

HRC NEWS & VIEWS

Volume 6 Issue 3
March 2010

SIGNS OF SPRING

Is the snow really gone? Do we dare think winter is over? Look close, there are signs of spring all over!



Rabbits are hopping around!



Birds are singing!



Green grass!!

The ducks are flying in!



Flip flops are stepping out!



A change of gloves!



Treacherous potholes. They're everywhere!



Plants coming to life!



Cars that shine!

1st
Day
Of
Spring
Is
Almost
Here!!

3/20/10



Southern breezes!

NEW DEVELOPMENTS

by Scot Adams, Director, Division of Behavioral Health



I know how easy it is to be focused on daily work and not realize what other parts of the Division are working on. I'd like to move a little beyond the Regional Centers and talk about some exciting developments.

Nebraska's recent three-year federal Suicide Prevention Grant gives DHHS \$500,000 per year to increase awareness of suicide as a preventable public health problem, as it works to make measurable decreases in Nebraska's young adult suicide rates.

LB 603, passed by the Legislature in 2009, is resulting in development of additional services and professional resources for Nebraska families with children and youth with behavioral health and other needs.

- DHHS received \$500,000 in state funding for FY09-10 and \$1 million for FY10-11 for behavioral health services for children under age 19. This will help expand programs like Professional Partners and services provided using a sliding-fee schedule.
- We're contracting with Boys Town to operate the statewide **Nebraska Family Helpline at (888) 866-8660**. The Helpline began on January 1st and received 122 calls in the first month. It's available 24/7 for families facing a behavioral health crisis and is staffed by professionals trained in mental health assessments.
- Helpline operators can connect eligible families with **Family Navigator Services** within 24-72 hours of the referral to identify existing community services and provide family peer support. Eleven families were referred in the first month.

It's encouraging to see these new resources in place.

Thank you for your work in Nebraska's Regional Centers.

WELCOME TO LOOK!

The book "ASYLUM *Inside the Closed World of State Mental Hospitals*" written and photographed by Christopher Payne is available in Marj Colburn's office. The book contains photographs from the Regional Centers in Hastings, Lincoln and Norfolk. Mr. Payne was here the latter part of 2008 to take various photos of the vacant buildings and outside scenery. His interest is in abandoned state mental hospitals throughout the United States and is captured in this book. Stop by and look through it. Thanks for sharing, Marj!

IT'S MONEY TIME AGAIN!

By Marj Colburn, Facility Operating Officer



If you have been reading the newspapers, you know that once again there are budget shortfalls predicted and the budgets for state agencies are again under review. Senator Mello from Omaha succeeded in getting the Appropriations Committee to include in its budget bill a proposal requiring the 70 plus state agencies to report to the Legislature plans for becoming more efficient. The shortfall is predicted to be hundreds of millions of dollars in the 2011 – 2013 budget. Some members of the Legislature are also predicting that another special session of the Legislature may be required to look at the state budget.

Current dialogue to manage the budget includes consolidating programs, streamlining services and reviewing agency mandates. Plans might include a reduction in the number of employees and managers, and changes from a 5-day to 4-day workweek, which would be difficult in a 24 hour setting. At this time, the 24-hour facilities are not included in proposals, but should the shortfall be significant, that may change.

During the last special session of the Legislature, all agencies were asked to examine what the impact would be of reducing their budgets by 5% or more. These requests for budgetary information will continue in the future as the Legislature continues to talk about the budget. At this time, these are all proposals, but as a facility we need to be working smart, managing our budget and making good decisions about our expenditures.

WANTED

Dish cloths and tea towels. Used ones are fine. Call 3433 or 3260. Drop off at the youth kitchen Building 3.

House, 3 bedroom, 2 bath and basement. Negotiable on layouts. \$100,000 or less. Call Alison at 865-235-6166

Recumbent exercise bike in good shape. Call Dolores Kimminau 3201 or 461-4584

FOR SALE

Girls dresses, tops and pants, Junior Size 8 and 12. Quality, neat clothes! Contact Carolyn at the front desk Building 3 or call at 462-6173.

