Department of Health & Human Services
DHHS
NEBRASKA

HRC NEWS & VIEWS

Volume 9, Issue 11

December 2013

CHANGING WITH THE TIMES

It was approximately 1938 when this black and white photo in front of Building 3 was taken. With renovation plans in the beginning stages, Heather Sidders organized employees on November 19th for a group photo similar to that one.

Since 1938, medications have improved and mental health services are now provided in the community.

HRC has been a provider of mental health and substance abuse services in Hastings since 1887. The number of employees and clients served have significantly changed, but the staff at HRC embrace the opportunity to improve the health and lifestyle of the youth served. The staff are anxious for the renovations to begin and for the opportunity to help more youth.

Mission Statement: *HJCDP redirects the lifestyles of young men and promotes skills to live substance free and successful lives.*

HASTINGS REGIONAL CENTER HJCDP HASTINGS JUVENILE CHEMICAL DEPENDENCY PROGRAM

Department of Health & Human Services
DHHS
NEBRASKA

The Division of Behavioral Health promotes activities that improve the quality of behavioral health practices and services and increase opportunities to maintain wellness for all.

December is . . . . .

National Drunk and Drugged Driving Prevention Month

Universal Human Rights Month

World Wide Food Service Safety Month

7-13 National Handwashing Awareness Week

12/1 Eat a Red Apple Day

12/2 Cyber Monday

12/3 National Roof Over Your Head Day

12/4 National Cookie Day

12/7 National Pearl Harbor Remembrance Day

12/10 Human Rights Day

12/12 National Ding-a-Ling Day

12/20 Go Caroling Day

12/21 Look on the Bright Side Day

12/21 Winter Solstice

12/21 World Peace Day

12/21 Humbug Day

12/21 National Homeless Persons' Remembrance Day

12/24 Christmas Eve

12/25 Christmas Day Holiday

12/26 National Candy Cane Day

12/28 Card Playing Day

12/31 Make Up Your Mind Day

12/31 New Year's Eve

WHERE HAS THE TIME GONE BY MARJ COLBURN

Where has the time flown for the past few months? It seems like we were getting kids ready for school and once we were notified Joint Commission was coming in early October we seemed to just blow by Halloween, Thanksgiving, and everything else in between. We are rapidly approaching the end of yet another year – maybe it's just me, but they sure seem to go by faster every year.

Here is a quick summary of what is currently going on at HRC.

* The Joint Commission response required at the 45 day mark that talked about a formal suicide assessment for the youth was submitted on 11/13. HRC was notified on 12/2 that the plan of correction for that item was approved, and it was removed as a deficiency on our Joint Commission report. HRC will have to monitor compliance with this plan for four consecutive months, and report findings back to the JC.

* The Joint Commission response required at the 60 day mark was submitted to the Joint Commission on 12/6. This covers all of the rest of the deficiencies found – from torn sheets and a bad freezer, the shorter, more measurable Treatment Plan goals and the concerns with Infection Control. We will be officially notified when they have reviewed our plans and approved them, taking away all the deficiencies from our survey report. Any corrections we implemented that aren't approved by the Joint Commission will need to be reworked.

* There are three items from the 60 day mark that require formal reporting out to the Joint Commission - checking for compliance with our plan of correction, for 4 consecutive months. Those include the OTR goals being a part of the Treatment Plan in the same format as the rest of the Treatment Plan, and making sure that the goals are measureable in workable increments for the youth. The second one relates to the evaluation of all youth for physical concerns and trauma issues that might be impacted by the use of a physical hold on the youth. The Youth Personal Safety Action Steps will be monitored for every admission to be sure this is addressed. The last has to do with the condition of the sheets/bedding for the youth and the safety concern about the freezer in the Kitchen.

* For all other deficiencies we will be having staff assigned to report out monthly to make sure we are maintaining compliance with our corrective plan of action, and some will be reported out at specific committees such as Environment of Care and Infection Control Committee.

* Meetings with the architects continue. They meet with us to look at plans for each of the units and office areas, we provide input as to what we like/don't like, and then they go back to the drawing board. Hopefully by the first of the year we will be approaching a finalized product to share.

* Meetings continue with Probation to work on processes for admitting youth into the program. Good news – the census is going up, so progress is being made.

