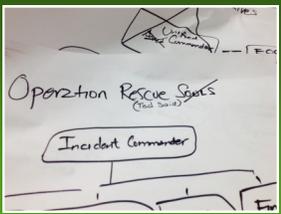


EMSH Insider



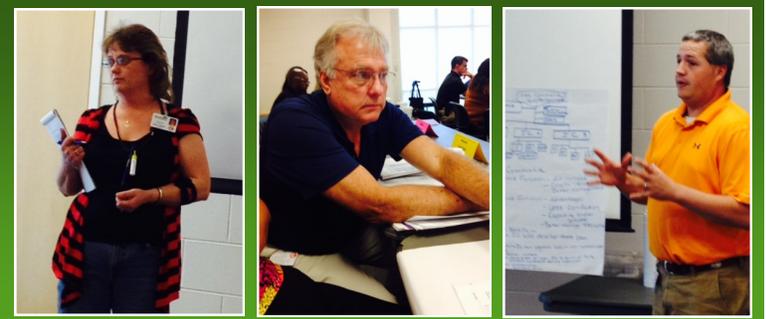
43 Employees Complete ICS in Operation "Ted Said"



For 43 EMSH employees, the acronym NIMS means compliance and they are for action when needed should an emergency arise at East MS State Hospital. NIMS, short for National Incident Management Systems, is a proactive approach to guide departments and agencies at all levels of government, nongovernmental organizations and the private sector to work together seamlessly and manage incidents involving all threats and hazards, regardless of cause, size, location, or complexity in order to reduce loss of life, property and harm to the environment. This common and consistent approach is managed through NIMS' Incident Command System (ICS) which is divided into functional areas of command, operations, planning, logistics, Intelligence & Investigations, finance and administration. Once trained and called into action, employees assume various roles of leadership to identify key concerns associated with the incident without sacrificing attention to any component of the command system.

For the second time this year, Wes Pegues of MSH's Risk Management, traveled to EMSH to facilitate ICS 300 & 400. From mid to late September, exercises, scenarios, modules, PowerPoints, role plays and presentations brought fellow co-workers together to cohesively communicate and rectify solutions to simulated happenings that could commence in real time. Class members worked in groups and then made presentations that showed how best to handle incidents. Shown here are Sheila Bennett (Warehouse) and Chris Mason (Pharmacy) as they speak for their groups under the watchful eye of Ted Spencer, EMSH Risk Manager.

The NIMS training has placed East MS State Hospital in compliance with the related Joint Commission standards. EOP exercises and mock incidents have and will continue to ensure a status of compliance. In time, we will all be better prepared for emergencies that could take place on anyone's watch.



Stress Management-Beach Style!



ActiveHealth Management, the company that oversees our state health and wellness benefits, hosted a four week educational series on Stress Management and Hypertension during the month of September. Presenters included Onsite Health Coaches Patricia Heflin, Rolanda Watkins-Perkins and Brett Watkins of ActiveHealth. Held in the Dietary Conference Room, attendance ranged from 15-20 per session with several co-workers attending all four presentations and qualifying for a FitBit, a super pedometer that tracks activity, steps, distance and calories burned. House-keeping's Pam Blair was the winner and is pictured with Brett Watkins upon receipt of her FitBit.

During Patricia Heflin's "Calm Waters, Relieve Stress" presentation, attendees learned to identify sources of stress, tips to manage the everyday stressors as well as ways to prevent stressful situations from occurring. Heflin ended her session with a relaxing and calming deep breathing exercise that included progressive muscle relaxation. This module of relaxation took place at a beach in cyberspace which is shown on the laptop in the far right photo. Heflin is also pictured with Brittany Rushing and Melissa Brewster of Employee Health / Infection Prevention. Brittany & Melissa coordinated the series.



2013 Safety Units of the Year



Once again, our EMSH FRIENDS organization has rewarded exemplary service! Our 2013 Safety Units of the Year, Beauty & Barber and BASAC "B" were recently honored with a picnic style lunch. Each employee received a personal first aid kit and another pat on the back from the Safety Committee for not having any workers' compensation claims for an entire year. Beauty & Barber's staff is shown here with their first-aid kits!

