



The Columbus Behavioral Center Quarterly Chronicle

An Update on Events and Programming at CBC

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First Quarter 2009

DIAGNOSTIC EVALUATIONS OFFERED AT CBC

CBC has expanded their services to meet the identified needs of the community by offering Diagnostic Evaluations (D&E). This is a 30-day period for children and adolescents in need of a mental health evaluation to determine the appropriate level of treatment needed. The components of the D&E include, but are not limited to: a psychiatric evaluation completed by a board certified psychiatrist, a thorough array of neuropsychological testing, a psychosocial assessment completed with the resident (and their guardians when available), an evaluation of current medication regimen, and a history and physical. While the child is at CBC, they will also participate in programming which includes individual, family and group therapy. At the end of this 30 day period, a thorough written report is provided to assist referral sources in determining appropriate next steps in the child's treatment, such as community wraparound, intensive outpatient services, or a residential placement. This report includes copies of all testing and a clinical recommendation. Children who are between the ages of 8 and 17 are referred to this program by the Department of Child Services or the juvenile probation department. We are excited to offer this additional service to the community for those working with children needing additional help in determining the next step.

- submitted by Kelly Ulreich, CEO & Tena Stone, Program Director

CONTACT INFO:

For any questions, regarding admissions or services, please contact
Michelle Orr, RN
Admissions Director
(812) 314-3721
1-800-562-5213
(Fax: 812-314-3718)

View our website for more information on our programs, FAQ's, directions to the facility as well as pictures at:
<http://www.columbusbehavioral.com>

Columbus Behavioral Center is a 61-bed residential treatment facility for youth ages 8 to 18. We provide a therapeutic, secure environment focusing on individualized treatment goals for adolescents who have had multiple inpatient and outpatient treatments, substance abuse problems, or repeated behavioral concerns. Our programs are Medicaid, County or private insurance funded.

Lunch & Learn:

Topic: The Silent Epidemic of Teen Suicide...What Can Be Done!

Date: April 15, 2009

Time: 11:30 a.m.-1:00 p.m.

Presenter: Joni Irwin of The Jason Foundation

Location: Columbus Behavioral Center

RSVP by April 8, 2009 at 1-800-447-1348

* 1^o CEU provided *

FUN! FUN! FUN! AT CBC

In October we had our annual Halloween Party. The residents were encouraged to dress up. There were four party stations: Halloween crafts, snacks, hair and nail painting and Halloween face painting. Many CBC Staff volunteered to help with stations and other aspects of the party. We also participated in a Staff Halloween Costume Contest! All of the kids even got a chance to vote on the best costume!

The month of November is the month to give thanks. All of the children participated in activities during AT (Activity Therapy) groups that focused on being thankful. On Thanksgiving Day, CBC invited all families to come and enjoy a Thanksgiving feast.

The AT staff created a December calendar which showed different events for *each* day of the month. Residents were extremely excited to begin working on the Christmas Extravaganza (CE) Program and the Choir! The CE is an annual variety show where our residents can perform (singing, dancing, or acting). We were all extremely grateful this year to the many kind businesses and churches in the area who unselfishly contributed gifts in order to ensure that Christmas for our residents was extra special. We received contributions from Cummins Engine Company, Zion Springs Church, Elizabethtown United Methodist Church, Sixth Street General Baptist Church, State Representative Milo Smith, First Christian Church, Banana Republic, The Gap, Southern IN OBGYN, Shop-with-a-Cop, and Dorel Juvenile Group. CBC also provided gifts for our residents and our staff participated in an Angel Tree, but we could not have made this holiday season nearly as special without the kindness and generosity of these groups and for this, we are extremely grateful.



We are now ramping up for 2009 and we have many exciting activities and adventures ahead of us! All of the staff are looking forward to a great new year as we work with these children and adolescents who need our love and support. - submitted by Alesa Bradley, Activity Therapist

Columbus Behavioral Center - "A Center for Positive Growth"



LUNCH & LEARN SERIES RETURNS TO CBC

CBC would like to announce the latest installment of the Lunch & Learn series. The topic of the seminar is *The Silent Epidemic of Teen Suicide...What Can be Done!* The presenter will be Joni Irwin of The Jason Foundation. It will be held here, at Columbus Behavioral Center, on April 15, 2009 from 11:30 a.m. to 1:00 p.m. One hour of CEU will be provided and as always, lunch will be served.

