

Happy New Year!

Promoting Quality Agency
Communication Since 2007

Jan/Feb '11

HRS News

Congratulations

from Administration

Congratulations

- **Catherine Cordingley** recently completed all requirements to become a certified CRA trainer.

Congratulations

- **April Harrison** was recently certified in Motivation and Enhancement Therapy/ Cognitive Behavior Therapy (MET/CBT).

Great Job!

- Congratulations to **Patsy Bail** and the **Bassett House Kitchen Staff** for successfully passing the Department of Education Food Service Review.

Website Suggestions? Newsletter Ideas?

Please submit suggestions and other comments to the Quality Improvement Dept.:

Stacy Morgan: smorgan@hrs.org
Stephanie Snyder: ssnyder@hrs.org

W e l c o m e t o H R S !

*New Employees Hired in
November and December*

Leslie Enterline (BH)
Leona Skinner (DCS)
Delcee Proffitt (DCS)
Sandy Taylor (BH)
Barry McVey (BH)
Julie Beaudry (BH)
Holly Piper (AAEP)
Jane Riley (BH)

Congratulations

to Reggie Robinson and
Division of Community
Services Staff

ODADAS awarded DCS with the "Exemplary Prevention Program of the Year" for the Teen Institute Youth Leadership Academy. ODADAS also presented the "Prevention Innovator of the Year" award to Reggie Robinson.

Great job, DCS!

[Turn to pg. 4 for more DCS news.]

**Please Visit the Health
Recovery Services Website:**

<http://hrs.org>

Save it as your homepage!

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**JANUARY & FEBRUARY
TRAINING SCHEDULE,
DONE-RIGHT AWARD WINNERS**
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**WHAT'S HAPPENING AT
DCS & RWRP**
(see P. 4)

**SPRING & GREY STREET UP-
DATES, LATEST FROM AOP**
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**STAFF RECOGNITION PRIZE
WINNERS, WELLWORKS INFO**
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**STAFF BIRTHDAYS, HIRE
ANNIVERSARIES, and other WELL
WISHES**
(see P. 7)



Holidays & Celebrations

**Daylight Savings Time
Begins Sunday, March 13th**

Monday, January 17th
Martin Luther King, Jr. Day
[Agency Holiday]

Wednesday, February 2nd
Groundhog Day

Monday, February 14th
Valentine's Day

Sunday, February 20th
International Friendship Day

Nightingale News



HRS Nursing Department

January/February 2011

Reported by Manager of Nursing
Amy Sappington

February is American Heart Month



Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future.

Diseases and Conditions That Put Your Heart at Risk

Conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, and second-hand smoke are also risk factors associated with heart disease.

Know Your Signs and Symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- ♥ **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- ♥ **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- ♥ **Shortness of breath.** May occur with or without chest discomfort.
- ♥ **Other signs.** These may include breaking out in a cold sweat, nausea, or lightheadedness.

If you notice any of these signs, you should call or have someone else **call 911** or the local emergency number **immediately**.

Healthy Lifestyle: Diet and Nutrition, Exercise and Fitness

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts.

Nursing Notes & Reminders

- Thanks to all nurses for your hard work!

Tips to protect your ♥

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day. All persons who have hypertension, all middle-aged and older adults, and all blacks should consume no more than 1,500 mg of sodium per day.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.
- Keep an eye on your portion sizes.
- Start walking! Walking 30 minutes a day provides heart health benefits; it's the most effective form of exercise for heart health!



Training Schedule

January/February 2011

Tuesday, 1/25

Adult/Child/Infant CPR Challenge
(TEST OUT)

Contact Q.I. to schedule an appointment.

First Aid Test Out also available.

