Department of Health & Human Services
DHHS
NEBRASKA

HRC NEWS & VIEWS

YOUR COMMUNICATION SOURCE

Volume 12, Issue 2

February 2016

JAMES SCHULTE RECOGNIZED

Congratulations to James Schulte, Employee of the Quarter for January, February and March 2016!

James was recognized by his peers with the following comments: "I nominate James because he is dedicated, hard working, creative and is always looking for ways to improve HJCDP for the boys and for his colleagues. He has planned and executed tons of fun activities for the staff and the boys (tortoise/hare race, Halloween costume contest, chili contest, Christmas costume contest, Christmas party, silent auctions, etc.). His enthusiasm is contagious and his energy and spirit make HRC such a fun place to work! He is so cooperative and helpful and easy to work with, and he has made my first few months at HRC awesome! I could go on and on, ..." Additional comments received were, "James really stepped up and created several "firsts" for HRC over the past year. The first annual Cardboard boat race was held during this summer. The first Halloween costume party was held. The first annual employee Christmas party was created. James has a knack for finding great activities for employees and the youth that bring the team closer together. He likes to mix groups of people in his activities that help staff move beyond the boundaries of their department. James exemplifies motivating staff, team development, and working with people to meet their needs."

Keep up the good work!

SPECIAL GUESTS TOUR PROGRAM AND CAMPUS

HRC welcomed Dr. Roger Donovick, Lincoln Regional Center Medical Director (at far left) and Anthony Walters, Regional Centers CEO (second from right side) on January 28 for a tour of the campus and program. Members of Leadership shared information on the program and goals for the future. It was a pleasure to have them visit!

February is .....

American Heart Month

African/American History Month

Cherry Month

Grapefruit Month

Boost Self-Esteem Month

Library Lovers Month

Youth Leadership Month

Friendship Week 10th-14th

Random Acts of Kindness Week 14th-20th

Freedom Day 1st

Ground Hog Day 2nd

Super Bowl 7th

World Cancer Day: 4rth

Wear Red Day: 5th

Laugh and Get Rich Day: 8th

National Stop Bullying Day: 9th

National Shut-in Visitation Day: 11th

Lincoln's Birthday: 12th

National Donor Day 14th

Valentine's Day 14th

Random Acts of Kindness Day 17th

President's Day Holiday 15th

Love Your Pet Day 20th

George Washington's Birthday: 22th

National Chili Day 25th

International Polar Bear Day: 27th

Leap Day 29th (occurs once every 4 years)

LET IT SNOW

BY MARJ COLBURN

On Monday night, February 1st, when I left work, I was still pretty confident that the snow storm would miss us. After all, we were right on the edge, and so many storms have gone north or south of us. Boy, was I wrong! We got hammered! Thanks to Jean, Heather, Brett and Bryce for all of their planning to make sure youth and staff were safe, fed, and had a place to sleep during the storm. There were some glitches in getting the street cleaned off so staff could report for work. We had a lot of people volunteer to stay over, and from what I heard, actually got some sleep during their off time. I really appreciate everyone's effort to get us through the storm and manage the program. Great demonstration of teamwork! We plan to have a debriefing of the event soon and look at ways some things could have been done differently. Makes us that much more prepared for the next storm that may come our way!

Our Child Caring License auditor, Claire Shannon, returned to HRC in January to complete her work. She reviewed youth records and asked for some additional documentation. I have not seen a formal report of her findings, but we did get the Child Caring License renewal in the mail. That's a good sign!

On January 29th, Sheri Dawson reconvened the Strategic Planning group for the Division of Behavioral Health (DBH). There were some new faces in the group. We worked on developing action plans for the steps identified as important to DBH. These meetings have been helpful in keeping us focused on specific topics and working towards the same goal, regardless of your role in behavioral health. It is my understanding that there will be monthly meetings of this group as we continue our work.

Thanks to each of you who provided input to my request for information related to what I need to share with staff. Some people visited face-to-face and others sent emails. You will notice that the name of News & Views has changed with a subtitle. The majority of information I know is shared through this means to all staff. There are printed copies of News & Views in each of the break rooms. Feedback I received was that not everyone reads the newsletter, so they aren't getting answers to the questions they have. Please take the time to read through the newsletter and check out the latest information that is shared.

