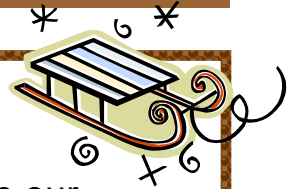


# Utah State Hospital Newsletter

Issue 37

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## 2011 - ANOTHER SUCCESSFUL YEAR!



As 2011 comes to a close, it is with much appreciation that I contemplate our ongoing success as a State Hospital. We are so fortunate to have such wonderful employees working at USH. In September, I had the opportunity to meet with leaders from State Hospitals in the Western United States. We belong to this Western State Hospital Association and interact often with them benchmarking our data, sharing information, providing consultation, and giving each other support. I am always proud to share many of the great accomplishments that staff has achieved throughout the year. There is always plenty to share when it comes to the great things that you do. Most importantly is the high quality of treatment that is provided for our patients.

Also this year, the Legislature approved funding for our new buildings and the MS building staff and Pediatric Units are working closely with the Architects as the design phase is underway. We will break ground in the Spring of 2012 and open in the Fall of 2013. These will be great additions for our patients and to the campus. The Building Board approved for us to name the new clinics building the Mark I. Payne Building after our late Superintendent. This will be a great honor for his family as well as the hospital.

We made it through some very challenging times too as we consolidated units to close 30 beds. The Staff has pulled together in a very supportive and professional manner to maintain the continuity of patient care. Health care reform has created an attitude of uncertainty and speculation. Many changes are required of us. Yet, the hospital stands on firm ground with our reputation and value as a mental health provider. I hear over and over again compliments from the Local Mental Health Authorities, Advocates and Patients. I receive many letters of gratitude from individuals who have been discharged as well as their families, expressing appreciation for the care that is given. I even read many Suggestion/Concern forms that are just nice notes giving "thanks to the staff" for a job well-done.

I want to express my appreciation to all of you and wish you and your families an enjoyable Holiday Season and Happy New Year.



*Dallas Earnshaw. Superintendent*

## MORALE COMMITTEE GETS GOING!

As a result of suggestions from our 2010 Manager's Conference, we organized a Morale Committee with members representing most areas in the hospital. Committee Members have jumped into this assignment with much excitement and many creative ideas. You may have seen laminated posters in your manager's office: "You work with wonderful people...have you thanked them today!" Just a reminder that a simple thanks goes a long ways. They also re-instituted the "Recognition Weeks". We have had a lot of fun celebrating different departments throughout the year. A new week is TROY Week... "The Rest of Ya", week! Because not everyone fits into a national recognition week and might be working solo in your department...we wanted to have a special week for all these folks. It might seem a bit impersonal but we wanted to find a way to include everyone. The Department of Human Services approved our Incentive Plan which includes using our V.I.P. Certificates again. Managers now have more tools to recognized excellent service. Another fun event sponsored by the Morale Committee was the Alumni Luncheon. Over 30 retirees returned to USH to enjoy lunch and each other's company. It was a treat to visit with some friends from the past. Congratulations to the Morale Committee for a great year!



## P E D I A T R I C L U A U

On September 15, the Pediatric Units of the USH once again hosted our Patient/Family Luau. For the first time, the Children's Unit attended with their families and shared in the great food, entertainment and fun. With the help of our wonderful staff from Tonga, Samoa, and Hawaii a buffet of authentic food from the islands was served. In all, 170 people attended and enjoyed the music and dancing from Pacific Island Dancers. Social Worker Doug Stone was the MC and our own Tom Shults performed several numbers on his many ukuleles. The weather was great and we received many positive comments from the families of their experience. We value such activities in order to create positive memories for the patients and their family members during their stay. We look forward to our Family Christmas Dinner this December. We would like to say thanks again for all of the staff who did such a great job in putting this together!



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## Medical Students

The Utah State Hospital is gaining a reputation as a strong provider of psychiatric education. The hospital has an agreement in place with Rocky Vista University Medical School (RVU) that brings over 40 students a year to the hospital. We also have an agreement with A.T. Still University (ATSU - Kirskville College of Osteopathic Medicine) to bring an additional five students a year to the hospital. In addition to this, we have provided education to Physician Assistant students from the University of Utah. This is all in addition to the BYU students that come for exposure and experience to the medical field.



RVU has been very complimentary of the educational opportunities that have been provided to their students. At a dinner provided by the school at BYU on November 30, 2011, Dr. Thomas Told, Assistant Dean for Clinical Education from RVU praised the efforts of the school and congratulated the hospital on the outcomes that they have seen in students completing their rotations here in Provo. Reports from the school are that their students that participate in rotations here score five percentiles higher than their peers.

Kasey Gillett, a third year student at RVU said, "I really appreciate that the entire staff is interested in teaching us." She continued by explaining that it was amazing to see how the staff cared for the patients and how this cemented the learning. Students have consistently been grateful for the time spent by the nursing staff as well as other specialties to take time to teach and to let the students participate in activities. Another third year medical student, Andrew Oliver, spoke highly of the staff when he said, "It's not just a job." He continued by saying, "The feeling of caring is very pervasive."