I want to wish everyone a Happy Holiday. This is a great time of year to remember all the things we have to be thankful for and the blessings that have come our way. Here's to a spectacular 2014!

The gift of love,
the gift of peace,
the gift of happiness.
May all these you be yours at Christmas and in 2014!

SANTA'S NICE LIST 2013

- To everyone @ HRC for sticking together & helping each other through all the recent changes.
- Connie for all her hard work throughout the year.
- So appreciate those "nice" people who help with snow incident command, even when it seems trivial.
- Chris & Renee for helping the youth prepare their Thanksgiving day meals.
- Dr. Zoucha who always keeps smiling no matter what's up and makes us all feel better and smile ourselves.
- Josh for covering Health class so I could get some work done. *Travis*
- Heather, Josh, Grant and anyone else that helped cover for the MRT refresher. It was a nice break to get refocused.

SANTA'S NICE LIST 2013

- Pam & Ruth for taking on the challenge of learning the HIM/transcription work and smiling their way through it.
- Love the "nice" people helping me with timecards. It's a job that is "underappreciated."
- Carolyn J. for her help with timekeeping. *Peg*
- Peg did a superb job with laminating the hand washing signs. *Kelly*
- Carolyn J. is truly one of the nice people. She is always willing to give me honest answers to my questions and helps me out.
- Cheri for staying on top of what needs to get done and even cleaning off cars if she has to!
- Marj helped the Infection Control Committee wrap up the Joint Commission issues, especially the Plan. Very nice! *Grant & Jean*

SANTA'S NICE LIST 2013

- Corinne always going above and beyond with her "I can do it" attitude and smiles!
- Linda – no matter how silly one's computer question or if she has to fix something we did ourselves, Linda works with a smile and reassuring thought, "it will be ok".
- LaDene who never rolls her eyes and ALWAYS smiles while she explains HR issues ONE MORE TIME!
- Jean helped me with my spreadsheet.
- Steve for planning a wonderful Thanksgiving meal for the youth.
- Donna comes to work willing to help anyone that needs help.
- Jessica unlocks doors for me. *Dan*
- Cheri covers my duties while I take time off.
- Marj listens to me!

IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS

BY JEAN LUTHER

Let the Christmas decorating begin! We can make the building and the units look great but we do have to follow some guidelines to comply with Life Safety and fire codes. We can be creative and still fall within regulations. Following are the guidelines.

* Decorative materials in corridors must not cover more than 20% of the wall surface.
* Client doors can cover a 20 inch by 20 inch area
* Do not obstruct exit signs, fire alarms, detectors or sprinkler heads
* Decorations cannot obstruct an exit or path of egress
* Decorations must not extend more than 6 inches from wall into the corridor
* All trees must come from the original box declaring it fire retardant and stored in this box that identifies it as flame retardant.
* Only UL listed light sets can be used and only in non-client care areas. These lights must be turned off at the end of the day.

Happy decorating!

SANTA'S NICE LIST 2013

- Carolyn J. always has a pleasant smile for visitors or staff. She works hard to get us the time off we need.
- Corinne for helping me with all of the "things" in the kitchen. Couldn't do it without her.
- To everyone who covered for me so I could go on vacation. Thanks!! *Peg*
- Micki for being thorough and flexible in her job functions.
- Linda is so nice when called with computer problems and works hard to help.
- Connie is always so nice to get the advanced notices to me.
- Connie always helps whoever comes to her office even when she's busy.
- Carol sets an example everyone can learn from when she is the Med Aide.
- It's always nice when Tony works. Things run smoothly.
- Big "thank you" to Linda Weber for helping me with several policy and procedure computer tasks. Her assistance was greatly appreciated. *Cheri*

SANTA'S NICE LIST 2013

- Ruth was a very nice girl for helping train me in HIM duties. She is very patient and a great instructor. She also brings me treats!! *Pam*
- Corinne for listening when I need to talk. It's so nice having you keep track of my time. I always know it's right.
- Heather does a great job keeping things going. Puts out fires and is always helpful.
- Dr. Zoucha is always willing to talk, be helpful or do something for anyone no matter how busy he is.
- Ruth and Pam answer all my questions regarding new admissions even if it is for the umpteenth time!.
- Josh, the coaches and YS Supervisors keep us informed if a youth is upset and roaming the halls.
- Carolyn B. promptly replies to emails requesting information from the archived files.