Anthony Walters, our new Regional Center CEO, was on campus January 28th to meet with the Leadership Team, tour the program, and look over the campus. It was a good opportunity to share information about the program with him, and answer questions about how things are done at HRC. Dr. Roger Donovick, Medical Director at LRC, was also along and he had never been on the campus. They were both impressed with how big and pretty the campus is, even though we have so many vacant buildings. Mr. Walters was REALLY impressed with Corinne's no bake cookies – good job Corinne!

Thank you to everyone who has participated in the SKIP meetings so far. I have learned a lot about different facets of the program. I have taken your suggestions and am working with other leaders to see what changes we can make in some of the processes we have. I feel as though I have received some honest input from all of you and will do my best to work on these concerns. I appreciate you taking your time to meet with me. There were some suggestions for improving communication that I want to further pursue. Remember that the minutes from these meetings are posted on the I drive under Meeting Minutes. Additional SKIP meetings will be scheduled.

The State Patrol had scheduled an Active Shooter training in Building #7 the day of the blizzard. They have rescheduled for later in the month. We look forward to having them, their vehicles, and their dogs on campus for the day.

The raccoon that was living by the Administration Building was caught and relocated. We have noticed some pretty big tracks in the snow leading back to the bushes, so we may have another critter who has claimed us as a new home. We will be watchful and call Animal Control if we see that it is too close to the youth program.

As the Legislature continues its work, I will keep you posted on the passage of bills that affect us and the Division of Behavioral Health. If I receive an update on where we are with the renovation project, I will share that information as well.

Again, thanks to everyone who worked so hard, stayed so long, and still managed to get some sleep during the blizzard. It wouldn't have happened without everyone working together towards the goal of keeping the youth safe, supervised, and busy. And I promise that next time I won't just assume we won't be affected!

NEWS FROM OUR DIRECTOR BY SHERI DAWSON

Before I begin, I wanted to say how pleased I am to have Anthony Walters as our CEO. In the short time he has been here, I continue to be impressed with his knowledge, experience, business approach and focus on those we serve. I can't wait for you all to meet him over the next weeks. Please join me in providing a warm [no pun intended] Nebraska welcome to Anthony and his family.

Has anyone seen a sports movie or heard a sports cheer that began with "We are...."

Let me start my own cheer, "We are the Division of Behavioral Health." On January 5th, staff from the DBH Central Office, Lincoln Regional Center, Hastings Regional Center, and Norfolk Regional Center, came together to identify strategies on how the DBH can function as an integrated team and do our business collaboratively. We all do important work. We can't do it alone. Individuals that are patients at the regional centers are discharged into the community. The people we serve deserve the very best support in their recovery journeys. When we talk about the folks in DBH as "downtown or "Lincoln" or say if only the Regional Center would..., we are talking about our very own team members. We are one Division.

We have to be honest about the challenges and opportunities for our division's integration and improving the coordination of the behavioral health system as a whole. We need to take time to learn about the teams in our Division each of our teams and continue to identify the best ways to integrate our work. But, we can be in today and see tomorrow. I would like to share a vision of tomorrow where DBH is the best place to work, DBH is a national leader of behavioral health services, and DBH is the go-to resource and leader of behavioral health policy. We have so many strengths and accomplishments to build upon. I am grateful for your commitment and dedication to each other and those we serve.

We are the Division of Behavioral Health. We guide our patients through difficult conversations and problem solving. We should expect the same of our teammates. If there are opportunities to improve, we need to sit down with each other, face to face, and work through the issues together. In that way our team stays accountable to who we are as a Division and we build a culture of ownership to solve the challenges of the day.

On Friday, January 29th, the leadership team had another meeting to continue to organize our integration and priorities for 2016. We will be working through the 2016 Bridge Strategic Plan document and identifying strategies and measures to accomplish the tasks outlined in the document. Anthony Walters our Regional Center CEO, your Medical Director and Facility Operating Officer should be engaging you in discussion about how DBH will organize and accomplish our work in the next months. DBH needs your help and ideas to be successful. Our division serves over 31,000 individuals a year including community based services and each of the 3 regional centers. They deserve our very best.

The Governor and the DHHS CEO have set priorities for a more efficient and effective state government, a more customer focused state government, growing Nebraska, improving public safety, and reducing regulatory complexity. The Division of Behavioral Health is working on those priorities and I am very excited about the future.

