

What's the Scoop?

Health Recovery Services, Inc. Newsletter

Promoting Quality Agency Communication Since 2007

Sept/Oct '09



Welcome to HRS!
New Employees Hired in July and August

Jordan Cutright Deanna Schultz
Angeli Desai Danielle Griegle
Michael LeClain Patricia Sabatino
Meredith Bertin Idris Lawrence
Emily Fry Samantha Shafer
Dr. Gary Cordingly

Attention HRS Staff

Join WellWorks during the month of September and WellWorks will waive the enrollment fee!

a \$35 value!

Offer ends September 30th, 2009.
Applies to one year membership only.



Grover Center E 124
www.ohio.edu/wellworks
(740) 593-2093

Announcements

SEPTEMBER TRAININGS

Thursday, 9/10

Annual Training @ VOP

9 - 10:00am

Adult CPR @ VOP

10am-1pm

Wednesday, 9/23

Adult CPR & First Aid @ Admin

CPR begins at 8:30am; First Aid begins at 12:30pm.

Thursday, 9/24

NEAT @ Admin

8:30am-Noon

Friday, 9/25

NCI Refresher @ Admin

8:30am-11:30am

October Trainings are listed on Page 4.

IMPORTANT NOTE REGARDING TRAINING:
You are automatically registered for training when you receive an email notice. It is your responsibility to contact your supervisor and/or HR to cancel the training.

CPR TEST OUT

The CPR test out option is available for those who have taken CPR 3 or more times while being employed with the HRS.

All you have to do is pass the written tests and demonstrate the skills! Contact QI to schedule an appointment on the 4th Tuesday of each month: Sept. 22nd, Oct. 27th, and *Nov. 17th (*3rd Tues. due to Holiday).

Preventing Sexual Harassment Training
October 14th, 2009
More info on page 3.

TB/HEP-B CLINIC

9/15, 9-11am @ Admin/DCS
(Tests will be read on 9/17, between the hours of 9 and 10am.)

September is National Alcohol & Drug Addiction Recovery Month
<http://www.recoverymonth.gov>

Make Health Recovery Services your homepage!
<http://www.healthrecserv.org>



Holidays & Celebrations

Sunday, September 13th
Grandparents Day

Tuesday, September 22nd
First Day of Fall

Friday, October 16th
Boss's Day

Saturday, October 17th
Sweetest Day

Nightingale News



HRS Nursing Department

September/October 2009

Reported by Manager of Nursing
Amy Sappington

H1N1 Flu Facts

- 2009 H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people.
- First detected in people in the US in April 2009.
- Spreads from person-to-person in much the same way that regular seasonal influenza viruses spread.
- Most people who have become ill with H1N1 have recovered without requiring medical treatment.
- Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.
- People shed viruses and may be able to infect others from 1 day before getting sick to 5 to 7 days after.

What are HRS Nurses doing to prepare for the H1N1 Flu?

The HRS Nursing Department meets on a regular basis to discuss pandemic preparedness issues such as an outbreak of the H1N1 flu.

They continuously check the CDC (Center for Disease Control & Prevention) for updates the H1N1 flu.

They check newly admitted consumers for fever and other flu-related symptoms as part of the residential intake process.

They continuously encourage staff members and consumers to wash hands regularly.

Everyday Steps to Protect Your Health

- **Cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue in the trash.**
- **Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.**
- **Avoid touching your eyes, nose or mouth.**
- **Try to avoid close contact with sick people.**
- **If you are sick with a flu-like illness, stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine).**

Nursing Notes & Reminders

- BH Staff meeting on 9/14, 11:30am at Bob Evans
- RWRP staff meeting on 9/21, 9:00am at Bob Evans

Check out the new Nursing Services Page on the Health Recovery Services Website:
www.healthrecserv.org/nursing.html

HRS will not be providing Flu vaccinations to HRS employees this season.
Please contact your local health department for more information on where and when you can receive the flu shot:

Athens County Health Dept.
740-592-4431

Hocking County Health Dept.
385-3030

Meigs County Health Dept.
992-6626

Vinton County Health Dept.
596-5233 or 1-800-596-5233



Wash Your Hands!

<http://www.cdc.gov>

Attention HRS Staff Members:

Take advantage of the HRS Corporate Membership with Wellworks and join at a discounted rate!

Contact Wellworks for more info:
593-2093, wellworks@ohio.edu

<http://www.ohio.edu/wellworks>

Preventing Sexual Harassment Training

Presented by Meri Jo Warner

October 14, 2009 at HRS Administration
224 Columbus Road, 2nd Floor

Preventing Sexual Harassment for Managers (3pm – 5 pm)

Leaders within an organization must be prepared to take action if allegations of sexual or other forms of harassment are brought forward. Just as important, they must clearly understand how to address and prevent workplace conditions that may be conducive to sexual harassment.