Hat's Off to Our Docs!! By Cheri Delay

In recognition of National Doctor's Day on March 30 and in special recognition of the doctors who work on our campus, we are featuring each of them in this issue by providing a little of their history and "words of wisdom." I hope you will take the time to thank them for their dedication to the medical profession, to this facility, and for the work they do with our clients.

Dr. Gene Wyse, D.O., Medical Director, HJCDP

Dr. Wyse has been with HRC since 2001. His decision to make a career in medicine was made at the age of 21. He has an Associate of Arts degree from Hesston, Kansas, a Bachelor of Arts degree in Psychology from Sterling, Kansas, and a Doctor of Osteopathy from Kansas City University of Medicine and Biosciences. Before coming to HRC, Dr. Wyse practiced in Phillipsburg, Kansas. Dr. Donald Prince, a personal friend living in Minden, Nebraska, recruited Dr. Wyse to come to HRC and "the rest is history." He has always been interested in the mental health area, and he appreciates the teamwork and aspiring professionalism of HRC staff. Dr. Wyse is impressed by the ability to understand the brain chemical receptors response to medications, and feels much more study is needed in this area.



Words of Wisdom from Dr. Wyse: Life is a process. Do the best you can every day whatever you need to do. Be patient while events unfold. Always have a list of things/relationships for which you are thankful. Greed hinders appropriate maturing. Be happy with the simple pleasures of life. Don't deny reality. Tolerate the bad days and grieve when needed. Acknowledge your spiritual needs and fulfill them. Strive for financial intelligence so lack of money doesn't rule your world. Don't let the aggressive lending policies of financial institutions entrap you. Avoid payday lenders as they usually charge annual percentage rates of 400%.

Dr. Michael Judson, Psy.D., Clinical Psychologist/Supervising Practitioner, HJCDP

Michael Judson started at the Hastings Regional Center in October of 1998 shortly after completing his internship at the Veterans Affairs Medical Center in Mountain Home, Tennessee. His early character was shaped riding backwards in a station wagon, sans seatbelt, across the back roads of America ... one primitive campsite at a time. His Bachelor of Arts from Aquinas College culminated sixteen years of Catholic education. He worked in human services and earned a Master of Arts in Counseling Psychology from Western Michigan University in Kalamazoo, Michigan. Michael was awarded his Doctor of Psychology, clinical from Illinois School of Psychology, Chicago Campus. He is the father of Miles and Katerina ... and, knows "how it takes a village to raise a child."



Dr. Judson's Words of Wisdom: Lives of great people remind us we can make our lives sublime and, departing, leave behind footprints in the sand of time - Henry Wadsworth Longfellow, poet (1807-1882).

Dr. Michelle Vincent, PhD., MAOB, PLMPH, Psychology Associate, Bridges Treatment Program

Dr. Vincent is a Nebraska native though has spent several years on both coasts. She completed her undergraduate education at Doane College in Crete, NE, earning a BA in Psychology with an emphasis in Mental Health. Following graduation from Doane, she worked for Developmental Services of Nebraska in Lincoln, NE and also Sunrise Place, a youth treatment center, in Norfolk, NE. In 2005, she moved to Fresno, California to pursue her PhD in Forensic Psychology. While in Fresno at Alliant International University, Center for Forensic Studies, she received a MA in Forensic Psychology and a MA in Organizational Behavior. She completed her PhD in Forensic Psychology in December of 2009. Her educational specialization has been in sexual offender treatment and that is an area which continues to be of special interest to her. Her research interests also include perception of victim responsibility in sexual assault scenarios. She has worked for the State of Nebraska since 2008 when she began her internship in the Nebraska Internship Consortium in Professional Psychology with her internship site being Beatrice State Developmental Center. She plans on staying with the Bridges Program and continue to expand the treatment aspect of that program.



Words of Wisdom from Dr. Vincent: The "words of wisdom" that got her through graduate school are -- "Reach for the moon. Even if you miss, you'll land among the stars."