When the awareness of what is achievable brushes your life, the journey has begun. We are the Division of Behavioral Health. Change and transitions can be uncomfortable. I encourage you to ask questions, seek out information, stay positive, keep out the negativity as we try things and adjust course. DBH team members, the beginning is always the hardest, it's all about relationships, and a journey is not a destination. I'm extremely proud to serve with you on our journey to integration and developing the gold standard behavioral health system. Our patients need us to hold each other accountable to our mission and vision. Be in the moment.

MAINTENANCE NEWS BY GARY PEISIGER

Thunder, lighting, rain, sleet, snow and ice. Just another Nebraska winter. Too much snow and plenty of ice to deal with. The cold weather has arrived and keeping the heat going is a daily task. No word on the remodeling project or the replacement of the HVAC for the kitchen. The fire alarm, fire sprinkler systems and fire extinguishers were all inspected in January. Waiting for paper work for the fire damper inspection to be performed. Some painting and routine maintenance going on in building 3, and P. M.s for all the buildings. Snow removal after the storm has been ongoing. Our equipment wasn't hardly big enough for the heavy wet snow. It was slow going, but we are gaining on it. The power outage over the weekend caused some damage to motors in #7 and a lot of reseating of breakers in the rest of the buildings.

PHYSICAL HOLDS AT HRC: A YEAR IN REVIEW BY GRANT JOHNSON

For the past three years, I have been reviewing every physical hold that occurs at HRC and coming up with some statistics for everyone to view. In 2013, we had 30 physical holds, and I was able to view 26 on camera. Twenty-four of those holds were done correctly according to Mandt. In 2014 our numbers dropped to 21 physical holds for the year and I was able to view 18 on the cameras. All but one physical hold was done correctly. I attribute the drop in holds to a number of issues, -first off the extra MANDT training held throughout the year and the excellent job staff are doing to build relationships with the youth so they can leave the area with staff when things begin to escalate. Now on the 2015 numbers! We had another drop in holds again from the previous year. In 2015, we had a grand total of 7 physical holds. That's right, 7 total holds for an entire year! Of the 7 holds, I was able to view 6 of those on camera and all those holds were done correctly to MANDT standards. The 7th hold occurred outside the chapel and was also done correctly. That means we had a 100% correct hold rate! I have never seen that in my 6 years at HRC so that is great! I once again attribute this continued success to proper training and relationship building that everyone (especially the coaches) takes care of! The coaches are champions of early intervention and recognizing when a situation is escalated and a youth needs to leave the unit to cool down. This is a remarkable feat for our facility and something us MANDT instructors are incredibly proud of!

Way to go everyone!

THE WELLNESS CHALLENGE HAS BEGUN! BY JAMES SCHULTE

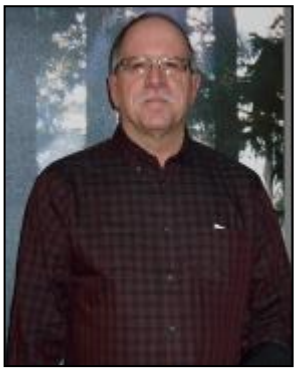
We recently started a challenge to all those participants who wanted to get involved toward bettering their lifestyle. Forty employees recently accepted this challenge and have logged their points for the activities that they do each day. There are several different activities such as getting more than 7 hours of sleep, eating only healthy snacks, family time without television or phones, and even sharing a lunch with a co-worker. This challenge is a great way for the employees to better their way of living as well as sharing in some good bonding, teambuilding and, of course, healthy choices throughout the months of January, February and March. This great event will end March 21st with a gathering and miscellaneous awards given. Throughout the challenge there will be weekly challenges which are worth more points and also random snacks, awards and little perks may be handed out as motivational tools to keep going. No matter the time and effort you may put into this, the effort that you do is more than you were doing before the challenge and that alone should be considered a win. Giving up is not an option. The reward you will feel when you have completed this challenge is an award in itself. Come March 21st, you will either be blown away by how much you've improved in how you look, feel and perform or you're going to regret not having done your best. THE CHOICE IS YOURS, and I personally believe in you and know you can do whatever you set your mind to!

WELCOME TO HJCDP

Please welcome the newest members of HJCDP!

Sean George, YSS II

NEW MEDICAL TEAM MEMBER



Dr. Bradley Rodgers

Dr. Bradley Rodgers recently contracted with HRC to provide on-call physician assistance and medical services during the absence of Dr. Zoucha. Dr. Rodgers is a graduate of the University of Nebraska specializing in family practice and is a member of the Kearney Clinic, P.C. . He brings 30 + years of experience to our program and will be a great asset.

