

What's the Scoop?

# HRS News



Promoting Quality Agency  
Communication Since 2007

Sept/Oct '10



## Health Recovery Services, Inc. 35th Anniversary

September 9th marks the 35th Anniversary of Health Recovery Services, Inc. In September 1975, Residential Treatment Program was established in Athens; this was the beginning of HRS.

Some other key dates on the agency timeline include:

**November 1975**—DIP program began

**October 1980**—Bassett House established

**1983**—Personal Development Institute established to provide outpatient services in Athens

**1985 thru 1987**—outpatient services added in Hocking, Vinton, and Meigs counties

**July 1989**—RWRP established

**1990**—Residential Treatment Program and Personal Development Institute merge to form Health Recovery Services, Inc.

**Happy 35th Anniversary, HRS!**

### Welcome to HRS!

#### New Employees Hired in July and August

Tammy Bush

Whitney Clark

Stephanie Kern

Karla Mills

Abbey Thompson

Lauren Wright

Terri Chambers

Melissa McCormick

Jennifer Daubenmire

Emily Paulson

Jamie Bobo

Renee Wheeler

William Cooperrider

Jennifer Merrill

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

<http://hrs.org>

**\*Save it as your homepage!\***

### Website Suggestions? Newsletter Ideas?

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

**Stacy Morgan:** [smorgan@hrs.org](mailto:smorgan@hrs.org)

**Stephanie Snyder:** [ssnyder@hrs.org](mailto:ssnyder@hrs.org)

### Announcements

**TAKING the BITE out of BED BUGS**  
(see P.2)

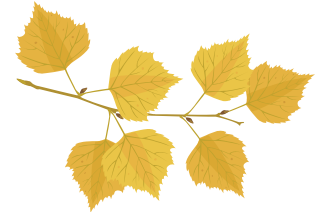
**SEPTEMBER & OCTOBER  
TRAINING SCHEDULE,  
DONE-RIGHT AWARD WINNERS**  
(see P. 3)

**DIVISION OF COMMUNITY  
SERVICES NEWS** (see P. 4)

**OHIO UNIVERSITY MEMBERSHIP  
DRIVE CAMPAIGN** (see P. 5)

**SEPTEMBER IS DRUG ADDICTION  
RECOVERY MONTH** (see P. 6)

**STAFF BIRTHDAYS, HIRE  
ANNIVERSARIES, and other WELL  
WISHES** (see P. 7)



### Holidays & Celebrations

**Fall begins**  
**Thursday, Sept. 23rd**

**Saturday, September 11th**  
*Patriot Day*

**Sunday, September 12th**  
*Grandparents Day*

**Saturday, October 16th**  
*Sweetest Day*  
*Boss's Day*

**Sunday, October 31st**  
*Halloween*

# Nightingale News



*HRS Nursing Department*

*September/October 2010*

Reported by Manager of Nursing  
Amy Sappington

## Nursing Notes & Reminders

- Check out the Nursing Services Page on the Health Recovery Services Website: <http://www.hrs.org>
- Welcome to the agency, nurse **Abbey Thompson!**

## Don't Let the Bed Bugs Bite!

So what are bed bugs, anyway? Everyone has heard of them. They're essentially little bugs that are nocturnal and feed off human blood. There are actually a lot of different kinds, including some that feed off of certain types of animals like chickens, but the ones most people are worried about live mainly off of humans. They usually live inside of mattresses, where they have convenient access to a food source - you. They crawl out just before dawn and bite you, sucking out blood for about five minutes. You don't feel anything until after the bed bug is already safely back in its home.

There are many ways for your home to become infested by bed bugs. Dwelling in an apartment where bed bugs can travel from one apartment to another is one way, as well as staying in a hotel, sharing clothing and bed linens, acquiring used furniture and having guests in your home. Recently, one woman reported that she was bit by bed bugs while watching a movie in a theatre!

### The thing people are usually most concerned about when they find out they've got bed bugs: how do they stop the itching, and are the bites dangerous?