St. Patrick's Day Trivia by Carolyn Brown

1. What name was St. Patrick given at birth?
 - a. Maewyn
 - b. Patricus
 - c. Merlin
 - d. Maxium
2. St. Patrick's Day marks the anniversary of St. Patrick's _____.
 - a. Birth
 - b. Arrival in Ireland
 - c. Conversion
 - d. Death
3. When is St. Patrick's Day?
 - a. March 7th
 - b. March 17th
 - c. 3rd Monday of March
 - d. 1st Monday of Spring
4. What are you supposed to do with Blarney Stone?
 - a. Hide it
 - b. Keep it for good luck
 - c. Kiss it
 - d. Rub it
5. What does legend say St. Patrick drove out of Ireland?
 - a. Druids
 - b. Sheep
 - c. Snakes
 - d. Pirates
6. Leprechauns like to hide their gold here.
 - a. In a Cave.
 - b. Under a Rock
 - c. In a field of shamrocks
 - d. At the end of the rainbow
7. What do leprechauns do for fairies?
 - a. Store their gold
 - b. Clean their homes
 - c. Care for their children
 - d. Make their shoes
8. Which city has the largest St. Patrick's Day parade in the world?
 - a. New York
 - b. Dublin
 - c. London
 - d. Belfast
9. Which two US rivers are dyed green every St. Patrick's Day?
 - a. American and Colorado
 - b. Chicago and San Antonio
 - c. Green and Tennessee
 - d. Snake and Ohio
10. Who started the tradition of pinching anyone who doesn't wear green on St. Patrick's Day?
 - a. Members of the church
 - b. Children
 - c. Parents
 - d. No one knows



Answers on page 5.

Is hot water better than cold for hand washing?

by Jean Luther

An article in the New York Times states that, "Hot water for hand washing has not been proven to remove germs better than cold water. Water temperature is not a critical factor -- water hot enough to kill dangerous bacteria and viruses would scald hands -- so use whatever is comfortable. Warmer water may be better at removing oils and stuff, but not the things that make people sick."

A study by scientists was conducted in which subjects with contaminated hands were instructed to wash and rinse with soap for 25 seconds using water with temperatures ranging from 40 degrees Fahrenheit to 120 degrees. The various temperatures had "no effect on transient or resident bacterial reduction."

They also noted that "hot water might increase the "irritant capacity" of some soaps, causing contact dermatitis. Therefore the temperature of the water used for hand washing should not be guided by antibacterial effects but comfort, which is in the tepid to warm temperature range. The usage of tepid water instead of hot water also has economic benefits."

A day without sunshine is like, you know, night.



EGG HUNT!

Beginning Tuesday, March 16, in various common areas throughout Buildings 3, 4, 5 & 8 paper shaped eggs can be found.

Find an egg and contact Corinne Jensen, ext. 3127 or Cheri Delay, ext. 3223 and you will receive a prize!

Look high and low wherever you go! Who knows, you may be surprised for what you will get!



Prizes provided by the N&V Editorial Board.

Employee Appreciation Activity!

Wednesday, March 17th, 2010

6:30 am - 7:00 am

&

9:30 am - 11:00 am

&

2:00 pm - 4:00 pm

Cafeteria Building 3

Come Enjoy a St. Patrick's Day Treat



All employees welcome!

Vital Signs Health Fair at HRC by Jean Luther

There were 24 participants this year for the Mary Lanning Hospital Vital Signs Health Fair. That's a few less than we had last year. The cost was \$30 for a Complete Blood Count (CBC) and Complete Metabolic Panel (CMP). This is a lot less expensive than having it done at the doctors' offices. They also offered [Prostate-specific antigen \(PSA\)](#) and an A1C tests for an additional cost.

PSA is a protein produced by [cells](#) of the [prostate](#) gland and is a test for males over 50. Glycated hemoglobin (A1C) is performed to identify the glucose that a red cell is exposed to over a prolonged period of time. It is a test used by doctors to see how well the glucose levels are controlled in diabetics. If the A1C level is higher than normal it could also be a diagnosis for diabetes.

If you did not take advantage of this opportunity at HRC this year, you can still participate in the Health Fair on March 27th and 28th at the fairgrounds.