Please welcome, Dr. Rodgers!

2016 STORM TROOPERS

Youth Security Supervisors, Bryce and Brett were presented with a cookie and t-shirt for their leadership during the 2016 Blizzard. Combined they worked a total of 42 hours from Monday, February 1 to Wednesday, February 3. Wow!

Thanks to you both for all you did to keep things running

NAME THE BABY CONTEST

During January, a Name the Baby contest was held and employees were encouraged to nominate names for Grant's new daughter. Of the 106 names nominated, Mildred Diane received the most votes to bestow upon the new little girl. Even though Grant and Christine had a name for their little girl, June Isabel, they enjoyed the interesting names provided. Pictured at right is Diane (Mildred) and James with the cookie presented to James for having the most popular name submited.

Congratulations on your new bundle of joy, Grant!

Proud new dad, Grant Johnson

Diane and James sharing a photo opportunity

Various HJCDP t-shirts sold during the last two years. Logos of Give A Hoot, Recovery and Stomp Out all in good condition. Size 3X. $5 each shirt. Contact Kathy S. @ 402-705-6349

BENEFITS OF EXERCISE BY DREW SCOTT

Since we have started a new year, and many of us are participating in the Wellness Challenge, I thought it would be appropriate to list a few benefits of exercise.

1. **Exercise controls weight.**

Exercise can help prevent excess weight gain or help lose weight. When engaged in physical activity you burn calories, the more intense the activity, the more you burn. The best part is you don't have to sacrifice a lot of time to exercise to reap the benefits! Take the stairs, stand instead of sit, or go for a walk.

2. **Combats Health Conditions and Disease.**

No matter what your current weight, being active boosts high density lipoprotein (HDL), or "good" cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of heart disease. In fact, regular physical activity can help you prevent or manage a wide range of health concerns such as stroke, diabetes, depression, and arthritis among others.

3. **Improves your mood.**

Need to blow off some steam after a terrible work day? A workout or brisk walk can help. Physical activity stimulates various brain chemicals (endorphins) that may leave you happy and relaxed. Also dropping some pounds will help make you feel good about yourself and boost confidence.

4. **Boosts Energy.**

Regular physical activity can improve your muscle strength and endurance. Exercise and physical activity deliver oxygen and nutrients o our tissues and help your cardiovascular system work more efficiently. When you heart and lungs work better, you have more energy to go about your day.

5. **Better Sleep.**

Physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime or you may still be energized from those endorphins mentioned earlier!

6. **It's Fun!**

Exercise and physical activity can be fun! No way you say? Well, it gives you a chance to unwind, enjoy the outdoors, or engage in a pastime you enjoy. Exercise can be a good way to connect with family and friends. Dance class, the awesome hike/bike trail we have here in town, or even the dog park are a few options. The YMCA offers many classes and competitive sports leagues that could be fun, and you can meet new people.

The bottom line is physical activity is a great way to feel better and improve health, while having fun doing it. Your general goal should be thirty minutes of being active a day. Most of us at HJCDP should easily reach that goal a day. If you want to lose weight or meet specific goals, you might have to put in more than 30 a day. Also ask your doctor what they recommend, and good luck on the Wellness Challenge!

SHELTER-IN-PLACE? DO YOU KNOW WHAT IT IS? BY JEAN LUTHER

We've had a procedure for Shelter-In-Place for over 15 years. If you've been employed at HRC for at least that long you may remember practicing the procedure when training was held in Building 8. In the meantime, we haven't practiced it at all. Many of the new staff do not know what it is or what it entails.

Shelter-In-Place can refer to sheltering in your car during a winter storm with food and blankets in your car, conserving fuel, ensuring that your tailpipe is clear of snow, etc. At HRC, the procedure refers to finding a safe place to avoid any toxic materials in the air that might be in the area.

It's time to learn more about what the term means and practice the procedure again. There will be a brief training, and we'll be up and moving instead of sitting in a chair and looking at pictures on the wall. The trainings will be held in February, and we will meet for the sessions on 81 west.