First of all, it's important to know that not everybody reacts to the bites in the same way. A lot of people don't feel or notice them at all - you're bitten when you're asleep, and the bed bug will inject a chemical into the bite that stops the blood from clotting and keeps you from feeling it. Many people are allergic to this chemical - if you're itching, or seeing a reaction on your skin, then you're one of them. Most people's allergies are mild in the sense that they aren't dangerous. It's highly annoying, and your skin will itch like crazy, but it is extremely rare for anyone to have a serious health problem based on a bed bug bite.

**1) Waste** - Bed bugs create a lot of waste, which is harder to hide than they are. It can consist of dark spots on your mattress (which can be blood, feces, etc.) or of shed skins, eggs, dead bed bugs, etc. You may find it inside your mattress, in the box springs, or on the linens.

**2) Bites** - You should be seeing little red bites on you without really knowing why. People rarely catch bed bugs in the act - they come out when you are asleep, and only bite for a short period. Also, like many bugs, you cannot feel the bite until a few minutes after it happens. .

**3) Hiding places** - Look in all the key spots where they could hide. This means the mattress and around it, folds in the linens, curtains, and nearby furniture. Look for the waste or dark spots.

**4) Catch them in the act** - Keep a flashlight by your bed, and turn it on about an hour before dawn and watch the sheets closely for movement. Bed bugs usually bite around then, but if you get up or move too much they will go back into hiding.

**5) Carpet tape** - Lay strips of double-sided carpet tape around your bed and on the sides of the mattress. Leave it out for a few days. If you've got bedbugs, it's likely that at least a couple of them will get stuck on it.

## Getting Rid of Bed Bugs

**Purchase a mattress encasement.** Slightly different from the standard mattress cover, the mattress encasement actually zips around your mattress entirely and seals up the inside. This prevents bugs from getting in or out. Bugs that still live inside will die because they are unable to get out and get any food. This can take anywhere from 6 to 18 months.

Mattress encasements are available in fabric or vinyl. Fabric is more comfortable to sleep on and is durable, but costs more and can get stained. Vinyl encasements are usually easier to wash, stain resistant, and cheaper. On the other hand, vinyl tears easily and isn't as comfortable to sleep on. I recommend fabric, if you can afford it. Many encasements are treated with insecticides, which will help kill the bedbugs.

Bed bugs can hide in pillows as well; most pillows and pillow cases can be thrown in the washing machine (gentle cycle.) The alternative is to get a **pillow encasement/cover**- it's similar to the mattress encasement, and will protect the pillow from bed bugs. You must wash the pillowcase frequently to ensure protection.

In extreme cases, **you may need to call an exterminator** and also may have to get rid of the affected mattress or furniture.



*Bed Bug waste*

# Training Schedule

## September/October 2010

**Wednesday, 9/15**  
Group Life Training for RWRP Staff  
1pm-4pm

**Tuesday, 9/21**  
Adult CPR & First Aid Challenge  
(Test Out)  
By appointment only, held @  
Admin—Contact Q.I.

**Wednesday, 9/22**  
Adult CPR & First Aid @ Admin  
CPR begins at 8:30am  
First Aid begins at 12:30pm

**Thursday, 9/23**  
N.E.A.T. @ Admin  
8:30am-Noon

**Wednesday, 10/20**  
Adult/Child/Infant CPR @ Admin  
For RWRP Staff Only  
8:30am-4:30pm

**Wednesday, 10/26**  
Adult CPR & First Aid Challenge  
(Test Out)  
By appointment only, held @  
Admin—Contact Q.I. Dept

**Wednesday, 10/27**  
Adult CPR & First Aid @ Admin  
CPR begins at 8:30am  
First Aid begins at 12:30pm

**Thursday, 10/28**  
N.E.A.T. @ Admin  
8:30am-Noon

## 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; the process will likely take up to a year. Q.I. will be playing a role in the conversion process.