2014 Safety Units of the 1st & 2nd Quarter



Representatives from BASAC D and 3 North (pictured above) received Safety Unit of the 1st Quarter & representatives from Professional Development and 2 North (below) received Safety Unit of the 2nd Quarter of 2014. Congratulations to all of you for your excellent display of Safety!



REMEMBER

EMSH BENEFITS FAIR



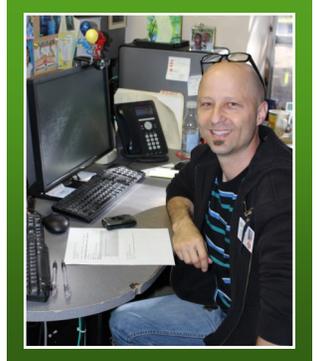
Please come out and support EMSH's
2nd Annual Haunted Grove
October 30th from 6-10 pm
Hayrides are \$5 each & Kreepy Kafe` concessions will also be available for purchase

Spotlight on Joe Eastman



Whose pitter pats of exuberant presence, passionate personality, impeccable work ethic, and extreme loyalty towards others roam all of the halls that make up EAST MS STATE HOSPITAL? That would be Joe Eastman, our ageless, playful Information Technology Administrator. His vibrant Hawaiian, ALOHA, shirts are a dead give-away to the charisma he radiates. Joe is shown here installing the Avaya telephones on first floor north of 303 (now A building) in August 2009. The second photo was made last week. Note, the only difference is the glasses on top of his bald head. Joe would say in regards to his frames, "People tell me I look smarter when wearing glasses, so they stay on my face when I need them; otherwise, they sit atop my head." You may also recognize him strolling along the halls with a blonde. WATCH OUT! That's Kim (Timekeeping), Joe's wife of 7 years!

Joe has been at EMSH since 1999 as a Computer Service Technician. For fifteen years he's saved us with technical beckonings. His services include assistance with our computers, phone systems, printers, etc. Whenever he is assigned an IT work order, Joe gladly assists any employee in any way joyfully. He is one of only a few co-workers who, at times, has a one on one relationship with so many of our vast EMSH family. Everyone knows and loves JOE! It's no wonder that the Morale Committee has selected our friend to be spotlighted!



When asked about the changes that he has seen at EMSH over the years, Joe referred to change as adjustments that we must adjust to so instead of change, he said, "Let's talk about hope and close this interview with the hope that I carry in my heart daily and that is for people to see the value of other people. To me, the only other greater value in life is a personal relationship with our Heavenly Father." Rest assured that if you are reading this, Joe Eastman values you and loves you just as you are!

New Beginnings

by Susie Broadhead



Wanting to expand offerings at the EMSH Treatment Mall, I accepted a position at the S Building to reinstate adult education programming. Under the direction of Marshon Mars, Therapeutic Programming Director, I am to design and implement a module to offer GED assistance to our Inpatient Services' IRS. This move is taking me back to not only my previous life as a teacher (yes, that is true; ask Diane Nobles, a former English student of mine,) but also to the clinical side of meeting those we serve where they are and moving them to where they need to be. The transition has been fast-paced and exciting. The staff at the S Building has welcomed me into a calm and quiet setting and made me feel at home. Maintenance and IT visit often as we work together

to ready a classroom for the purpose of computer based learning, coupled with one on one instruction.

Having served as Public Relations Director of East MS State Hospital for the past seven years, I am forever grateful to Mr. Carlisle for entrusting me to oversee time honored traditions and ceremonies, plan events that benefited both IRS and co-workers, share our 132 years of history via campus tours and speaking engagements and participate in MS Department of Mental Health mandates. Having established our internal newsletter, *EMSH Insider*, in October 2009, is among the many things that I will cherish about the tasks assigned to me. Interacting not only with the media, but also with a community that embraces the news of progress and accomplishment at our institution has been ever so gratifying. Indeed, EMSH is an integral part of all that makes the state of MS a leader in mental health services.

Penny Allen will continue to serve you in the Office of Public Information. Already, she is on the move to capture and publish the latest news of our vast EMSH family for both the *Insider* and *Eastern Exposure*. As a meticulous perfectionist, Penny will do well. She has many gifts and graces that you have witnessed over the past 2½ years and has always made things "Penny pretty."