2015 HARMS AWARD GOES TO? BY GRANT JOHNSON

For the first time in the history of the Harms Award, we have a new winner! Two winners actually due to a tie! Travis Harms left the facility in December and relinquished his lead on the contraband list to Pam Sawicki. Pam held on by finding 5 items but was tied at the last minute by Drew Scott! So Drew and Pam will share the award for 2015! Pam is renowned for finding contraband on admissions and stopping it from even getting on the units. Drew has taken up the reins from Travis as a super sleuth looking for contraband wherever he can. We finished the year finding 39 items which is 15 short of last year. I think our pat searches and advance searches are sending a message to youth not to bring in contraband and if they do we will find it! So if you see Pam and Drew snooping around, it's probably because they are hot on a lead for contraband! Great job everyone!

THE MAGIC IS IN THE CHOICE BY RON CULBERSON, MSW, CSP, CPAE

Have you ever made a decision and then later thought, "What was I thinking?"

It happened to me once when I ate a Cinnabon at a roadside service center on Route 95 in Maryland. About an hour after I inhaled it, I felt as if I had eaten a large wheel of dense sugar-laced putty and that it might not pass through my digestive system for several years. And yet, when I was considering my choices for a quick snack, I somehow picked the Cinnabon over other options. And for the record, there were plenty of other options. Yet, the seductive smell of cinnamon, the allure of an instant sugar high, and the anticipation of serotonin coursing through my system led me to a bad choice. Welcome to my immediate gratification world.

This type of thing happens to me on a regular basis. So as we enter into a new year, I expect that I will make more bad decisions during the next twelve months. Ironically, and this will come as no surprise, all it takes to make a good decision is the right choice at any particular moment in time. *Duh*, you say.

Let me explain.

One year, when I was hoping to exercise more, a friend, who is also a psychotherapist, said, "When you wake up in the morning, you have a choice. You can either roll back over and sleep or get up and exercise. The outcome depends on the choice you make at that instant." He went on to explain that I'd have plenty of time to sleep after I'm dead. That unnerved me a tad.

In theory, the getting-up choice sounds so easy. But in those early morning moments, the warm blankets and the soft pillow seem to convince me that exercise is not all that it's cracked up to be and might very well be perpetuated by sadists. Yet, in the long term, exercise is healthier and more satisfying. And as one who has logged in hours of snooze-button pressing, I can attest to the short-lived rush of dozing off as compared to the long-term discomfort of inflexible joints.

It seems that every moment of every day is filled with choices. For example, I had to choose to write this blog. When it came time to put words onto paper (or computer screen as it were), I had to choose to do it. But there were many other choices I could have made. I could have cleaned my desk. I'm a neat person and don't like clutter. I can almost always tidy up something. I could have explored the fridge for something to eat that I neither wanted nor needed but that would help me avoid the task at hand. And of course, I could have checked my Facebook page. I can never get enough of my friends' updates on pets, sandwich choices, and angry rants that would get them arrested if they said them out loud. It was all about the choice.

Therefore, when it comes to our New Year's resolutions, perhaps the greatest goal we can set for ourselves is to simply be present enough to make good choices in any given situation. Here are a few examples of the choices we can all make.

Health — When making choices about our health, we should consider the long-term benefits rather than the immediate pleasure (this principle holds true with many things, by the way). An apple is a better choice than a candy bar even though the candy bar tastes much better for the very short time that it lasts. A walk is better than sitting in front of the television and after you've walked, you can still sit in front of the television (just saying). Additionally, you must determine what works for your particular body in order to make the right choices. You may need more fiber, less fat, or more cowbell (a shout out to the SNL fans). The more you know, the more informed your choices will be.

Stress — As someone who was trained as a therapist and who has worked my entire life to reduce stress, I think stress management might be the single most important skill we develop. The first choice related to managing stress is to avoid situations and behaviors that create more stress. For example, arriving at the airport late is stressful for me. I don't want to run through the crowded concourse to get to my flight. So, I choose to get to the airport earlier than most people and then relax with a cup of coffee, thus reducing my stress. Avoiding the choices in life that create more stress should be easy and yet we have a hard time doing it. Try to choose calm over stress whenever possible.

The second stress choice we can make is to see alternatives to those things that appear stressful. For instance, if a man steps in front of you in the grocery line, don't assume that he is an evil person and did this on purpose. While that might actually be true (but not likely), perhaps he just didn't see you. By choosing to give him the benefit of the doubt, you are choosing to see the less stressful alternative. If we kept track of the times we chose to see the stressful option over the less stressful option, it would really stress us out! So remember, the less stress you see, the less stress you experience.