### Contact the Quality Improvement Department:

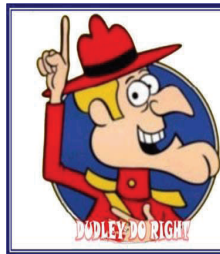
Stacy Morgan, Q.I. Coordinator  
email: smorgan@hrs.org  
Phone: 592-6724 ext. 106

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!*



### July/August Recipients

Darcie Caprio	Jenny Harris	Brenda Spender
Pat Lewis	Teresa Lyons	Matt Rosler
Shari Queen	Sherry Maffin	Stacy Morgan
Stephanie Snyder	Cheryl Taylor	Tara Whaley
Angie Kennedy	S.R. Tilton	Samantha Shafer
Linda Strunk	Kent Butler	Chad Scott
Terrylynn Skinner	Patsy Bail	Deb Eichhorn
Jessica Hawk	Maryann Weiss	Courtney Riggs
Amy Moore	Cheryl Spence	Kate Gehlfuss
Deanna Schultz	HR Department	RWRP Nursing Dept.
Reggie Robinson	DCS Staff	AOP Staff
Laura Hopstetter	Catherine Cordingley	Ellen Martin
Pam Ramage	Linda Rust	Abbey Thompson
Amy Davis	Julie Garner	Jenny Coffill
Jackie Klingler	Cheryl Spence	Amy Isaac
Sheila Ingraham	Michelle Gotfried	Charlene Bruss
Vaughn Grigsby		

## Welcome

to the DCS team,  
**Delcee Proffitt and  
Emily Paulson!**

## International Clean Hands Week

September 19th thru  
September 25th



# DCS News

Division of Community Services Submitted by Reggie Robinson

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School bells are ringing all across the land, and that means that the Division of Community Services is very busy gearing up to provide services to our school and community partners. We just wrapped up several successful summer programs including collaborations with Kids on Campus and the Meigs Juvenile Court. We completed the messy Monday's activities at the Discovery Kids Club, a partnership project with Good Works, by making our own sidewalk paint. We are looking forward to working with them again next summer. We continue to provide weekly programs to Bassett House and plan to offer weekly programming at RWRP and gender-specific groups in cooperation with Hocking Behavioral Health.

Meigs County will be seeing a lot of **Julie Garner** this year. She will be holding Teen Institute groups in all three school districts (Eastern, Meigs, and Southern.) This year she will be focusing on both the drug and alcohol educational component of TI, and she will be introducing service learning to her TI groups. She will also be providing Mentoring services to students in all of these school districts. The Second Step Program, an anti-bullying program, will be held in the 7<sup>th</sup> grade at Eastern and the 6<sup>th</sup> grade at Meigs. Alexander Middle School and Hocking middle school and high school T.I. groups begin in September. Please contact **Joanna Carter** for more information regarding the Alexander or Hocking County T.I. groups at 589-3680.

This year's **Red Ribbon Week** Celebration will be October 25-31. The Division of Community Services will be organizing several school and community events. One big community event that we take part in every year is the Athens Recreation Center Halloween Party. Our very own **Rockin' Reggie** will be DJ'ing that night. If you want to come out and support DCS and Red Ribbon, the festivities take place from 6:00-9:00 on October 28th.

In addition to the community Halloween Party we will be in schools offering special classroom presentations, assemblies, and/or health fairs to emphasize the importance of Red Ribbon Week. The Red Ribbon Celebration originated to honor the work and memory of U.S. Drug Enforcement Administration Agent Enrique Camarena who was murdered by drug traffickers in 1985. The first Ohio Red Ribbon Celebration took place in 1988, and now Red Ribbon Week is observed all across the United States and in numerous other countries.

These are just a few of the events DCS will be working on. If you want to know more about any DCS programming, please call us with your questions at 589-3680.

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## *Health Recovery Services, Inc. 35th Anniversary*

*It has been a pleasure being a part of HRS for 30 out of the 35 years that we have provided services. Congratulations to the executive administration and staff for keeping HRS a part of communities in Southeastern Ohio for 35 years.*

*-Sherry Maffin, Executive Administrative Assistant*

**Ready to take 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>**

## Ohio University Credit Union 2010 Membership Referral Promotion

OUCU is currently running a membership drive with the opportunity to win prizes including a 32" Vizio HDTV, HP Mini-Notebook PC, Canon Powershot digital camera, iPod Touch, and Mini Refrigerator. Refer your friends and family to join OUCU and you'll be entered to win prizes!

Visit the Ohio University Credit Union website at <http://www.oucu.org>

for more information on joining OUCU.