HRC EDITORIAL BOARD

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Cheri Delay, 3223

Linda Weber, 3255

Jean Luther, 3383

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

NOTES FROM HUMAN RESOURCE DEPARTMENT

By Diann Schmidt

The Human Resource Department (Wanda Yoachim) has been very busy training Supervisors for KRONOS Electronic Approval. We really appreciate all supervisors for taking the time to attend one of these training sessions. Some of you might be wondering why we are going to Electronic approval. The following are the main reasons for this change in procedure;

- Overall less time consuming – after everyone gets used to the process.
- LESS paper!!
- Needed to meet our auditing requirements.

Work Flow For KRONOS Time Collection and Processing:

- ⇒ All employees are to view their KRONOS entries often during the pay cycle and address any discrepancies with their timekeeper and/or supervisor. They will be responsible for completing and returning appropriate forms or Leave Slips for exceptions according to the NAPE, Rules and Regs or HRC policies.
- ⇒ Timekeepers are to make all manual entries for staff they are assigned and keep supervisors informed of any discrepancies noted. They are to do their electronic approval when they have completed requirements for the employee.
- ⇒ Supervisors will be responsible for electronically approving all entries for each of their employees or assigning a designee approved by the next higher level of supervision and Human Resources to make such approvals in their absence. Supervisor/designees will ensure that KRONOS entries match approved leave forms submitted by the employee. These electronic approvals must be completed no later than 2:00 pm on Tuesday of Payroll Week and will be displayed with an approval level of "3". This deadline may be adjusted in order to meet statewide deadlines. The supervisor's electronic approval in KRONOS is their signature that the information is a complete and accurate record of hours worked and leave used by each employee.
- ⇒ Human Resources staff will verify that proper approvals have been completed and will then finalize and post all entries to the NIS payroll system and will archive the time-posting document that is generated in the posting process.
- ⇒ Discrepancies discovered after the posting process will be corrected by Human Resources staff through the HRC process for adjustments to previous pay cycles.

TRIVIA ANSWERS

1. A 2. D 3. B 4. C 5. C 6. D 7. D 8. A 9. B 10. B

NATIONAL PROFESSIONAL SOCIAL WORKER MONTH

By Linda Weber

March is National Professional Social Worker Month (NASW) and was officially recognized by the White House in 1984. Each year the NASW selects a social issue to promote and the theme this year is "Social Workers inspire community action."



The NASW states that the primary mission of the social work profession is to enhance human well-being and help meet the basic needs of all people with particular attention to the needs of those who are vulnerable, oppressed and living in poverty.

KUDOS to Connie Johnson for all her time and effort on behalf of our youth here at HRC.



International Lunch Buffet

April 13
10:00 am – 1:30 pm
Building 3, 2nd Floor
Staff Development Dayhall

We are asking that everyone bring a favorite food from their ethnic origin to share. Tableware and beverages will be provided.

**HRC Employee Wellness/
Appreciation/Diversity Committee**

National Nutrition Month

By Linda Weber

National Nutrition Month® is an education and information campaign about nutrition that is sponsored by the American Dietetic Association. The campaign focuses on the importance of making good food choices and helping people develop sound eating and physical activity habits. The theme for 2010 is "Nutrition from the Ground Up." Initially it was a week-long campaign, but it has become a month-long campaign in response to the growing interest in good nutrition. For more information, visit www.eatright.org/nnm

Registered Dietitian Day is also celebrated in March. It is intended to increase awareness of registered dietitians as the providers of food and nutrition services and recognizes their commitment to helping people enjoy healthy living.

In celebration of National Nutrition Month, the Nutrition Services Department will be promoting good nutrition on March 25. Please stop by the cafeteria in building 3 to receive nutrition information.

Thanks to our Nutrition Services staff for all they do!



Nutrition Services Staff featured above: Shelly Cantrell, Supply Worker; Marsha Utecht, Cook; Chris Keebler, Cook; Vickie Maulucci, Cook; Lisa Sedlak, Director/Registered Dietician; Kurt Weseman, Leader. Not pictured: Danita Boutin, Cook and Doug Bonham, Leader

Sherry asked, "What comes to mind when you think of Spring?"