## Hospital Hustle

The 1<sup>st</sup> annual Hospital Hustle took place on September 1<sup>st</sup>, 2011. The staff of the Children's unit put together this new tradition with lots of energy and excitement. The Hustle emphasized fitness, fun, friendship and self-esteem. Each department in the hospital helped, from making flyers and lists to organizing. Special arrangements were made with the cafeteria staff, campus security, executive staff and RT staff on each of the units. All in all, there were 151 participants! Each participant decided whether to run the entire 5K or the shorter mile route. The event was timed and prizes were given to patients in each category. Matching t-shirts were offered to the staff that participated and a shirt was provided for each patient. These shirts kept a tangible feeling of unity visible as everyone stood at the start line waiting to take part in the fun. The route started in front of the MS building and wound around the campus. In the end, each participant had a taste of glory. As they ran or walked they achieved goals, had fun with friends, reached milestones (literal and otherwise) and earned a sense of accomplishment. The Children's unit would like to thank each one of the individuals that helped as well as the participants in this event. With 79 patients and 72 staff members, there is a great benchmark to exceed in next year's Hospital Hustle. We have full intentions of making the 2<sup>nd</sup> annual Hospital Hustle bigger and better than the 1<sup>st</sup>!



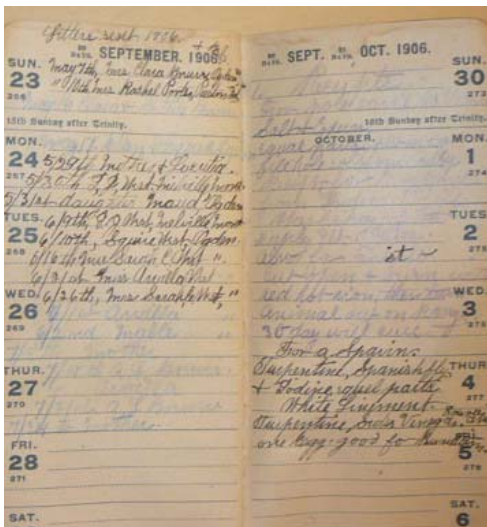
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## William's Diary (name changed) circa 1903-1912

Throughout the history of the hospital, much has been written from the perspective of staff. Through reports, employee newsletters and a variety of other documents we are able to understand the challenges and successes that were important to them. However, little is written from the patient's point of view. What were their challenges, what was daily life like, what was important to them and how did they view the staff?

A patient newsletter, "The Lode Star" was published between 1955 and 1979 that has allowed a view into how patients of that era viewed treatment but for patients of an earlier era almost nothing exists with the exception of one remarkable diary.

William, first admitted to the Utah State Insane Asylum in 1903, would record his daily life at the asylum in several diaries. These diaries give us a rare glimpse into what life and treatment was like for patients of that era. In his diaries he makes observations about staff, both good and bad, about conditions at the hospital and his frustrations at some of the rules, but most of what he talks about is the weather, going to work and shared activities with other patients.



A lot of what is written may seem mundane, however, what is clear is the incredible loneliness and boredom he and others suffered. The diaries give us insight into what it was like to spend years isolated in an institution cut off from family and friends. The camaraderie and concern for others' welfare is apparent throughout and his efforts to maintain his dignity even under the most difficult circumstances is touching.

Following are several passages from those diaries:

*May 6, 1906 - Clear and cool morning. Heber (age 81) lost in the laundry again.*

*June 10, 1906 - I am well but long to hear from my family.*

*June 19<sup>th</sup>, 1906 - No visitors to see me, so few come to see others.*

*Monday-July 17, 1911 - Mr. John Gatherum [Supervisor on the men's ward] came and called for the working man. I put my coat & hat on and started for the door. Mr. Gatherum hurried the men out locked the door & ran down the stairs without any explanation to me. This is an example of how patients are agitated. And I am on the working out list, which entitles me to go out and work all day.*

*Monday- July 31, 1911 - The Dr. Calder (Superintendent) came & talked with us. He was kind and gentlemanly, he has a heart. But in my judgment is not educated for the position, he holds, his alright on medicine & surgery but does not understand farming, gardening, dairying, fruit culture & many things that a superintendent should understand to fill such an important position.*

*Wednesday-August 9, 1911 - Robert Gatherum (John's brother) brought me a piece of chewing tobacco which I greatly enjoyed. He & I have been good friends since I first came. He is reasonable therefore is well liked by the patients.*

*Saturday, August 12, 1911 - Clear and lovely. The garments they furnished me are very large in the legs I am making them smaller. I do all my own sewing, have made several ties & handkerchiefs. I gave 3 of the patients a tie each, I have given 3 handkerchiefs away.*

*Monday, November 20, 1911 - Worked in the tunnel today. I talked with Dr. Campbell in the Office this evening and explained my commitment here and told him it was wrong to keep me here. As I am a sane man all the time and have not broken any law.*

*Thursday, December 28, 1911 - Storm & Cold. Worked in the Tunnel. Sent letter & silk handkerchief to my daughter for a birthday present. She was 14 years old on the 26 of this month.*

