

What's the Scoop?

Health Recovery Services, Inc. Newsletter

Promoting Quality Agency Communication Since 2007

Jan/Feb '10

Keep it Clean!

Help our housekeeping staff by tidying up your own office or workspace and keeping staff common areas clean.



New Employees
Hired in
November and
December

Stacey Bentley
Amy Isaac
Adrienne Isgrigg
Ashley Herring

Announcements

JANUARY/FEBRUARY TRAININGS

PLEASE SEE PAGE 4 for TACT2 TRAINING DATES

Wednesday, 1/20

Adult, Child/Infant CPR @ Admin
*RWRP Staff ONLY
8:30am-4:30pm

Tuesday, 1/26

CPR TEST OUT @ Admin
9am, 11am, or 1pm
*BY APPOINTMENT ONLY

Wednesday, 1/27

Adult CPR & First Aid @ Admin
8:30am CPR 12:30pm First Aid

Thursday, 1/28

NEAT @ Admin, 8:30am-Noon

Tuesday, 2/16

Site Specific Training @ RWRP
1pm-2pm

Thursday, 2/25

NEAT @ Admin, 8:30am-Noon
CPR 8:30am F/A 12:30pm



Save the Date

Training for HRS Staff Members

NEW DATE OPERATION STREET SMART

February 11th, 2010 8:30am - 4:30pm

Provides current narcotics information on trends, terminology, paraphernalia, and physiological effects to those individuals who deal with today's youth on a daily basis.

Community Reinforcement Approach (CRA)

March 9th through 12th, 2010

March 9th thru 11th: 8:30am - 4:30pm

March 12th: 8:30am - Noon

A comprehensive behavioral treatment model for working with people with substance use disorders; assists the individual in developing a lifestyle and environment where the reduction of or abstinence from use of alcohol or drugs is rewarded, and substance abuse or dependence is discouraged. Participants will gain a theoretical understanding of CRA, become knowledgeable about the empirical research demonstrating the effectiveness of CRA, enhance skills at presenting CRA to clients and engaging resistant clients, and learn and practice CRA clinical procedures.

Both trainings will be held at the Athens Community Center
701 East State Street, Athens, Ohio 45701

***Lunch will be provided at both trainings.**

Contact: Teresa Lyons, Staff Development Specialist
Register by phone or email: (740)592-6724 ext. 118, tlyons@hrs.org

Holidays & Celebrations

Monday, January 18th
Martin Luther King, Jr. Day
(Agency Holiday)

Tuesday, February 2nd
Groundhog Day

Sunday, February 14th
Valentine's Day

Tuesday, February 16th
Mardi Gras

Nightingale News



HRS Nursing Department

January/February 2010

Reported by Manager of Nursing
Amy Sappington

Nursing Staff

Thank you for a wonderful year of caring. Happy New Year!

-Amy Sappington

Nursing Notes & Reminders

- Mandatory TACT II training dates for nursing staff: 2/19, 2/26, and 3/5
- Check out the Nursing Services Page on the Health Recovery Services Website: www.healthrecserv.org/nursing.html

HRS Staff—Please remember to use caution when walking on slick surfaces at your site!

January is Birth Defect Prevention Month

Out of the four million babies that are born every year in the US, about 120,000 (3%) are born with a birth defect.

Common forms of birth defects include:

- Spina bifida, which is a defect in the formation of the spine
- Congenital heart defects
- Cleft lip and cleft palate
- Down Syndrome, or trisomy 21

Typical causes of birth defects include environmental and genetic issues, and infectious causes. Environmental issues would include folate deficiency, which leads to Spina bifida. This can be prevented by taking multivitamins including adequate amounts of folic acid. Infectious causes of birth defects include congenital viral infections like rubella or CMV, or toxoplasmosis.

70% of birth defects are unknown, but every week, more and more genetic causes of birth defects are discovered. Scientists have discovered the genes responsible for cystic fibrosis and the genes responsible for many causes of muscular dystrophy.

To help reduce the risk of birth defects, pregnant women and those who plan to become pregnant should live a very healthy lifestyle. Since most of the birth defects occur within the first three months of pregnancy (when a woman may not know she is pregnant), it's critically important to be practicing these good health habits prior to pregnancy. Women should stop smoking, drinking, make smart nutrition choices, and take a multivitamin with folic acid daily.

Most birth defects, unfortunately, are not preventable. There is a lot of ongoing research in terms of helping to learn how to prevent and detect birth defects and working on future ways of treating these. The idea is to always stay optimistic and always think about having a baby prior to getting pregnant.