Visit the OUCU Membership Promotion webpage at [http://www.oucu.org/home/resource/news/member\\_promotion](http://www.oucu.org/home/resource/news/member_promotion)

For more information about the member referral program.

**If you love us and you know it, tell a friend**



If you love all the advantages of OUCU, there's no reason to keep them to yourself. Share them with your friends and family.

All of your family members (related by blood or marriage) can join! Your friends can belong, too. Just ask us how.

### Refer a Friend

You both earn ScoreCard Bonus Points, get an "I Love My Credit Union" tote, plus you're both entered to win 1 of 5 hot prizes!



[www.oucu.org](http://www.oucu.org)  
740.597.2800 | 800.562.8420



\*Referring members receive 1000 ScoreCard Bonus Points. Referred new members receive 500 ScoreCard Bonus Points when opening a checking account or 5000 points by selecting the Total Value Package. Referred members must be 18 or over and join the Credit Union. Membership requires a \$10 balance in a savings account. Must have an OUCU Credit Rewards Card, Gold MasterCard or VISA Platinum to earn ScoreCard Bonus Points. Offer ends 10/23/10.



Serving you today. Building your tomorrow.

# September is Alcohol and Drug Addiction Recovery Month

Submitted by Reggie Robinson, Division of Community Services

September marks *Alcohol and Drug Addiction Recovery Month*. With national alcohol consumption rates at their highest point in 25 years and prescription drug abuse becoming firmly entrenched in communities large and small, the Ohio Department of Alcohol and Drug Addiction Services (ODADAS), Athens, Hocking, Vinton and Gallia, Jackson, Meigs Boards of Alcohol, Drug, and Mental Health Services, and Health Recovery Services are using the spotlight to remind the public that addiction is a treatable disease.

“Prescription drug abuse is a significant problem in Ohio,” said ODADAS Director Angela Cornelius Dawson. “The non-medical use of prescription drugs has been increasing at an alarming rate in recent years. Recovery Month provides a perfect opportunity to educate the public about the dangers of misusing these medicines and other substances, and encourages those who may be struggling with an addiction to seek help.”

Admissions to publicly-funded treatment programs for heroin and other opiates – including prescription painkillers – have steadily increased over the past decade from 4.4% of all clients in treatment in 1999 to 15.5% in 2009. A recent Ohio Department of Health study found that in the past year more Ohioans died as a result of accidental drug poisonings and overdoses than in automobile crashes. As recently as June 18, 2010, the Centers for Disease Control and Prevention released a morbidity and mortality report that showed increasing morbidity associated with non-medical use of pharmaceutical controlled substances. Meanwhile, a 2009 survey conducted by the Partnership for a Drug-Free America revealed persons between the ages of 12 and 17 abuse prescription drugs more than cocaine, heroin, and methamphetamines combined. In this age group, prescription drug abuse is second only to marijuana use, according to the Partnership. The ease of access to prescription medication is a contributing factor in this growing trend of abuse.

This April, Governor Ted Strickland formed the Ohio Prescription Drug Abuse Task Force to examine trends and formulate policy recommendations aimed at halting the state’s burgeoning prescription drug/opiate problem. Four work groups have been established to address the treatment, law enforcement, regulatory, and public health aspects of the issue. The Task Force is expected to release its findings this fall.

A number of Ohio communities have already held, or are in the planning stages of organizing prescription drug “take-back” events to properly dispose of unused medications. On November 13th, communities across the state will have an opportunity to participate in the “American Medicine Chest Challenge.” Residents in participating communities will be encouraged to drop off unused prescription drugs at designated collection sites. HRS will be spearheading this effort in Athens County.

“The collection, removal, and safe disposal of unused medication from households and long-term care facilities removes a potential avenue of diversion, limits the availability of medications to drug seekers/abusers and decreases the potential for accidental ingestion/poisoning,” said Director Dawson.

Now in its 21st year, Recovery Month is a nationwide celebration sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services. The 2010 theme, “*Join the Voices for Recovery: Now More Than Ever!*” is designed to reach groups who often face times of high stress, such as public safety officials, the workforce, older adults, and families. This stress may contribute to or exacerbate alcohol and/or drug use, including prescription drugs, which can lead to a substance use disorder or relapse.