SANTA'S NICE LIST 2013

- Charlene and Donna clean up my crumbs with a smile!
- Doug, Renee, Chris, Marsha, Vicki, Shelly, Lisa and Jean help me with any food service questions I have. It doesn't matter how stupid, they always answer me.
- Linda helps resolve my computer programming issues with a positive attitude!
- Marj, Cheri, Jean, Linda and Carolyn write articles for N&V without complaint! Jean may grumble, but she does it!!
- Carol has been a great motivator and uses her time to help the youth., Great job!
- Dr. Zoucha expresses his appreciation with a thank you for everything I do.
- Jean has a positive attitude that makes you smile!

We hope Santa finds you!

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CHOOSE YOUR PERSPECTIVE

BY JOE TYE, VALUES COACH INC.

Holden is six years old. He has lost both of his kidneys and will not be eligible for a transplant until he has been cancer-free for at least one full year. In this picture he's modeling the Tiny Superhero cape made for him by Robyn Rosenberger.

I'll never forget the experience: it was a two-day retreat for managers at a hospital that's been a longstanding client. I was talking about Enthusiasm (Core Action Value #10 in our course on *The Twelve Core Action Values*) but all the people in the room could obsess over was how understaffed, overworked, underpaid, and overstressed they were. Finally, I called a break. While they all went back for more coffee and gossip, I went down to the hospital chapel where I remembered having seen a book with the title "Book of Uncommon Prayers" into which guests were invited to write their own prayers.

I brought the book back to the classroom with me and called the group to order. "Before we get started," I said, "I'd like to read you a few of the prayers that the people you are here to serve - your patients and their families - have written in this book." These are from memory but they are pretty close (except names have been changed):

> Dear God, please open your arms and welcome my little brother to heaven. He especially likes tangerines - but you already know that, don't you?
>
> Only you and Gabe know if he really committed that crime all those years ago, but it just ain't fair that this close to his getting his freedom he gets beat up and now the doctors say he won't never walk again unless he gets a miracle. So please...
>
> I know this sounds selfish, but with three little kids at home and out of work myself, I can't get by without Mollie. Please, God, don't take her now. Please let my girls have their Mom back, let me have my wife back. Don't give us this heartbreak, not now.

I read a few more uncommon prayers like that. Then I asked, "So, remind me, what were we talking about before the break?" After a short and somber silence, someone said, "We were talking about enthusiasm." The conversation took on an entirely different tone after that point.

Since having Lasik surgery six years ago, I've had terrible problems with my eyes, and the past several days have been particularly miserable. But I have this picture of Holden on my desk (and today it's my screensaver); whenever I catch myself starting to complain or feel sorry for myself, I remind myself that if a little boy who's had so much hardship in his life can still laugh and dance and fly like a superhero, then I can too.

When Holden was in the hospital one of the doctors said that they should get him a pair of Superman pajamas. To which his nurse replied that Holden didn't need Superman pajamas as much Superman needed Holden pajamas. Tell me, what would you do, how would you act, if you could look in the metaphorical mirror and see a superhero cape on your own shoulders?

Is it the best of times or is it the worst of times? The answer is yes. What do you choose to see - danger and scarcity or opportunity and abundance? It's all there - it just depends on what you choose to see.

A BLIZZARD? OH NO!

BY JEAN LUTHER

In the last issue I discussed the hazards that are most likely to happen at our facility. The top rated hazards are weather related, and right now we are in the midst of cold weather. Snow storms make us all cringe thinking of the possibility of being stranded at work. And what is one of the concerns I hear about when there is a prolonged snow storm coming? I'll give you a hint... everyone is heading to the grocery store so they have plenty of this.

The Youth Security Supervisors and I have been finessing our incident command forms for use during snow incidents. Naturally food availability was questioned for both the youth and staff held over. The emergency breakfast and lunch menus will not change, but we decided to improve the supper menu which previously consisted of peanut butter and jelly sandwiches.

Items in the kitchen can be brought over to this building before the snowfall and used such as precooked hamburgers, chicken patties or frozen pre-cooked ground beef. Another option during a major storm is to purchase items like frozen pizza, hot dogs and chili, etc. before the event. Snow emergencies of this magnitude seldom happen, but when it does we'll be ready with something to warm everyone's bellies.

