and then click on “Food and Nutrition.”

The department is the newest to join the hospital’s intranet presence. Other new pages include Policies, Vol-

unteer Services, Treatment Mall, Rehabilitation Services Department, Spiritual Care, and Recovery Services. The intranet provides an easy way for staff to track down information from various departments.

If your department is interested in creating an intranet page, contact Public Affairs Coordinator Jason Stringer at jason.stringer@state.or.us. A class is provided on the DHS Learning Center so departments can manage and update their own pages.

On-unit treatment mall

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Swanson added, “My favorite parts of the sessions are when [the patient] says silly things on purpose, and he makes himself laugh. His laughter is so genuine, and we all love to laugh right along with him. It is such a human moment!”

Drake said that his team will ask the treatment teams, “who are the patients that are in most need of engagement and development of coping skills?”

By working directly with the treatment teams, the manager hopes his team will offer more successful

interventions and help patients move forward on their road to recovery.

“Those early interactions from someone willing to engage with a patient can be a valuable tool to help them begin to trust the staff enough to start participating in treatment and start working towards recovery,” said Drake.

The Pathways and Archways engagement team hopes to get the program running in full force before the end of the month.

OSH gathers to remember former superintendent Brooks



On June 19, more than 100 staff and patients gathered with family and friends of the late Dean Brooks, M.D. to remember the life of the long-time superintendent of the Oregon State Hospital.

After a lifetime devoted to advancing treatment for people suffering from mental illness, which included 26 years of service as OSH's superintendent, Brooks passed away in Salem on May 30 at the age of 96.

During his career at OSH, which spanned from 1955 to 1981, Brooks became known for his patient-first philosophy. He was one of the first mental health care professionals in the country to embrace the principles of what we now know as the recovery model.

"He created a culture where the patient was first and new ideas were welcomed and creativity was encouraged," former OSH psychiatrist Joe Trelevan, M.D., said of

Brooks.

His forward-thinking approach to treatment was evident in many of the progressive practices OSH began to employ during his tenure. These included allowing patients to wear their own clothes, and increasing the use of activity-based therapies such as art, music and recreation.

"He was at least 20 years ahead of his time," Superintendent Greg Roberts said. "Some of the things he did sound commonplace today, but they were revolutionary for the time."

Even in his later years, Brooks showed no signs of slowing down. He played an instrumental role as an advisor to the OSH Museum of Mental Health, which opened in the fall of 2012. In recent years, Brooks had

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Dean Brooks memorial

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also founded the Dorothea Dix Think Tank, a group that advocated for the decriminalization of mental illness in the Oregon state prison system. He remained an active member of the think tank until his death.

While he accomplished much during his distinguished career, Brook's daughter, Dennie Brooks said that above all, her father should be

remembered not for what he did, but how he did it.

"He truly lived a life with an open heart," Dennie said, "and he had the capacity and desire to share it with other people."

Dean Brooks is survived by his daughters Dennie Brooks, Ulista Brooks and India Brooks Civey; his brother Robert; five grandchildren; and 10 great grandchildren.

Left: Dennie Brooks, the daughter of Dean Brooks, talks about her father's dedication to helping those in need.

Below: Superintendent Greg Roberts reflects on the life and legacy of Dean Brooks.



Team Recognition: May 2013

The Employee Recognition Committee would like to congratulate the May recipient of the Team Recognition Award — the Employee Wellness Committee. Below is a description of the team's accomplishments.

Category: Innovating

Recipient: Employee Wellness Committee

Nominated by: James “Doc” Campbell, assistant director of Standards and Compliance

Since forming in late 2011, the OSH Employee Wellness Committee has worked hard to promote health and wellness throughout Oregon State Hospital. To achieve this goal, the committee has sponsored numerous projects designed to educate staff and help them integrate exercise and healthy choices into their daily lives. Some of these projects include a series of Lunch and Learn lectures, where topics, such as general exercise, healthy eating and stress management were addressed; “Biggest Loser” weight-loss competitions; and the Walking to NAMI contest.

In May, the committee received the Oregon Health Authority’s Director’s Excellence Award for leading the way in opening and furnishing a staff exercise room for OSH employees. Thanks to their efforts, hundreds of OSH staff are now experiencing the benefits of a healthier lifestyle.

Congratulations to the OSH Employee Wellness Committee.

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.



Members of Employee Wellness Committee and the Superintendent's Cabinet.

Congratulations to:

The Employee Wellness Committee

James “Doc” Campbell

Justin Carey

Jeff Davis

Patricia Davis-Sayler

Erica Johnson

Aisha Krebs

Robert Omeara

Jason Ryther

2013 OSH Arts Festival scheduled for September 13

The OSH Events Planning Group is working hard to create another day where patients, staff and community members can come together and experience a normalizing environment.