In a resolution officially establishing September as Recovery Month in Ohio, Governor Strickland urged all Ohioans to rally around the meaning behind Recovery Month. Communities across the state are answering the Governor’s call-to-action by planning and hosting local awareness events designed to eliminate stigma and other barriers to treatment.

## Staff Birthdays

### September

6th Charlene Bruss,  
Michael LeClain  
7th Deb Eichhorn, Jessica Fox  
8th Amy Barber  
9th Tara Whaley  
10th Diane Blankenship, Patsy Bail  
14th Sarah Collins  
15th Julie Garner, Joanna Carter,  
Matt Rosler, Chad Bobo  
19th Shelton Curtis, Ted Layman,  
Samantha Shafer,  
Dave Cramer  
20th Wanda Lindsey  
22nd Della Jordan  
26th Jodi Webster  
27th Joy Strickland  
29th Tina Harper

### October

1st Ashley Herring  
5th Connie Robson, S.R. Tilton  
7th Shelby Fox, Jennifer Merrill,  
Andy Trout  
8th Tim Colwell  
11th Michele Gotfried  
14th Deb Hood  
17th Reggie Robinson, Lisa Marie,  
Amanda Uribe  
18th Talley Pratt  
20th Paula Holcomb,  
Sheila Van Dyke  
21st Sheri Bradford, Heather Ousley  
30th Kate Gehlfuss



**From: Staff**  
**To: Staff**



Special Greetings

*Thanks for Your Help!*

Thank You  
**Joanna Carter (DCS)**  
For coming to Bassett House and  
helping us out in the school.  
Your support was much  
appreciated!  
-BH Staff

**Thank You**

**DJ Rockin' Reggie**  
for coming to Bassett House and  
providing music for the kids  
during their outing.  
They really enjoyed it and  
so did the staff.  
You did a wonderful job (as al-  
ways)!

-Patsy Bail and BH Staff

**Welcome**

To the CSP team,  
**Sarah Irwin!**  
- Grey St. Staff

*Thank you*

**Laura Arbaugh** would like to  
thank all staff members who gen-  
erously allowed her to use their  
computers while networking was  
down at AAEP.

*You are Appreciated!*

**Thank you**  
**Tina Hosken**  
For your hard work in facilitating  
the meeting with Representative  
Jimmy Stewart.

## Employee Longevity

### September

#### 10+ Years

Connie Chapman  
Robert Johnson  
Maryann Weiss  
Christine McDaniel  
Deb Hood

#### 5-8 Years

Bernadette  
Heckman  
Diane Blankenship  
Laura Hopstetter  
Sheri Bradford

#### 3-4 Years

Rich Green  
Stacy Morgan  
Kat Givens

#### 1-2 Years

Andy Trout  
Carrie McManis  
Ashley Gardner

### August

#### 10+ Years

Crystal Long  
Tara Whaley

#### 5-8 Years

Kent Butler  
Chad Bobo  
Glenn Driggs  
Cathy Bolin  
Tina Harper  
Tim Colwell  
Ted Layman

#### 3-4 Years

Melinda Holley  
Christina McLain  
Janet Bergman

#### 1-2 Years

Tracey Monroe  
Michele Gotfried  
Lori Duhl  
Talley Pratt



## Intercepted Letter: VOP Sponsors Trophy for Vinton County 4-H Fair

August 2010

Dear 4-H Supporter,

*We sincerely appreciate your sup-  
port of Vinton County 4-H during  
the past year! Enclosed is a  
plaque for you to display as a to-  
ken of our appreciation.*

*By investing time and effort in the  
youth of today, we can ensure a  
better and brighter future for  
Vinton County!*

*Thank you, for your support en-  
riches the 4-H experience for over  
500 Vinton County young people!*

Sincerely,

Travis West

Vinton County Extension Director,  
Ohio State University Extension  
Educator, 4-H Youth Development

**For the past six years, VOP has  
sponsored a trophy for the Grand  
Champion Hog at the Vinton  
County 4-H Fair.**