



The Columbus Behavioral Center Quarterly Chronicle

An Update on Events and Programming at CBC

Volume 3, Issue 2

Second Quarter 2008

2008 Update

The new year started with a bang as we turned to the completion of our triennial JCAHO survey and our annual state survey. All went very well, and we are certified and re-licensed. Having completed those tasks, we are moving on with the renovation of the resident activity area. While the recent addition of our gymnasium/education complex has given our residents more room for playing and learning, we continue to find ways to grow, develop and improve. Our latest plan is to renovate our Activity Therapy room. We began this process by buying a large screen plasma T.V. and are adding several kid-friendly items such as game tables and video games. There will be a lounge area where the residents can relax and socialize and an art studio for more extensive Art Therapy activities. CBC is also getting the attention of our local press. Stephanie Thomas, the therapist for the Sunflower Program, was featured along with the program in *She Magazine*. Also, *The Republic*, our local newspaper, did a feature story about the music program we offered with the Columbus Council for the Arts. As always, CBC is dedicated to the best quality care possible for our residents. *-submitted by Kelly Ulreich, CEO*

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 10 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.



Pictured: Last month's Lunch & Learn with Dr. Bevers. We had a great turn-out! Also pictured is an aerial view of our interior courtyard where residents can eat and have groups when the weather is nice.

Professional Profile: Mike Frye, B.A.

I am Michael Frye, the new Community Liaison for CBC. I was born and raised in southern IN. In high school, I participated in basketball, baseball, and track and earned a full athletic scholarship to play basketball at Brescia U. in Owensboro, KY - where I received my BA in Sociology in 1994. I have a wonderful wife (an RN at University Hospital in Indy), three children and live in Greenwood. I have 15 years of experience working in the mental health/social services field. I have previously worked for another residential facility as the Community Relations Representative. I have worked in many different aspects of the social service field, such as six years on an acute / residential unit, performing assessment and referrals and six years in foster care / wraparound services - three of which I was the supervisor for foster care placements. My previous experience allowed me to collaborate with social and acute services, physicians and families on the treatment and well-being of children. In working with different aspects of the social service field, I can relate and understand what it takes to have professional treatment and services.

It is my job to make sure that CBC is doing everything we can to meet your needs. In the next couple of months, I will be in the area to introduce myself to you and your staff. If you have any suggestions, questions or concerns, please contact me via email at Mike.Frye@psysolutions.com or phone at (812) 699-2954. I encourage all to visit CBC, and see what we have to offer.



Michael Frye, Community Liaison

Food For Thought:

"Recognizing Bipolar Disorder"

Date: May 15, 2008

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

Presenter: Dr. Rick Robertson, Valle Vista Health System Psychiatrist

Location: Valle Vista Health System
898 E. Main St., Greenwood

RSVP by May 14 at
1-800-447-1348

Columbus Behavioral Center - "A Center for Positive Growth"

Summer Programming Brings A Welcome Change of Pace

It's time to prepare for our summer programming. April is the month that brings us together to make our unit plans for the summer. Everyone is looking forward to the break from school and the opportunity for increased growth and development through alternative activities. Currently our plan includes an therapeutic horseback riding program, outings to the pool twice a week, a supplemental math skills class, a physical activities group, a "reading is fun" program,

a culinary class and much more! There are so many opportunities for our residents to learn social skills, to further develop their academic skills and to apply some of the valuable lessons they learn in treatment to every day life. Keep an eye out for the next Chronicle where we'll take an inside look at our summer activities and how much fun we're having!

-submitted by Tena Stone, Program Director

Outings Help to Build Therapeutic Rapport



Outings are always a favorite activity for our residents. Recent outings included a "Buddy Party" at Chuck E. Cheese Pizza in Columbus, an Activity Therapy field trip to the new Columbus Fire Station and a school field trip to the Bass Pro Shop Outdoor World in New Albany.



The elementary and middle school boys went on a field trip on March 5 to Pro Bass in New Albany. They observed a fishing lesson at the big aquarium and enjoyed all of the "stuffed" animals around the store. They were excited to ride in the glass elevator. One boy was so impressed with the outside of the building, that he "just wanted to keep looking at the front of the store." He eventually came inside the store and was enthralled the entire time that we were in there! Afterwards, we enjoyed lunch at McDonald's before returning back to the facility. The residents had certain requirements that they had to meet in school to earn the privilege to attend the field trip. We came back with posters of fish to hang in the classrooms to remind us of the fun we had that day.

-submitted by Kathy Murphy, Education Coordinator

Resident's Corner: Easter Egg Hunt

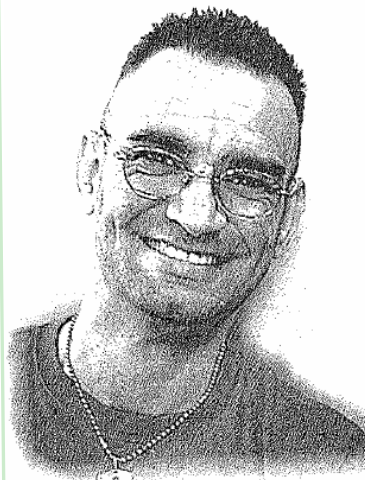
On Easter Sunday we had an Easter egg hunt that was on the Blue and Sunflower Units. Each Sunflower girl was given a buddy on the Blue Unit. They gave their buddy his Easter present (a stuffed animal bunny or duck) and took him on the egg hunt. It looked like everyone had a great time! It appeared that all of the Sunflower girls enjoyed hiding eggs and being a mentor to the younger boys. After the completion of the Egg Hunt the girls and boys played cards together while everyone ate Easter candy. "We got lots of candy and a stuffed animal from our buddies!! I really liked it when I got a stuffed animal!" *-M on the Blue Unit.* The girls were very supportive and positive. "It was a great learning experience to spend time with younger peers and teach them things like being patient, polite, and appreciative." *-S. on the Sunflower Unit.* The boys were engaged and compliant for the entire event! The boys' great behavior was credited to the girls being able to give them one-on-one attention and support. "I enjoyed getting to spend some one-on-one time with the little boys. It made me feel really good just to see them smile and having fun." *-J on the Sunflower Unit.* The girls reflected afterward and said they felt so good because they got to make someone else happy! "I enjoyed it a whole lot. Everyone was getting along positively with no negative behavior! Everyone had a great time and we would like to have more activities together like that." *-S on the Sunflower Unit.*

-submitted by Alesa Bradley, Recreation Therapist

One of the cool aspects of working in this facility is that we get to work with kids, which means we get to do kids stuff! The management staff have all "adopted" a "buddy," with which to spend some 1:1 time when possible. We have had a Christmas party, and an Ice Cream Social among other events. My favorite thus far was the trip to Chuck E. Cheese's. We got to spend quality time with our "buddies" playing games, talking and eating pizza. Not only was it an opportunity to work on social skills, but also a less-structured environment with which to form lasting therapeutic rapport. This unique relationship is helpful during crisis moments when the resident has trouble responding to the direct line staff, giving them a chance to talk with a "fresh face" and an opportunity to de-escalate.

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

In Coelo Quies Est



It is with deep regret and sorrow that we announce the sad and untimely death of Daniel Clark on April 23, 2008. Dan was a valuable part of our team for twelve years and will be dearly missed.

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