Our Lunch & Learns are free to attend, but reservations are appreciated. Please RSVP by Wednesday, the 8th of April to (800) 562-5213. - submitted by Mike Frye, Community Liaison

We welcome all referral sources to visit our facility at any time. Please call (800) 562-5213 to schedule a tour.

PROFESSIONAL PROFILE: ZAC SHELTON, BA, LEAD MHT



Zachary Shelton,
Lead Mental Health Tech

My name is Zac Shelton and I have been with CBC for five years. I mainly worked on the CCI unit for the first three years and was recently promoted to Lead MHT on the pre-adolescent boys (Blue) unit. I graduated from Brownstown High and went on to earn a BA in Psych from IUPUC. I am re-enrolling in college this fall to work on my Master of Social Work degree, as my long-term goal is to become a therapist. My ultimate goal would be to work with our state leaders on reform so that those of us who choose this career path can have a collective voice in helping our state's children.

Many people ask me what my job is like as an MHT. I rarely tell them everything this entails because it can be too much to describe, but I do like to explain what I enjoy the most. The job is never boring! The work always challenges me to become inventive, more patient and responsive to our residents' needs. My hopes and intentions for this job are safety and behavioral modification, but I believe we as techs can bring much more to the table. We can instill perseverance, self-esteem, self-discipline and hope. We are not only techs but role-models, surrogate parents, siblings and even heroes to some. We endure very difficult behaviors with a smile and practice patience on a daily basis. We give help and instill hope to families that seem hopeless and helpless. We tackle challenges many would not want to and we do it day in and day out. We do not do this for the money or recognition. We do it because we love what we do and believe we can make a difference.

RESIDENT CORNER: LIFE SKILLS

On February 26, a bunch of residents got to go on a school outing to Clowes Hall at Butler University in Indianapolis. We were so excited to see the performance of *Cool Drumming: The Distinctive Rhythms of World Cultures*. We packed our lunches, helped load the van and set off on our trip. We only got about halfway there when one of the vans had a flat tire. We had to stop on the highway to fix it. By the time the staff had changed the tire, we were too late to go to the show. We were pretty upset, but everybody learned that sometimes things just happen that are out of your control. The staff processed our feelings of disappointment with all of us on our way back to the facility. So we went back to CBC to regroup and the staff decided they would take us out for something nice since we handled our frustrations so well without getting real mad. The movies didn't start until too late and the bowling alley didn't have enough room for us all, so we all decided to go to Golden Coral to eat lunch! Again, we were all really good and showed good manners and no one acted out. We ate and ate until we couldn't eat one more bite! I hope there will be another performance so we can try to go again. The cool thing is now I know how to change a tire, if I ever need to!

- submitted by "S," an 18-year old on the Sunflower Unit



An unexpected turn of events changed an outing from one of cultural exposure in to one of both coping and life skills.



Pictured:
Clowes Hall
on the Butler
campus and
the
performance
of Cool
Drumming.

END OF YEAR ACCOLADES

As part of our annual Christmas party for staff, we again held a special awards ceremony to recognize those staff who have gone above and beyond their required duties. Although it is difficult to decide who should receive these accolades, this year's recipients were very deserving of the honors.

The Patient Focused award went to Lindsey Cash.

Lindsey is the Lead MHT (Mental Health Tech) for our Pink unit which serves pre-adolescent female youth. The Customer Service award went to Tara Taylor. Tara is a Nursing Supervisor. The Perfect Attendance Award(s) went to Tanya Kilgore, Barb West, Don Rice. Don works 3rd shift as an RN and has won this award four straight years! Barb works as a 3rd shift MHT. Tanya is a 2nd shift MHT for the Purple unit, which serves our adolescent female youth and is also one of our CPI Trainers. The Employee of The Year award went to Jana Thompson, who works as a therapist, primarily with the Pink unit (but others as well) and is also a chemical dependency therapist. Congratulations go out to all of this year's recipients! Here's to a great 2009!

- submitted by Tom Scheumann, IT/Purchasing/Staff Development



2008 Employee of the
Year, Jana Thompson!