Program Highlights:

- Increasing sensitivity and understanding of sexual harassment
- Learning to respond appropriately and effectively to prevent allegations of sexual harassment
- Becoming proactive in preventing sexual harassment

Preventing Sexual Harassment for Employees (5:15 – 6:15pm)

Preventing any form of sexual harassment in the workplace is important, yet lack of clarity and discomfort with this issue is common. This training program focuses on the legal definition of sexual harassment, the costs to the organization and how employees at all levels can contribute to an appropriate, respectful work atmosphere.

Program Highlights:

- Introducing employees to the concept of sexual harassment and the relevant federal guidelines
- Learning skills needed to identify, stop and prevent sexual and other forms of harassment
- Identifying the types of sexual harassment and how they affect work relationships

To Register

Contact Teresa Lyons @ Administration

Phone: 740-592-7624 Ext 118

740-593-5012 Ext 118

Email: tlyons@hrs.org

Q.I. Corner

- HRS has received 3-Year CARF Accreditation! Great job, everyone! New CARF certificates have been distributed to all sites. QI is currently working on a plan of correction, which will be sent in by the end of September. Thanks to all who have contributed to this.
- The next CPR/First Aid class will be held on Wednesday, September 23rd.
- HRS staff members are urged to submit any recommendations for the HRS website to ssnyder@hrs.org or smorgan@hrs.org.

News from Grey Street



We've just wrapped up a busy summer. Our clients had opportunities to participate in a variety of groups and individual outings to build social skills and self-esteem. One of our groups mastered basic self defense skills while building coordination and self discipline from a local karate instructor. Another group was offered time to explore different cooperative activities with peers including basketball, rock wall climbing, Wii, pool and air-hockey. Many other opportunities were offered when groups traveled to Old Man's Cave, Hocking College climbing wall, COSI, the pool and other local destinations.

We are getting ready for the school year and have recently welcomed new staff members. We are happy to have **Bethany Fulton, Jackie Klingler** and **Deanna Schultz** join our team!

Blast from the Past

By Sherry Maffin

The Drivers Intervention Program used to be held at one of HRS' past locations on College Street. The participants slept, ate and learned about the evils of drinking and driving at the College Street office. Food was carried in from local eateries. There was one room in the basement which would hold up to 4 women for the program; the men were housed on the 2nd and 3rd floors. A full program would be 36 participants; believe me, that's what you'd call a full house with all the participants and staff! On Fridays when DIP was taking place, my office would be used as a group area, thus necessitating my moving to another office temporarily. That office was on the 2nd floor, close to where the mens' rooms were. Sometimes when the men were not in a particular group and had free time, they just hung out in or near their rooms, occasionally in their skivvies! That was it—the straw that broke the camel's back—I'd had enough of that. From that time on, when I had to leave my office during the program, I took off the rest of the day.



Division of Community Services

DCS News

DCS is settled into their new location at 224 Columbus Road, on the 1st Floor beside Athens Outpatient!

School has started and so have the programs in Vinton County. Currently, the Girl Power program is in place at Vinton County South Elementary School. Teen Institute will be starting on September 14, 2009 in both the High School and Middle School. All three of these programs will be held on Mondays each week. Please contact Shawna Green at DCS for more information.

The Division of Community Services will once again be coordinating local observances of the National Red Ribbon Campaign in the Athens, Hocking, Vinton and Meigs County schools and communities. The National Red Ribbon Campaign, which is the nation's largest drug prevention effort, began after drug traffickers in Mexico tortured and brutally murdered Special Agent Enrique "Kiki" Camarena in March 1985. Officially, Red Ribbon Week will be celebrated nationally from October 23-31; however, several communities and school districts hold events throughout the month.



The Red Ribbon Campaign is dedicated to helping to preserve Special Agent Camarena's memory and further the cause for which he gave his life, the fight against the violence of drug crime and the misery of addiction. By gathering together in special events and wearing a Red Ribbon during the last week in October, Americans from all walks of life demonstrate their opposition to drugs. Approximately 80 million people participate in Red Ribbon events every year.

If you would like more information on the Campaign or if you would like your very own Red Ribbon to wear to demonstrate that you are "Drug Free and Proud", just contact anyone from the Division of Community Services.

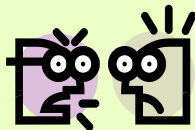
Therapeutic Aggression Control Techniques (Tact-2)

A Relationship Centered Approach to Aggression

Teresa Lyons of the Human Resources Department and Matt Rosler of AAEP will begin the process of certifying HRS employees in Tact-2 this fiscal year.