Wednesday, 1/26

Adult CPR & First Aid @ Admin
CPR begins at 8:30am

First Aid begins at 12:30pm

Monday, 2/14

TACT2 Refresher @ Spring St.
Begins at 8:30am

Mon., 2/21 thru Wed., 2/23

TACT2 @ Admin
8:30am-4:00pm

CPR and First Aid test-outs

require a passing grade on written exams as well as correct demonstration of skills. **Test-outs last approx. 30-45 minutes.**

RED CROSS NOTE: Anyone who successfully completes CPR/FA training after Jan. 1st will now be certified for 2 years.

Q.I. Corner

- 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.
- **First Aid test outs are available!** Please contact the QI department to schedule an appointment on the fourth Tuesday of each month.
- The conversion to Electronic Records Management is underway; Anasazi representatives will be visiting HRS Administration periodically to make adjustments as scheduled.

Contact the Quality Improvement Department:

Stacy Morgan, Q.I. Coordinator
email: smorgan@hrs.org
Phone: 592-6724 ext. 106

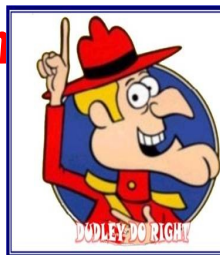
Stephanie Snyder, Q.I. Assistant
email: ssnyder@hrs.org
Phone: 592-6724 ext. 107

Please send **website and/or newsletter suggestions** to Q.I. via interoffice mail, phone, or email!

"Done Right" Award of Excellence

Presented by Executive Cabinet Members
Congratulations to Award Winners!

November/December Recipients



SR Tilton	Pat Lewis	Brenda Spencer
RWRP Clinical Staff	Vaughn Grigsby	Stacey Barnhouse
Paul Olsen	Reggie Robinson	Regina Smith
Spring Street Staff	Renee Phillips	Catherine Cordingley
Chad Bobo	Shelton Curtis	Matt Rosler
DCS Staff	Virginia Sustarsic	Karen Weiman
Ashley Holt	Amanda Uribe	Lori Duhl
Sherry Maffin	Cheryl Taylor	Amy Barber
Leslie Enterline	Jessica Hawk	Patsy Bail
Stacy Morgan	Stephanie Snyder	Darcie Caprio
Jenny Harris	Tim Colwell	Laura Hopstetter
Human Resources	Bassett House	

SPECIAL THANKS

Bassett House recently underwent a Coordinated Review Evaluation by the Ohio Department of Education. As part of this review a Hazardous and Critical Control Point plan had to be created. A special thanks to **Patsy Bail, Stacy Morgan and Stephanie Snyder** for their hard work on this plan. Thanks also to **Connie Robson, Cindy East and Bonnie Brooks** for their hard work on other preparations for this evaluation.

-submitted by **John Padget**

A Very Special Thanks

to **Executive Administration**
for giving HRS employees an additional day off during the holiday season.

DCS News



Division of Community Services

Julie Garner has been busy in Meigs County with both Teen Institute and the Mentoring Program.

On December 4th, 35 Teen Institute students from Meigs Middle, Eastern Middle, and Southern Elementary Schools came together on a service learning project at the Meigs County Dog Shelter. The students worked with the staff at the dog shelter to clean the inside and the outside of the facility. After working on sprucing things up, the students socialized the dogs and puppies by walking and playing with them. Students also enjoyed a pizza party at Pizza Hut in Pomeroy. The Meigs County Teen Institute Team consists of 6th, 7th, and 8th graders from all 3 school districts in Meigs County.

The mentoring program is showing success as well. The mentoring program works with the Meigs County Juvenile Court Diversion Program. Students are chosen for the mentoring program when it will be beneficial for them to have a positive role model in their lives. Julie has worked with students to help them bring grades up from failing to passing, to increase school attendance, and to enjoy spending time with someone to listen to them and help

guide them to make good choices. Julie worked hard to find outside help from other organizations to help get her mentoring students clothing, coats and shoes for the holidays. She also worked with a mentoring student that was failing and had not turned in any work as of October: now she has met a goal of 56 lessons completed and as a result the student was taken on a trip to the Columbus Zoo. Other mentoring outings include special lunches and a trip to the River Valley Mall in Lancaster.