The second annual Oregon State Hospital Arts Festival is planned for 9 a.m. to 3 p.m. on Friday, Sept. 13, at the Salem campus and 1-3 p.m. on Wednesday, Sept. 18 at the Portland campus.

Expected activities for the Salem campus include the second-annual Jim Walker Classic 3-on-3 Basketball Tournament and 3-point Shootout, a patient art showing, relay games, arts and crafts booths, information booths, fair food, and concerts and performances by patients, staff and community members.

Though several staff have already volunteered, many more volunteers are needed to help make the event a day of hope, recovery and safety.

If interested in volunteering or for questions, suggestions or concerns, contact – via Outlook – Pathways Music Therapist Stacey Castor for booths, Pathways Recreation Specialist Jeremy Fleener for games, Public Affairs



A booth from the 2012 OSH Arts Festival.

Coordinator Jason Stringer for musicians and other performances, or Jeremy Fleener or Director of Volunteer Services Jeff Jessel for donations for raffles and prizes. For all general questions, contact lead organizer and Interim Director of Creative Arts Therapy Christy Hey.

All Harbors-specific inquiries should be directed toward Harbors Treatment Mall Manager Krystal Landry or Harbors Art Therapist Cassie Fort. All Portland-specific inquiries should be directed toward Director of Rehabilitation Therapy Michael Ratliff.

OSH Day with the Volcanoes: Wednesday, August 21

The Employee Recognition Committee invites OSH staff and their family and friends to the second annual OSH Day with the Volcanoes on Aug. 21. Gates open at 5:30 p.m., and the game begins at 6:35 p.m.

The evening is also Family Feast Night, featuring \$1 hotdogs, \$1 soda, \$1 popcorn and \$1 ice cream. Tickets are \$8 for general admission (outfield), \$10 for reserved grandstand, \$12 for upper box and \$16 for lower box.

Tickets can be pre-ordered through the Employee Recognition Committee before Wednesday, August 7. To order your tickets, visit the Employee Recognition

Committee's intranet page and download the ticket order form. Bring your completed form and payment to either the Education Development Department (EDD) on the third floor of Kirkbride or to Cathy vanEnckevort on Flower 2. Payments may be made in cash or by check. Checks should be made out to OSH Employee Recognition Committee, LLC.

Pre-ordered tickets will be available at the stadiums will call office on the day of the game.



Farm offers alternative environment for hospital



Oregon State Hospital patients and staff talk with farm owner Erika Ursula during a June trip to GeerCrest farm.

Oregon State Hospital's Treatment Mall is always looking for innovative ways to engage and connect with patients. Recently, mall staff have teamed up with Silverton-area historical homestead, GeerCrest Farm, for the summer to provide patients with treatment opportunities beyond what can be offered inside the hospital.

In June and July, a handful of groups from the Springs and Bridges Treatment Malls explored the farm, met the owners and discussed ways they'd like to use the space in future visits.

GeerCrest gives the OSH Treatment Mall a unique chance to provide therapeutic and community

reintegrating groups that would not be possible on the hospital grounds. Patients attended groups at the farm for a week in June and again July. Groups included Focus on Reminiscence, Farming Lifestyle and History, Native American Prayer, Focus on Sustainability, and a camp-fire, cooking and story-telling outing.

After a recent volunteer trip where he dug a ditch for a waterline, Bridges patient James Stoltz proclaimed that his day at GeerCrest "was the best time he's had" during his eight-month stay at OSH. Other patients expressed a desire to return to the farm, and said they would

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GeerCrest farm

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recommend it to their peers.

Stoltz is excited about the farm's possibilities for OSH Treatment Mall, and said he strongly encourages other patients to take the opportunity to go to GeerCrest.

"It's a good avenue for people to experience life outside of [OSH]," said Stoltz. "It presents different possible interests and real-life challenges where we have an opportunity to make decisions we can't make here."

The farm is rich with pioneer and Native American history, which combined with its open-air environment, friendly staff and scenic view of the rolling Waldo Hills, makes it an ideal destination for outings. GeerCrest is the oldest home in Oregon that has been continuously occupied by the original family and is on the National Registry of Historic Places. Geer descendent Jim Toler lives on the farm with his wife Erika Ursula, who is a native of Switzerland.

The farm is thought to have been a traditional campsite for the Molalla Tribe along its seasonal trail to the Oregon Coast. Erika said during a Native American Prayer group in June, that artifacts have been found around the spring on the GeerCrest property that tie the farm to the Molallas, making it a special destination for the Native American groups on campus.

OSH will have access to the farm again the week of August 5-9. To schedule a group, contact Springs Treatment Mall Manager Gareth Page at: Gareth.Page@state.or.us

Each patient who attends a group at GeerCrest, must have "off-grounds privileges," and a "trip slip" signed by their nurse manager or psychiatrist for each individual outing.

