



The Columbus Behavioral Center Monthly Chronicle

What's happening this month at Columbus Behavioral Center for Children & Adolescents.

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March 2006

New PRTF Unit Opened in February

Columbus Behavioral Center
2223 Poshard Dr.
Columbus, IN 47203
1-800-562-5213

For more information about our services, including directions, please check us out on the web at:
www.ecolumbushospital.com

In late February we created a new unit to better utilize our space and meet the growing need for PRTF (Rule 13) beds in the state of Indiana.

The additional space allows our facility to offer a specialized unit that can accommodate a patient population based on the varying needs of the community.



An example of a resident's room.

The new unit has 2-bed patient rooms with private restrooms. In addition, a stand-alone nurses' station, quiet room and dayroom are included.

In order to accommodate our growth in residents, we also recruited an LCSW-credentialed therapist who provides process groups specifically tailored for the residents on the unit.

CONTACT INFO:

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

Lunch & Learn Series Continues

Following on the heels of the two previous (and highly successful!) Lunch & Learns, we are proud to announce the next presentation in our regional series.

The topic is "Current Trends in Adolescent Substance Abuse Treatment," which will be presented by D. Kristen Small, PhD, LMHC. Ms. Small is affiliated with Samaritan Behavioral Healthcare.

The Lunch & Learn will be held Thursday, April 13, 2006, from 11:30 a.m. to 1 p.m. in the Washington County Government Building, located at 806 Martinsburg Road in Salem, IN.

To RSVP, call Meadows Hospital at 800-972-4410 by April 12. We are pleased to provide this free service to the community and hope that you can attend.

Special Points of Interest:

- * Columbus provides residential treatment services for children and adolescents, ages 12 - 18 years.
- * We provide a safe & secure environment to focus on individualized treatment goals.
- * We are accredited by JCAHO.
- * We accept most RTC payor sources.
- * Medicaid Approved.

New Playground Equipment in Courtyard

One of the more enjoyable aspects of our program is creating a fun environment for the children and adolescents we serve. Nothing is more poignant of that view than the new addition to our large courtyard beside our facility.



The new playground equipment arrived late last Fall and has been a huge hit with the residents.

Our new playground equipment is a vital need, as it ensures our residents are not only getting much needed exercise, but

also fosters a more "child-friendly" environment. The playground includes swings, a slide, tetherball areas and monkey bars. The equipment compliments our full-sized basketball court.

Our playground has been a big hit with the residents and is a valuable addition to the program. The next time you drive past the facility, look for it peeking out at you above the 10' courtyard fence!

Residents Enjoy Annual Valentine's Day Party

We held our annual Valentine's Day party on February 14th. The yearly event is a joint venture between the education & dietary departments, as part of the residents' culinary class schedule.

Kathy Murphy, Director of Education, stated, "The residents learn proper hygiene, how to follow directions, and basic food preparation. Of course the best part is - they get to eat what they create!" ☺

This year, the residents decorated sugar cookies and enjoyed them along with red punch and Valentine's candy.

The culinary class is held every 6 weeks, generally set to coincide with a traditional holiday or party.

"What makes these events special is the staff (especially the dietary staff) help pitch in, so it's a total team effort," continued Mrs. Murphy.

"The kids enjoy the cooking classes because it's something they take for granted and are surprised at how much work it is to create a dessert or a special meal. It gives them a new respect for the folks who cook their meals. They are very appreciative," she concluded.

Professional Profile: Heather Rosenberger, MSW

Hello, I'm Heather Rosenberger, program therapist at Columbus Behavioral Center for Children and Adolescents. I have my Master's of Social Work degree from Indiana University and have been in the social services field for 10 years.

Each week residents attend my process groups to discuss issues and express related thoughts and feelings. This is an excellent opportunity for them to learn from each other. I really enjoy experiencing these interactions and witnessing the development of insight as they apply others' perspectives to their own lives.

Every day at Columbus Behavioral Center provides a new challenge, a new learning experience and a new opportunity to improve the lives of the residents. I have



Heather Rosenberger, MSW
Program Therapist

enjoyed assisting residents evolve from angry teens into mature young adults as they learn to use positive coping skills. As a program therapist, I also help residents to build their self-esteem, improve social skills and combat depression.

While the majority of my day is spent completing individual therapy sessions with the residents, I also have the opportunity to facilitate family sessions. In family therapy sessions, I assist families in relearning key parenting skills and how to adjust to the new behavior from their child. It is always a

pleasure for me to see a child going home with their family, knowing everyone is equipped with positive skills for managing anger and an improved ability to cope with stressors of everyday life.

Kitchen Staff Recognized

Our dietary staff are an important part of our team approach in supporting the holistic needs of the residents and their families.

We are proud to announce that Pam Whiteside, Dietary Director, and her staff continue to maintain high standards and departmental safety, achieving another perfect score with regulatory compliance and cleanliness.

Pam has been a valued employee to both residents and staff since joining us in January of 2001. Pam and her staff have contributed immensely to the improvements in our dietary services to date.



Pam Whiteside, Dietary Director, celebrates her accomplishments with Richard Clark, CEO and Dennis Richardson, Environmental Services Director

Next Issue

- St. Patty's Day Party
- Lunch & Learn Series
- BCSC School Corp. Alliance
- Professional Profile of Richard Clark, CEO

We welcome all referral sources to visit our facility at any time. Please call Kelly Ulrich at 1-800-562-5213 to schedule a tour. Thank you and have a great month!