Amy Davis' Women's Outreach program has recently started a new group with the female inmates of Southeast Ohio Regional Jail. It is an 8-week program discussing recovery themes and spirituality. We have just finished our first series and the women seem to really respond to and appreciate it!

The SEO Youth Coalition held their annual Christmas Pajama party in December, which was well attended even with the Winter Wonderland outside. At the party the youth along with DCS staff **JoAnna Carter** & **Shawna Green** enjoyed Pizza Hut Pasta, Holiday Games, Gift Exchange and an all around good time. The Youth Coalition will now begin exten-

sive work on planning the 2011 TI Camp, which is set for April 8 through the 10 at Canter's Cave in Jackson.

Thanks to **JoAnna Carter** for attending the recent Incredible Years training in Hocking County. This equips DCS to provide yet another evidence-based and highly lauded Prevention program!

The Gambling Symposium held on December 2nd was a great success, with over 20 people in attendance. A follow-up workshop was requested, and will take place on January 26th from 8:30 - 4:30 in the O'Bleness Hospital Lower Level Training Room. Jenny Campbell-Roux, Nationally Certified Gambling Counselor, will be the trainer.

Finally, DCS welcomes a new Prevention Specialist, **Belinda Fleming**, to the team!



News from **RWRP**

Rural Women's Recovery program -Submitted by Cathy Chelak



A BIG thanks to all staff who helped out with billing and transportation, childcare, maintenance, mail run, cooking and an assortment of tasks that needed to be done when other staff and a case manager were absent during the months of October, November, and December. **You are an amazing team!**



Thanks to everyone for making the holidays merry for both the women and staff at RWRP, especially staff with such generous hearts who brought in goodies almost daily, went shopping for holiday gifts for the women and children in residence, organized with outside agencies and community groups to coordinate donations, planned food and parties, decorated and wrapped presents, worked the holidays, transported in a pinch, helped comfort the residents during emotional times and many more tasks that are too numerous to mention! We are all blessed to be part of so much spirit and fun!



"Great Job" to all clinical staff at RWRP who completed their ACRA certification!

Announcement: There have been another two Drug-Free Babies born to women in residence at RWRP!

Spring Street News

Submitted by C. Bruss and P. Ramage

In September of 2010, the Women's Group at Hocking County Behavioral Health-Spring Street office participated in an activity they named "**Hats for Heroes**". The group, facilitated by **Charlene Bruss**, engaged in the making of hats and scarves for families in Hocking County that may need them. Throughout the process the women learned new ways of dealing with stressors, how to use their newfound skill/hobby as a means of taking time out for themselves, give something back to their community, engaging in healthy sober living activities, relaxation techniques, as well as building their self-worth. The women were really proud to be part of this project. It was nice to see how well the consumers participated and how willing they were to help others.

Spring Street continues to expanded individualized and evidence based treatment for teens or adults with AOD or AOD/MH treatment needs. Of special note for the New Year is work done by **Amy Isaac** coordinating Family Drug Court grant related needs with **Sharon Williams** providing individualized treatment for Family Drug Court participants. **Melissa McCormick**, Teen and Parent Support Case Manager has been working hard to collect outcome measurement data from teens and their parent/guardians participating in the outpatient treatment and juvenile probation system. **David Johnson** is developing and expanding treatment individualized for young adults (out of high school and into mid to late 20's.)



Hats for Heroes

Athens Outpatient Update

The Athens outpatient treatment office continues to provide expanded treatment to teens and adults. Consumers continue to receive additional group and individual treatment opportunities under the Byrne Grant. The Outpatient suboxone program has grown and is demonstrating good outcomes. Expanded treatment has become available to AOD consumers with mental health needs. Dual diagnosis treatment is using evidence based treatment curriculum as with all treatment protocol.

The treatment team has worked hard to individualize assessments, treatment recommendations, and to address individualized treatment needs for all consumers. The Athens Outpatient Team as a whole has show increased team development and outcome measurement results this past calendar year.