Relationships — Probably our most neglected choices pertain to relationships. This is because they are so imbedded in our daily routine and can be so emotionally charged. For instance, with one simple word, we can have a positive or negative impact on our relationships. When my wife does something "normal" and within her typical role in our

(Continued on page 8)

THE MAGIC IS IN THE CHOICE CONTINUED

(Continued from page 7)

relationship, it's easy to ignore her behavior because it's part of our typical routine. However, if I acknowledge her contribution, I can make her ordinary day less ordinary. If, on the other hand, I choose to only point out the things she doesn't do, I've made a choice to inflict discomfort rather than show support. Our tone, our words, and our timing are all choices we make in either strengthening or weakening our relationships. It's not always easy to communicate truth and love but it works just like exercise — it may be uncomfortable in the short term but in the long term, we're better off.

As you go in to 2016, I wish you a year full of life, love and laughter. I also hope that you make your choices a bit differently so that the outcomes of your choices lead to greater success.

YOU'RE A WINNER

- Thanks to Jean, Heather, Brett and Bryce for handling the February 2nd blizzard. You had a staffing plan, a food plan and a facility management plan in place long before the first snowflake flew. We appreciate your hard work on this!
- Thanks to everyone who helped move the snow drifts and worked to get staff in and out of the facility during the winter storm.
- Thanks to Brett and Bryce for being our on-site go-to people during the blizzard. You managed staff questions, youth concerns, and kept the program and activities in line. You kept those of us who didn't get in informed and up to speed with what was happening. Great job!
- Many thanks to Peg for doing Carolyn's timekeeping responsibilities during her absence. Even with a blizzard and broken TACS you got it all done. You are an asset to the Program!

IT TAKES COURAGE TO BE HUMBLE BY JOE TYE, VALUES COACH INC.

In the movie *Bridge of Spies* , Steven Spielberg makes viewers see Russian spy Rudolf Ivanovich Abel as a sympathetic, even admirable, human being - even though his mission had been to cause serious damage to our nation.

In the book *A Higher Call* Adam Makos makes readers see German fighter pilot Franz Stigler as a sympathetic, even admirable, human being - even though he killed scores of American and allied pilots during World War II.

It takes courage for a person to set aside preconceived notions and challenge what are perceived as core principles and to say "Hmm, you might be right" or "Hmm, I might be wrong" or "Hmm, perhaps there's some truth to what we are both saying."

That's the sort of courage that's essential to being the Level 5 leader described by management philosopher Jim Collins - the paradoxical blend of strong professional will to accomplish goals coupled with a very sincere personal humility and willingness to see things from a totally different perspective.

The two most indispensable Presidents in the history of our nation were Level 5 leaders - George Washington and Abraham Lincoln. This picture of Lincoln shines through in Doris Kearns Goodwin's masterful work *Team of Rivals*.

The political circus has recently left Iowa and descended upon New Hampshire. Given the nasty things that Republican candidates are saying about other Republican candidates and that Democrat candidates are saying about other Democrat candidates, we can only imagine how vicious the nastiness will become once Republicans and Democrats are throwing the mud across party lines.

(Imagine the headlines if, in the middle of a televised debate, a presidential candidate were to listen to an opponent's argument, scratch his or her head, and then say "Hmm, I hadn't thought of it that way - you might be right.)

It takes courage to be humble. It took courage for George Washington to bring rivals Thomas Jefferson and Alexander Hamilton into his circle and help lay the foundations for a new nation; it took courage for Abraham Lincoln to build the team of rivals that saw that nation through the Civil War.

Here's a challenge to you: Think of an issue you feel very strongly about. Perhaps it's gun control or abortion or Obamacare or the person who would cause you to move to Canada if elected President. Do you have the humility (and the courage) to say about that issue or about that person "Hmm, I hadn't thought of it that way - I might be wrong"?

FEBRUARY IS . . . . . .

In recognition of Library Lovers Month, we asked employees to tell us what book they were currently reading or read and would recommend. Here is what they said:

Jean L. read, "*THE BOOK THIEF" by Markus Zukas.*

Jonathan P. is reading "*Experiencing God"* by Henry Blackaby and Claude King.

Drew S. recently read "*Back in the Fight"* by SFC Joseph Kapacziewski.

"Pride and Prejudice" by J Jane Austen is being read by Teresa K.

"The Nightingale" by Kristin Hannah was read by Dr. Buchta and is recommended. She is now reading *"Wrinkle in Time".*

"Fates and Furies" by Laren Groff is what Dr. Zoucha is reading along with "The Body Keeps Score" by Bessel van der Kolk.