One of the last entries William made in his diary was on the morning of June 4, 1912. He would remain here and most likely continued to write but those diaries are now lost to history. One of his last thoughts was about a ballgame and its importance to him on helping breakdown the misperceptions about those who were at the Asylum:

*Saturday Mr. Paxman, the Steward purchases us a rare ball, bat and mask, which was very kind of Dr. Calder, the Superintendent in furnishing him to do so. And Sunday us had an excellent game and here with a company of visitors who came in company of Dr. Campbell who witnessed the game and they seemed surprised and interested.. I was delighted. Such exhibitions will help to eradicate the strong predigest against this place. And the public at large will not look upon a patient from here with such disfavor when he or she goes home. Once crazy, is the public opinion. And this is wrong and must be corrected. I have seen many go from here entirely cured and they never would of become mentally unbalanced again had their immediate relatives and friends treated them as they should of done. What cause a recurrence of any disease? Why an unhealthy condition of the body brought about by the surrounding conditions, as a rule. But often it can be avoided by using a little common sense. I admit that some persons inherit a weakness but often this can be corrected & cured by a competent physician if the patient will follow closely his instructions.*

These diaries are fascinating to read and give us insight into what our hospital was like 100 years ago. But in many ways things have not changed, the same things still matter. William talked about the small actions people did that made life better or more difficult and today those still apply. We can still make life better or more difficult, he continues to remind us that although what we do may not seem consequential to us it often has a profound impact on the lives of those who live here.



William died while a patient at the hospital at age 81.

## NAMI Walk

On Saturday, September 24<sup>th</sup>, patients, family members, and hospital staff (some who came on their day off) participated in the 2011 NAMI Walk at Valley Regional Park in Taylorsville. Our walk team, Team USH Every Mile a Smile, enjoyed a beautiful Saturday morning 3 mile walk with thousands of other participants who all had the same goal of raising awareness that mental illness is treatable.

The day before, many of you participated in an on campus kick off walk as we went a mile around our campus, carrying our team banner and showing support for each other and our belief that there is hope and recovery.

A highlight of our team was the awesome quilt that was made by the patient council and other patients throughout the hospital. You may have seen it displayed in the foyer of the Heinger Building before it was donated to NAMI (National Alliance on Mental Illness) who used it as part of their fundraiser. Overall, NAMI, who is a non-profit organization, exceeded their goal of raising over \$100,000 which will be used in family education, community awareness, and helping to lobby legislation in favor of the treatment of mental illness. The person who won the quilt was very emotional and said it meant a lot to their family to have the quilt. They had already decided that they were going to donate it to another facility that helps people who are recovering. They said it would be available for many people to see and use and help them feel some love and hope. We received a special thank you from the director of NAMI for our participation.

A super big thank-you goes out to Susan Lockhart, UND on Mountain View, who shared her skills and pieced the quilt together. Thank-you to Susan Hendy for organizing the hospital event. Also, thank-you to Jana Geirish for ordering our banner and our team shirts. They are great additions to our team and make it fun for us to represent the hospital at the NAMI Walk event each year. Thanks to all of you who joined in the on campus walk or the Saturday walk and signed your name on the banner. It was a great event and we'll plan on walking together next year!





The Christmas banquet was a success this year! Thanks to food services for their hard work in making the season enjoyable for staff and patients.



## Historical Asylum Documents to Return to Hospital

In 1981 when the old main building (white building) was demolished a large walk-in-safe was discovered inside one of the walls. For some unknown reason the wall had been covered with a metal plate and then painted the same color as the wall and a pop machine placed in front of it. No employee at the time remembered the safe being there. The safe contained many original record books, hospital photographs and patient jewelry. The record books have information dating back as far as 1880, including a ledger of the funds paid to the men who did the site selection for the Territorial Insane Asylum and to Richard Kletting, the architect for the original building.

Unfortunately the contractor discovered the safe during the demolition and therefore had the salvage rights to the building. The hospital was able to recover many of the documents but none of the patient jewelry. However, over time we learned that not all of the documents had been returned. Recently we have been fortunate to discover some of the missing material in a book store in New Jersey. It includes 63 photographs and a number of ledgers and notes dating back to 1885. We are very excited to have them returned to the hospital. The documents and photos will be available at the hospital museum in January 2012. The museum is open Tuesdays and Thursdays from 1-5 p.m. For more information call Janina Chilton at (801) 344-4635.

## Annual Alumni Luncheon

The Morale Committee, spear-headed by Dr. Heinbecker, sponsored the first Utah State Hospital Alumni Luncheon. It turned out to be a very fun event. Past employees who have retired and moved on commented on how appreciative they were to have the opportunity to come back to the hospital and visit with friends. Over 30 retirees enjoyed visiting with hospital employees and reminiscing of the past. It was exciting to give them a campus update and stay connected with those who have had such an influence on who we are today. It was another opportunity for us to say thanks to them. Many offered to help plan next year's event and it sounds like we may have started another great USH tradition.



### USH NEWSLETTER

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