We've had a busy start this school year! Many research based groups are being held during and after school to meet client needs and build positive social skills. Currently, we are providing 6 groups weekly. We continue to partner with the school to provide the programs PATHS, EAGER and Incredible Years. Clinicians **Jennie Coffill, Jennifer Daubenmire, Rob Jarvis, Deanna Schultz** and **Cheryl Spence** assist with these programs.



We have been working hard to involve families in our services. We implemented a monthly "Family Night" that provides opportunities to enjoy a meal and a fun activity as a family in different community settings. So far we have held dances with help from **DJ Rockin' Reggie** at the Logan Community Center, swimming at both the Nelsonville Water Park and the Logan City Pool, skating at the Logan Skating Rink and putt-putt golf and a bonfire at the Family Fun Center in Rockbridge. In December we had a Holiday Celebration and dance with over 125 in attendance. Families enjoy these opportunities and are pleased to be able to interact with other families and staff in a more relaxed setting.

New staff members **Chip Chapman** and **Sarah Horn** have recently joined our team; we would like to welcome them to Grey Street, and would like to wish everyone a Happy New Year!



2010 Staff Recognition Luncheon Prize Winners

- ★ Ohio University Desk OrganizerJennifer Daubenmire
- ★ Ohio University Manicure SetBill Cooperrider
Nikki Webb
- ★ Ohio University Cloth Grocery BagDeanna Robinette
Renee Wheeler
Bob Johnson
Brenda Cremeans
- ★ Ohio University Hat.....Karen Smart
- ★ Ohio University BagLeona Skinner
Lauren Wright
- ★ Ohio University Stadium BlanketBonnie Mugrage
- ★ Red Cross T-Shirt.....Deanna Shultz
- ★ Anasazi BagBecka Wachenschwanz
- ★ HRS T-ShirtSheila Ingraham
- ★ HRS Long Sleeve T-shirtDeb Lee
Stacy Barnhouse
Catherine Cordingley
Kathie England
Dave Arrington
Sharon Williams
Suzanne Diaco
- ★ HRS Long Sleeve T-Shirt Coupon.....Carol Zimmerman
Virginia Sustarsic
Connie Robson
- ★ HRS Hoodie Coupon.....Jaclyn Klingler
Stephanie Snyder
Matt Rosler
- ★ \$25 Kroger Gift CardDeen Padget
Cathy Bolin
Terri Chambers
Patsy Bail
Joy Bean
Carolyn Waller
Dennis Katterhenrich
Ray Martinez
Becky Barber
Vaughn Grigsby
Chip Chapman
- ★ \$25 Wal-Mart Gift CardPat Lewis
Ashley Holt
Jonah Mullins
Shari Queen
S.R. Tilton
Kat Givens
Tina Haggy
Erniece Straub
Dave Driggs
- ★ \$50 Kroger Gift CardMike LeClain
- ★ \$50 Wal-Mart Gift CardKaren Weiman
- ★ 1 Year Wellworks Membership.....Andy Trout

**Start the new year
off right by taking
charge of your
physical health!**



**Take Advantage of the
Health Recovery Services
Corporate Membership
Rate!**

Wellworks isn't just a fitness center—it's a health and wellness facility. As a member, you can enjoy the fitness center, group exercise classes, and the personal training program. At a reduced price, you can sign up for nutritional counseling/workshops, massages, and health screenings. As a member of Wellworks, you can also participate in programs like *HeartWorks* and *Healthy Ohio*

To become a Wellworks member, you will be required to pay a one-time \$35 enrollment/health assessment fee. This will cover the cost of cholesterol/glucose screenings and other components of the health assessment.

Corporate Membership Fees:
Monthly: \$27 (\$24.00 if 55 & over)
Yearly: \$175* (\$158.00 if 55 & over)

*As a staff member at HRS, you save \$100—regular "Community" wellworks memberships are \$275!

You can try Wellworks out before purchasing an extended membership by paying the visitor's fee (\$5 per day).