Foods High in Folic Acid

Ready-to-eat breakfast cereal

Enriched wheat tortilla

Whole wheat tortilla

Enriched white bread

Enriched pasta, cooked

Whole wheat bread

Whole wheat pasta

Lentils, cooked

Black-eyed peas, dried, cooked

Pinto beans/chickpeas, cooked

Sunflower seeds, dry-roasted

Okra, cooked

Orange juice

Raw Spinach

Asparagus

Collards

Grapefruit/pineapple juice



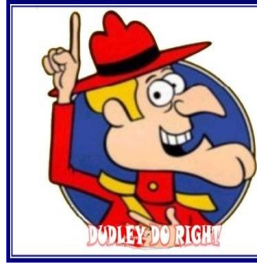
Information provided by: Jonathan Klein, MD, director of the Neonatal Intensive Care Unit of University of Iowa Children's Hospital

Visit the
**National Birth Defects
Prevention Network**
website for additional info:
<http://www.nbdpn.org/>

"Done Right" Award of Excellence

In an effort to recognize those who go above and beyond their regular job duties at Health Recovery Services, the HRS Executive Cabinet has established the "Done Right" Award of Excellence.

Congratulations to Award Winners!



November Recipients

RWRP Nursing Dept.

Dr. James Johnson

Amy Moore (RWRP)

MOP

Teresa Lyons

DCS

All Office Staff assisting with Behavioral Health forms

Regina Smith

Cathy Chelak (RWRP)

Catherine Cordingley (BH)

Dr. Gary Cordingley

Human Resources Dept.

News from Rural Women's Recovery Program

*A new generator has been installed

*A **great big thanks** to all staff who worked during the holidays (that would be about everyone!)

*A **very special thanks** also to all staff for again sharing so much of your heartfelt spirit with both the consumers and other staff who you work with... you are all amazing!

Q.I. Corner

- QI conducted internal Safety/HIPAA inspections at all sites; the most commonly sited issue was cleanliness of staff offices and common areas. All staff members are encouraged to help housekeeping staff by cleaning up your own office/workspace and common areas!



- QI would like to encourage any staff member who has successfully completed CPR training with HRS 3 or more years to sign up for CPR test outs when your certification nears the expiration date.
- All agency staff members are reminded to wear IDs at all times!

Winter Safety Reminders

Do not run vehicles close to empty during winter weather.

Bring your pets inside during freezing temperatures

A Brief History Lesson on Health Recovery Services, Inc.

By Sherry Maffin

The 35th Anniversary of Health Recovery Services, Inc. is September 2010; the agency has seen many changes during the past years, and I have been around almost 30 years to see those changes.

Residential Treatment Program (RTP), the former name of HRS, began as a Driver's Intervention Program in Athens County as well as several other counties. A 3-day program for youth affiliated with the Ohio Youth Commission was eventually added. Bassett House began residential services for youth ages 13-18 on October 16th, 1980. Maximum occupancy at that time was 5 (various expansion projects have increased the occupancy number many times). In 1984, Personal Development Institute (PDI) was incorporated and under the same management as RTP. PDI offered outpatient counseling services and initially operated in Athens County only. Eventually, outpatient services became available in Hocking, Vinton, and Meigs counties. The Women's Program began operation in 1989. That site has also seen an increase in occupancy since its' initial opening.

In 1990 Residential Treatment Program and Personal Development Institute merged to become one agency—Health Recovery Services, Inc. Today, we have offices in 8 locations spread across 4 counties.

'09 Staff Recognition Luncheon

Award and Prize Winners

Employees of the Year

Administration
Pat Lewis

Bassett House
SR Tilton
Rose Ann McDonald

RWRP
Wanda Lindsey
Claudia Graham

AAEP
Melinda Holley

DCS
Amy Davis

AOP
Tina Haggy

Hop-CD (Spring St)
Sharon Williams

HOP-MH (Grey St)
Nikki Webb
Kathie England

MOP
Julie Mayer

VOP
Deanna Robinette

Prize Winners

Ohio U Credit Union Prizes
Blanket—Darcie Caprio

Bag—Sheri Bradford, Jonah Mullins
Stacy Barnhouse, Shari Blackwell

Thermos—Kristina Rose

Umbrella—Nikki Acker

Lunch Box—Michael LeClain

HRS Shirt Amy Sappington, Tim Colwell, Stacy Morgan, Deanna Schultz, Rose Ann McDonald, Claudia Graham

\$25 Wal-mart Gift Card—Linda Strunk, Kyle Mopps, Tina Haggy, Jessica Hawk, Melinda Holley, Lisa Creech, Maryann Weiss, Connie

O'Rourke, Terri Lynn Skinner, Brett Knott

\$50 Wal-mart Gift Card—Cathy Chelak

\$25 Kroger Gift Card—Jeanie Coffill, Larry Sisson, Bob Grimmer, Renee Stevens, Stephanie Snyder, Kim Brozak, Lee Cordray, Dennis Katterhenrich, Tina Harper, David Lira

\$50 Kroger Gift Card—Bethany Fulton

1 Year Ohio University Well Works Membership—Kate Gehlfuss

Please remember to wear appropriate footwear to prevent accidents while walking on slick surfaces

Be Careful!