☀ Linda G. is thinking about spring...tulips, no more snow drifts, opening the windows and letting the sunshine in. "Everyone seems to be in a better mood when the sun's shining."

☀ Shelley O. says she can't wait to see her tulips and daffodils come up. She doesn't like to think about spring storms and tornado warnings, but enjoys seeing the cranes and all the birds. She looks forward to fresh tomatoes from the garden.

☀Jeremia L. is waiting for green grass. He's ready to dust off his golf clubs and get a tee time.

☀Jean L. says spring means State basketball tournaments and vegetable and flower catalogs arriving in the mail. She's "itching to get into that dirt."

☀Jane W. replied it marks the end of winter by celebrating two of her kids' birthdays and tackling spring cleaning.

☀More birds singing, more kids without coats, and more flip flops are things Wanda Y. notices when it gets warmer. "I cannot wait to be outside in the fresh air, work in the yard and flowers. It looks so much nicer than the snow."

☀ "The Red and White game," Greg Z. says. Of course! We'd better get our tickets now!

☀Pam Sa. said, "all green instead of white and brown will be good." She's glad to not have to scrape windows and scoop snow.

☀Sue thinks about green grass, too, and baby calves, and flowers and getting the yard and garden ready. The Farmer's Almanac says to plant potatoes on St. Patrick's Day.

☀Kelly says cows struggle in the melting snow and mud, but those new calves are coming one way or the other.

☀Suzie N. says it's time to do spring cleaning and set up new folders for taxes.

☀Beth B. thinks it's a hopeful sign of spring when she sees the anhydrous ammonia tanks on the roads or out in the fields. "It's not very romantic, but it means the economy is good and there will be green fields in June."

☀Carolyn B. knows spring is coming when there's less snow on the ground, more sunshine, blooming trees, flowers sprouting, no heavy coats and lower utility bills. Yeah!

☀Heather S. said, "Spring? There's going to be spring?" (She's way too busy helping her girls deliver Girl Scout cookies.)

☀Jessica G. just says "I can't wait for the sun to come out. I love the sun, LOVE the sun!"

☀ For Richard J., "When the honks from the first big "V" of geese passing overhead reach my ear, the return of spring is announced. My heartbeat quickens, and the excitement of all that spring means starts to take hold. The number of flocks of geese that fly over at night picks up pace, and the crop fields turn white and black with the gathering of thousands of snow and blue geese. I drive out to the country many times each spring just to view the growing numbers of waterfowl, feeding and resting and staging in preparation for a longer flight to their northern breeding grounds. This is what spring means to me, geese acting out the ancient ritual of returning to northern nesting sites to hatch a new generation that will follow the same migration pattern next year."

Hot Water in Five Minutes? Are You Sure?

by Jean Luther

For years staff have started the hot water in the showers up to an hour before clients use them to try and get the water up to temperature. So what's different now?

Running the water in the showers for that length of time in the morning depletes the tank in the Power Plant. When the tank refills with cold water it causes the temperature to drop and sends an alarm. It can take from 30 to 45 minutes for the hot water to return to normal temperatures. Staff were requested not to start the showers until about 15 minutes beforehand while maintenance personnel changed several things in the water system in an attempt to remedy the problem. When this did not resolve the problem, a Performance Improvement Group was formed to address the problem.

Several more improvements were made to the system including a circulating pump placed on the sink in the nursing station on Unit 82. The pump ensures that hot water is always available near the point of use. Measurements were obtained to verify the length of time for the water to reach the appropriate showering range. Hot water is now available in the showers in less than five minutes.

Only One Washer at a Time or Two?

by Jean Luther

There are two washing machines on each unit in the laundry room. There are twenty youth on each unit and not enough hours in the day to get all those clothes washed. Sound familiar? On Unit 82, youth were requested to use only one washer at a time because the drains could not accommodate the large amounts of water being released. Unit 81 did not experience the same problems.

Things don't always go as requested and when the drain overflowed from the laundry room on Unit 82 to the laundry room below, something had to be done. It was discovered that the pipes between the floors were not large enough to handle large amounts of water. The pipes actually narrowed at one point. Larger pipes were installed between the floors and now the washers can be used whenever the youth have access.