**To get started with Wellworks,
Call 593-2093!**

**Visit Wellworks' website at
<http://www.ohio.edu/wellworks>**

Staff Birthdays

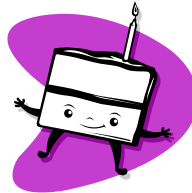
January

3rd Pat Lewis
 6th Melinda Holley
 10th Rose Ann McDonald,
 Dennis Rosser
 16th Deb Lee, Tamara Kisor
 18th Rebekah Wachenschwanz
 19th Kimberly Robson
 20th Renee Wheeler
 21st Scott Trainer
 22nd Brenda Spencer, Lew Pulver
 23rd Rich Green
 25th Karen Smart
 26th Renee Phillips, Cathy Bolin
 27th Kay Ansel
 28th Rebecca Barber
 29th Nikki Acker

February

2nd Amy Isaac
 5th Stacie McCord
 6th David Klingenberg,
 Deen Padget
 7th Catherine Cordingley
 19th David Lira, Aja Davis
 23rd Karen Weiman
 24th Robin Withrow
 26th Stacy Morgan
 27th Darcie Caprio

Happy
 Birthday.



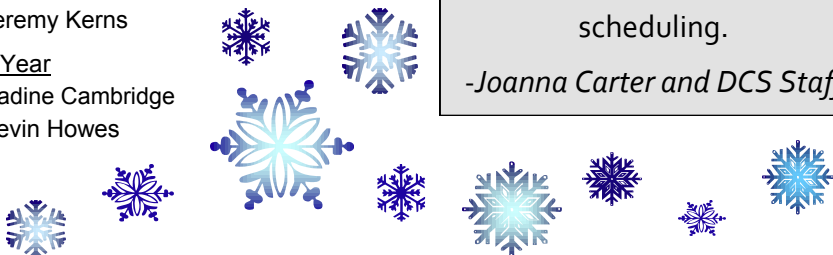
Employee Longevity

January

26 Years
 Dr. Joe Gay
21 Years
 Teresa Lyons
13 Years
 Evelyn Nagy
11 Years
 Jeanette Coffill
5-10 Years
 Linda Strunk
 Virginia Sustarsic
 Dennis Rosser
2-4 Years
 Shari Queen
 April Harrison
 Scott Trainer
 Jeremy Kerns
1 Year
 Nadine Cambridge
 Kevin Howes

February

12 Years
 David Arrington
10 Years
 Matthew Rosler
5-9 Years
 Cheryl Spence
 Darcie Caprio
 Connie Robson
 Julie Garner
 Rebecca Barber
 David Lira
 Amy Moore
 Carolyn Waller
 Laurel Howe
3 Years
 Cynthia East



From: Staff
 To: Staff



Special Greetings

Congratulations

to **Deanna Robinette** of VOP
 on the birth of your grandson,
 Kayden Lane!

-Bonnie Murgage
 and VOP Staff

Thank You

Paula Holcomb of
 (Spring Street)

For all of your support and help
 with tobacco school and class
 scheduling.

-Joanna Carter and DCS Staff

2010 HRS Employees of the Year

The following staff members were recognized as Employees of the Year (as voted on by their peers) at the Staff Recognition Luncheon:

AAEP

Matt Rosler

Administration

Mary Male

AOP

Carolyn Waller

Bassett House

*Crystal Long
 Janet Bergman*

DCS

Amy Davis

HOP-Grey

*Cheryl Spence
 Ted Layman*

MOP

Lori Duhl

RWRP

*Amy Moore
 Sarah Collins*

HOP-Spring Street

Melissa McCormick

VOP

Deanna Robinette

A special administrative award was presented to nurses **Amy Barber**, **Amy Sappington**, and **Abbey Thompson**, and **Dr. Cordingley**, for their hard work and dedication to the Outpatient Suboxone Program.

Sherry Maffin was recognized for 30 years of service and dedication at HRS; she was given the "30 Year Award".