Trista P. is currently reading, "*The Power of Now"* by Eckhardt Tolle.

"The 5 Love Languages" by Gary D. Chapman is being read by Peg M.

Marj C. read "*The Diary of Mary Berg"* and is now reading *"Everyone Communicates, Few Connect"* by John C. Maxwell as part of the Leadership series of events offered by State Training Division.

A very good book, *"The Arsenal of Democracy"* by A. J. Baime is being read by Randy C. , but he is not done yet.

Carol V. is currently reading, *"Eeny Meeny"* by M.J. Arlidge and just finished *"Kill Zone"* by C.J. Lyons, *"Daughter Claus"* by D. Thrush and *"Skipping Christmas"* by John Grisham.

Instead of cleaning house, Corinne J. read *"At First Sight"* by Nicholas Sparks and just bought and just finished his new release, *"See Me"*!

Thanks for sharing everyone and read

DHHS IN THE NEWS FROM SHERI DAWSON, DIRECTOR

Team,

I just wanted to share the editorial below. It is one of the encouraging signs of our great work together and the great work that lies before us. The Behavioral Health Education Center of Nebraska (BHECN) that works with the universities on behavioral health workforce development partners with our Division. A Behavioral Health Nursing Symposium is being planned for the future.

As we settle in with our new leadership team, utilize your ideas and expertise, and reach out to our many system partners, we will impact the health of Nebraskans. No matter what great ideas we develop, implementation means having an ample behavioral health workforce. Thank you for your dedication and being a team member in the behavioral health workforce. I am grateful for your public service and providing an opportunity for recovery to those we serve.

By: World Herald Editorial Board

Nebraska is a big place, and it's a challenge for some services to cover it all. An important example is checking for mental illness or substance abuse and following up with needed treatment.

Nebraska's largest cities are by no means the only place in the state where a teenager or an adult is struck by clinical depression, for example. The same goes for alcoholism or drug problems.

These are statewide issues deserving a statewide response. Which is why the state was right in 2009 to launch a long-term initiative to improve access to behavioral health services for all Nebraskans, bolstering efforts by the existing behavioral health regional authorities and private nonprofits. There is no quick solution to the challenges, but the effort — with key partners including the University of Nebraska Medical Center, Creighton University and the University of Nebraska at Kearney — is seeing a measure of progress on several fronts. Here are a few examples:

From 2011 to 2015, the number of medical students at UNMC taking electives in psychiatry increased more than six fold. In addition, the medical schools at UNMC and Creighton both are above the national average in the percentage of students pursuing residencies in psychiatry.

These residents complete a one-month rotation in a rural Nebraska community. During 2015, seven of the 11 psychiatry residents stayed in the state after completing their studies.

Similarly, five graduate students pursuing a doctorate in psychology worked as interns at rural medical facilities from Chadron to Nebraska City. They received 10,000 hours of supervised training and helped with thousands of hours of patient visits for behavioral health needs.

Annual conferences are providing outreach to Nebraska high schoolers with a general interest in pursuing behavioral health careers.

The challenges are steep in trying to meet all of Nebraska's needs in regard to mental illness and substance abuse, but the progress so far is encouraging. This is a worthwhile cause the state should continue to pursue.

Valentine's day Sudoku

Every row, column and mini-grid must contain the letters L O V E B I R D S. Don't guess - use logic

		R		B		V		
	D	L	E		V	B	S	
			O		I			
R		B		V		E		D
		D		E		O		
O		E		L		I		R
			V		R			
	B	S	L		E	D	R	
		I		D		L		

Submit your answers to Corinne by 2/22/16 and entries with correct answer will go in the drawing for a prize!

Thank you to everyone who was a part of "Marj Colburn Day". What a surprise! I must admit when I first started getting all of the nice emails, I decided that I must have some dread disease that no one had told me about yet!

It makes me think of all the great staff we have who work here, and how we need to recognize our staff for the amazing job they do every day. This is definitely one of those "pay it forward" moments for me!

Marj Colburn

HRC EDITORIAL BOARD

Corinne Jensen, Editor – 3127

Marj Colburn, 3166

Randy Coil, 3247

Cheri Delay, 3223

Linda Weber, 3255

Jean Luther, 3383

Grant Johnson, 3342

Kelsey Alcorn, 3298

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

If you have any questions about anything related to HRC, or any suggestions for improvement, please contact Marj Colburn, Facility Operating Officer, Ext. 3166.