What is Tact-2?

Therapeutic Aggression Control Techniques are safe and effective verbal and physical behavioral intervention skills used to safely manage an aggressive situation.



After successfully completing TACT-2 training, staff will be able to:

- Distinguish between deliberate, purposeful aggression, and true emotional crisis.
- Use practical skills needed to respond to problems with either firm behavioral correction or calming emotional counseling.
- Use effective physical management techniques for safely handling dangerous situations with out of control consumers.

Training Schedule

October 2009

- 10/16** NCI, 8am-4pm @ Admin
- 10/21** **Adult, Child, Infant CPR** 8:30am-4:30pm @ Admin
- 10/22** **NEAT**, 8:30am-Noon @ Admin

Bassett House

Employee of the Month

Debra Lee was chosen as the August Employee of the Month. BH administration would like to acknowledge and thank Deb for stepping up and doing a wonderful job during a nursing staff member's illness and medical leave. Deb has been a pleasure to work with and we appreciate her effort and commitment to the care of the consumers we serve. Thanks, Deb!



Debra Lee

What you Need to Know as an HRS Staff Member:

To become certified, you must:

- Attend the entire 2-3 day program for your site
- Perform learned skills correctly
- Complete workbook (provided)
- Pass a written exam (at least 80%)
- Attend the annual refresher course.

Those who are required to complete the training will be notified by the HRS training officer and/or their supervisor.)

Visit www.TACT2.com for more info.

Staff Birthdays

September

6th Charlene Bruss,
Michael LeClain
7th Deb Eichorn, Jessica Fox
8th Amy Barber
9th Tara Whaley
10th Diane Blankenship, Patsy Bail
11th Richard Grippa
14th Sarah Collins
15th Julie Garner, Joanna Kimes,
Matt Rosler, Chad Bobo,
Jennifer Pinney
19th Ted Layman, David Cramer,
Samantha Shafer
20th Wanda Lindsey
22nd Della Jordan
26th Jodi Webster
27th Chasity Murphy, Joy Strickland
29th Tina Harper

October

2nd Julie Mayer
3rd Dalerae Stocker
4th Erin Hains
5th Connie Robson, S.R. Tilton
7th Shelby Fox, Andrew Trout
8th Tim Colwell
11th Michele Gotfried
14th Deb Hood
17th Reggie Robinson,
Amanda Uribe
20th Paula Holcomb, Sheila Van
Dyke
21st Sheri Bradford,
Heather Ousley
23rd Meredith Bertin
30th Kate Gehlfuss

Happy Birthday!

From: Staff
To: Staff



Special Greetings

congratulations,
Tina Haggy

On your new baby boy,
mason blake

-AOP Staff and
friends @ HRS



Employee Longevity

September

20 Years

Mark Rutter

18 Years

Connie Chapman
Bob Johnson

10+ Years

Maryann Weiss
Christine McDaniel
Deb Hood

5-7 Years

Bernadette Heckman
Diane Blankenship
Laura Hopstetter
Sheri Bradford

2-4 Years

Dalerae Stocker
Rich Green
Stacy Morgan
Kat Givens

1 Year

Andrew Trout
Carrie McManis

October

10+ Years

Crystal Long

5-9 Years

Tara Whaley
Kent Butler
Chad Bobo
Glenn Driggs
Cathy Bolin
Tina Harper

2-4 Years

Annette Webb
Tim Colwell
Ted Layman
Melinda Holley
Christina McLain
Kristina Rose
Janet Bergman

1 Year

Tracey Monroe
Michele Gotfried



**Daylight Savings Time ends
November 1st**

HRS Staff Goes Above and Beyond

Thank You

Mary Male

For all of your hard work!
You are appreciated!

-HRS Staff

Great Job

**Amy Sappington and
Amy Barber**

with all of your hard work
with the AOP Suboxone
Clinics

-Pam Ramage and Mrs. Martin

Quality Improvement
would like to thank

**Connie Chapman and
Deanna Robinette**

for providing us with extra help
in completing the Site Report
Completion Manuals

**The Division of
Community Services**

would like to thank
everyone at Columbus Road
for making us feel welcome, with
special thanks to **Rich Green** and
Mary Male for moving additional
items for us, **Brenda Spencer** for
getting our computer systems up
and running, and **Stacy Morgan**
for the delicious baked goods!

**Thanks to all who contributed to
the Bassett House Deck Fund!**

We have reached our goal and
anticipate having the deck erected
by the end of September!
-John Padget & BH Staff

Thank You

**Brandi, Heather, and Deb
(BH Nursing)**
for stepping up during Shari's
Absence!

***Also, a very special Thank You
to Paul for helping in mainte-
nance during Mark's vacation!**