Currently, the farm is home to the owners, a non-profit and a handful of its employees, and a few horses, goats and pigs. GeerCrest makes a few sustainable products for local farmers' markets and proved to be an excellent visit for the "Focus on Sustainability" group.

Springs Treatment Mall Manager and organizer Gareth Page hopes the relationship between OSH and GeerCrest grows.

"I'd like [GeerCrest] to become an annex for OSH for a few weeks each summer," said Page. He added that the farm holds a lot of untapped value, and there is an open invitation to prospective leaders who are interested in using the farm.

Milestones of second quarter

30 years

Tonia Pezl, Office Specialist

25 years

Eric Vansanten, Truck Driver

Karl Miller, Mental Health Therapist

Jeffrey Forbes, Custodian

Patricia Davis-Salyer, Training and Development Spec.

Gary Chrisman, Machinist

Guy Forson, Rehabilitation Therapist

Hilario Arellano, Mental Health Therapist

David Dahl, Rehabilitation Therapist

Janet Opdahl, Executive Support Specialist

20 years

Cynthia Prater, Mental Health Specialist

Evelyn Thompson, Mental Health Therapist

Diana Bergstrom-Tolmich, Mental Health Therapist

Colin Woodbury, Supervising Registered Nurse

Denise Byers, Nurse Manager

OSH Education and Development Department (EDD): June classes

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

July 2013				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>15</p> <p>New Employee Orientation Day 6 Leadership Room, #342</p> <p>Avatar Group Notes: 8 a.m. - noon Computer Lab, #310</p> <p>Avatar for Non-Clinical Staff: 1 - 5 p.m. Computer Lab, #310</p> <p>Attachment, Trauma and Emotional Regulations: 1 p.m. - 4:30 p.m. Service Excellence Room, #306</p>	<p>16</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>Pharmacology for Nurses: 9 - 11 a.m., or 2 - 4 p.m. Leadership Room, #342</p> <p>Learning Styles: 1 - 4:30 p.m. Service Excellence, #306</p>	<p>17</p> <p>Nursing Orientation Service Excellence, #306</p> <p>ProACT Refresher Day 2: 8 a.m. - noon Integrity Room, #344</p> <p>Group Facilitation Basics: 1 - 5 p.m. Integrity Room, #344</p> <p>MyAvatar for Lab Orders: 8 a.m. - noon Computer Lab, #310</p>	<p>18</p> <p>Avatar for LPN/RN Computer Lab, #310</p> <p>ProACT Refresher Day 1: 8 a.m. - 5 p.m. Integrity Room, #344</p> <p>Motivational Interviewing Step 2: 8:30 a.m. - 3 p.m. Leadership Room, #342</p>	<p>19</p> <p>ProACT Refresher Day 2: 8 a.m. - 5 p.m. Integrity Room, #344</p> <p>MyAvatar for Lab Orders, 8 a.m. - noon Computer Lab, #310</p>
<p>22</p> <p>New Employee Orientation Day 1 Leadership Room, #342</p> <p>MyAvatar for Lab Orders, 8 a.m. - noon, or 1 - 5 p.m. Computer Lab, #310</p> <p>Professional Boundaries: 1 - 5 p.m. Service Excellence Room, #306</p>	<p>23</p> <p>New Employee Orientation Day 2 Leadership Room, #342</p> <p>Contraband/Room Search Training: 1 - 5 p.m. Service Excellence Room, #306</p> <p>MyAvatar for Lab Orders: 8 a.m. - noon, or 1 - 5 p.m. Computer Lab, #310</p>	<p>24</p> <p>New Employee Orientation Day 3 Leadership Room, #342</p> <p>*BLS CPR Part 2</p>	<p>25</p> <p>New Employee Orientation Day 4 Leadership Room, #342</p> <p>FPS Nursing Orientation Service Excellence, #306</p>	<p>26</p> <p>New Employee Orientation Day 5 Leadership Room, #342</p> <p>ProACT Refresher for 13/20 shift: 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>*BLS CPR Part 2</p>
<p>29</p> <p>New Employee Orientation Day 6 Leadership Room, #342</p> <p>Wellness - Mind/Body Connection: 1 - 4:30 p.m. Service Excellence, #306</p>	<p>30</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>History of Treating Women with Addictions: 3 - 5 p.m. Service Excellence Room, #306</p>	<p>31</p> <p>Nursing Orientation Service Excellence, #306</p> <p>ProACT Refresher Day 2: 8 a.m. - 5 p.m. Integrity Room, #344</p> <p>Burnout for ACP: 3 - 5 p.m. Integrity Room, #344</p> <p>Behavioral Emergency Equipment Refresher: 1 - 5 p.m. EDD Lab, #312</p>		

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