BREAKROOM TRANSFORMATION

What once was the Maintenance storage room has now become the Ground Floor Employee Breakroom. After some muscle work to remove the old plumbing fixtures, painting the walls and installing the refurbished counter top, the floor received a fresh coat of wax. The location of furniture was a success providing some comfy chairs, table, couch and recliner. A computer and desk was installed to allow employees the ability to access their emails. Best of all, this breakroom is the first ever to have a sink! Thanks to the team who worked diligently to make this breakroom come together. It is a great welcome to the environment of Building 3!!

WELCOME NEW EMPLOYEE

Joining the HRC medical team is RN, Rose Fox. She will be working as needed to meet nursing coverage and the needs of the program. Please join in welcoming Rose to HJCDP!

Welcome, Rose!

SECRET SANTAS ARE EVERYWHERE

BY CORINNE JENSEN

HRC employees received an email message from the elves at the North Pole on November 28th inviting them to participate in a voluntary Secret Santa activity. The Elves suggested gifting one another with a gift in the form of a note, candy, baked goods or purchased gift between December 4 and 18th when the Secret Santas are to be revealed. 36 employees participated in the Secret Santa event and the elves caught some recipients unwrapping their gifts and are featured below. Thanks to the organizers for a fun holiday event!

A Keurig traveling hot cup for Dr. Zoucha.

An Avengers action figurine was the gift received by Brett.

Socks, candy, popcorn and bath soaps were gifts to Kennie. Kathy was gifted a candle and hurricane lamp.

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It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size & content.

AA/EOE/ADA

SNICKER SALAD submitted by Heather Sidder

1 Lg. Box Instant Vanilla Pudding or two 3 oz. boxes

1 Cup Milk

1 12oz. Cool Whip

6 Apples

4 Snicker candy bars-chilled

Mix pudding and milk. Blend in cool whip. Add cut up small pieces of the apples and snickers bars until all mixed up.

Can enjoy right away and refrigerate any left overs. Yummy!

Eight very old, used, sturdy, folding banquet tables. $5.00 each. You haul! Give me a call at 402-984-2436.

Kay Evans (teacher)

SAVE LIDS TO SAVE LIVES!

General Mills will donate 10 cents to Susan G. Komen for each code entered from select Yoplait products by 6/30/14. Continue to save your pink yogurt lids and deposit them in the envelope mounted in the breakroom on each floor of Building 3. So far we have collected 62 lids! Thank you for your support and keep saving the lids to save lives!

Corinne

WHO WILL BE THE WINNER OF THE

HJCDP ANNUAL CHILI COOK OFF?

COME TASTE AND RATE THE BEST!

THURSDAY, JANUARY 2nd

SOUTH CAFETERIA

SERVING 11:30 am to 12:30 pm

ACTIVE SHOOTER TRAINING AND DRILL

BY JEAN LUTHER

A short film produced by Homeland Security was shown at a meeting of the DHHS Governing Body titled "Run, Hide, Fight" portraying actions to take when there is an active shooter. The film was then shown to the Hastings Regional Center's Performance Improvement/Risk Management Committee. The committee discussed how the film should be presented to staff and decided that it should be accompanied by some additional training.

Many of the workshops for safety personnel in healthcare facilities for the past two years featured speakers and work sessions on actions staff can take when a shooter enters the building with intent to harm anyone in their path. Training to respond specifically to active shooters is now a standard part of security plans at many hospitals. Some presenters suggested conducting drills in an area away from the public or people not involved in the drill so they would not accidentally enter the scene and hear gunshot sounds or see the person acting as shooter.

A discussion was held with the Safety Specialists at Lincoln and Norfolk Regional Centers at the quarterly safety meeting. The Hastings Regional Center Safety Specialist proposed doing a mini-drill with staff following the "Run, Hide, Fight." film which would be part of the annual safety training. This would allow all staff to participate in the drill instead of a select few.

Part of the drill planning included the appropriate location for the training and the drill. Training room 007 has an exit door and is not typical of most rooms that staff and/or clients would be in so the training was held in room 002 which has no exit. Tables, chairs, cupboards, cords, etc. are in the room for staff to use as drill props. Grant Johnson provided sound effects to imitate a shooter in the vicinity.

A final report was written on the scenario, discussions following the drill and how the drill fulfilled the duties and resources for an Incident Command. If you would like to read the complete report please contact me at extension 3383.