TACT2

TRAINING SCHEDULE

HOP-Spring Street Staff

Day 1: Monday, 1/11, 9:00-4:00

Day 2: Monday, 2/11, 9:00-4:00

Day 3: Monday, 2/22, 9:30-4:30

AOP, VOP, MOP Staff

Day 1: Friday, 1/15, 8:30-3:30

Day 2: Friday, 1/22, 8:30-3:30

*will be held at Admin Site

Nursing Staff

Day 1: Friday, 2/19, 9:00-4:00

Day 2: Friday, 2/26, 9:00-4:00

Day 3: Friday, 3/5, 9:00-4:00

*will be held at Admin Site

Athens Takes It Off

Health Education Series

★ Open to the Public ★

Held at the Athens Community Center
701 East State Street, Athens

January 12th, 12:10-1pm

"Less Pain, More Gain"

Instructor: Tom Murray

January 19th, 5:30-6:30pm

January 26th, 12:10-1pm

"Making Choices, Making Changes, Finding a New Food Way"

Instructor: Francie Astrom

February 2nd, 5:30-6:30pm

February 9th, 12:10-1pm

"Mood and Food"

Instructor: Kim Valentour

February 16th, 5:30-6:30pm

February 23rd, 12:10-1pm

"Changing for Good"

Instructor: Jeanne Heaton

March 3rd, 5:30-6:30pm

March 10th, 12:10-1pm

"Moderation is Key"

Instructor: Barb Nakanishi

Staff Birthdays

January

3rd Pat Lewis
 6th Melinda Holley
 10th Rose Ann McDonald
 Dennis Rosser
 16th Deb Lee
 18th Rebekah Wachenschwanz
 21st Scott Trainer
 22nd Brenda Spencer
 23rd Rich Green, Tiffani Culbertson
 24th Larry Sisson
 25th Karen Smart
 26th Renee Phillips, Cathy Bolin
 27th Kay Walsh, Patricia Sabatino
 28th Becky Barber
 29th Nikki Acker

February

2nd Amy Isaac, Angel Shafer,
 Emily Fry
 6th Deen Padget
 7th Catherine Cordingley
 9th Bob Grimmer
 10th Sarah Irwin
 19th David Lira, Aja Davis
 20th Gary Lee Cordray
 23rd Karen Weiman
 26th Stacy Morgan
 27th Darcie Caprio

Employee Longevity

January

25 Years

Dr. Joe Gay

20 Years

Teresa Lyons

12 Years

Evelyn Nagy

10 Years

Jeanette Coffill

5-9 Years

Linda Strunk

Virginia Sustarsic

Dennis Rosser

2-4 Years

Gary Lee Cordray

Shari Queen

April Harrison

Scott Trainer

1 Year

Jeremy Kerns

February

11 Years

David Arrington

5-9 Years

Matt Rosler

Cheryl Spence

Darcie Caprio

Connie Robson

Julie Garner

2-4 Years

Becky Barber

David Lira

Amy Moore

Carolyn Waller

Laurel Howe

Jonah Mullins

Cynthia East

To the Staff of Rural Women's Recovery Program:

Margaret Mead said, "A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has."

I am constantly amazed by the work that our 'small group of thoughtful' women do on a daily basis—the impact is felt throughout so many families and extends into the greater community.

Thank you for all that you do.



Many blessings in the New Year.
Amy Moore, RWRP

Thank You

A Special Thank You

to the entire agency for participation in the Electronic Software/Records Management Presentation

-Regina Smith

From: Staff
To: Staff



Special Greetings

congratulations

Connie Zickafoose
on the birth of your new baby

Garrett Adam Zickafoose
Born 12-16-2009

-Bassett House Staff



New Baby!

Kai Donald Neal Holley,
 son of

Brandon and Melinda Holley
 and grandson of **Linda Holley,**
 was born on 1-5-2010.

Congratulations to the Holley Family!

-Your friends at HRS

Thank You

Executive Administration

For putting the agency in a good financial position

-John Padgett (BH)

Happy New Year

I am profoundly grateful for the opportunity to work with you all at RWRP and in the agency and I am looking forward to another year of healing adventures!

Many blessings to RWRP and all HRS staff for the New Year!

-Cathy Chelak, Rural Women's Recovery Program

