



Spotlight on...

National Drug & Alcohol Facts Week

January 25-31, 2016

The week of January 25-31, 2016 is National Drug and Alcohol Facts Week. During this week, various groups including the National Institute on Drug Abuse (NIH) attempt to "Shatter the Myths" of drug and alcohol use among teens and young adults. For more information on National Drug and Alcohol Facts Week, visit <http://www.drugabuse.gov/>. For information on where to seek treatment, visit www.helpsherede.com



Behavioral Health Legislative Task Force Continues its Work

In October, members of Delaware's General Assembly, members of DSAMH, and behavioral health leaders from private, public, and non-profit organizations across Delaware began meeting as part of a newly formed legislative task force to examine Delaware's behavioral health system. The task force, chaired by Sen. Patricia Blevins, and Sen. Bethany Hall-Long continues to examine gaps in services and where services can be strengthened across the behavioral health continuum. The task force will hold a public hearing in February, followed by a wrap-up meeting before issuing a final report.



Behavioral Health task force members including DSAMH Director Mike Barbieri pictured above.

DSAMH Bids Farewell to Steve Dettwyler



Steve Dettwyler (far left) surrounded by several of his friends and colleagues at his farwell celebration.

After more than 15 years as DSAMH's Director of Community Mental Health and Addiction Services, Steve Dettwyler retired in January. During Steve's time with DSAMH, he oversaw the implementation of numerous programs and additions which have helped lead DSAMH to several systemic improvements, greatly benefiting those who we serve. DSAMH thanks Steve for his years of service and wishes him and his family the very best in all of their future endeavors.



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Inside This Issue...

Behavioral Health Task Force.....	1
Steve Dettwyler Retirement.....	1
Hearing Voices Network.....	2
DOSE Training.....	2
Addiction Services Update.....	2
DSAMH Potluck.....	2
HIPAA Tips.....	3
DPC Annual Review.....	4

DSAMH ADMINISTRATION

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Carol Kuprevich, Director Community Planning, Program Development & Training

Joshua Barnett, Director, Quality Outcomes

Bryan Gordon, DSAMH Community/Provider Relations (and *Progress Notes* Editor)

Hearing Voices Network



Over 20 people from Delaware participated in the Hearing Voices facilitator training in December.

In November, The National Hearing Voices Network, in collaboration with the Mental Health Association of Delaware trained over 20 facilitators for new Hearing Voices Support groups in Delaware. Hearing Voices groups originated in Europe and there are now hundreds of groups in 30 countries around the world. The network continues to grow with Delaware being one of the newest additions. The Mental Health Association of Delaware plans to debut Hearing Voices Support Groups in 2016. For more information please call (302) 654-6833. To view the recent News Journal article about hearing voices support groups, copy and paste the following link: <http://www.delawareonline.com/story/news/health/2016/01/04/delaware-voice-hearers-support-group/77799774/>.

DOSE Training



Participants from the most recent Delaware Overdose Survival Education (DOSE) training.

In December, the newest group of statewide DOSE trainers completed a three-day Train the

DOSE Training Continued...

Trainer Delaware Overdose Survival Education (DOSE) Course. Participants are now able to offer the DOSE Training within their organizations and communities, throughout the State of Delaware. The DOSE Program, which is offered by Brandywine Counseling and Community Services (BCCS) and in collaboration with the Division of Substance Abuse and Mental Health, and the Delaware Division of Public Health are committed to saving lives by educating community members on overdose prevention, education, and reversal using Naloxone. For more information on the DOSE Program and a list of upcoming trainings please visit brandywinecounseling.org or contact Melissa Aronson at 302-504-5920.

Addiction Services Update

In the Fall 2015 edition of Progress Notes, the state's plan to allocate \$4.45 million to expand addiction services in Delaware was detailed. A few months later, some of those details have come to fruition. In November, Connections opened a withdrawal management center in Harrington. Since then, they have operated at a 90% capacity rate offering both inpatient and ambulatory services. The state's residential substance abuse services will also soon be expanding. This will be done by reconfiguring the existing program on the Governor Bacon Campus, and by adding three new 16 bed programs across the state. These programs will serve young adults, men, and women, and are expected to open in February. Sober living beds will also be doubled from 60 to 120. Contract discussions have begun, and services should be in place later this year.

DSAMH Holiday Potluck!



In December, the DSAMH Employee Recognition Council hosted two holiday potluck celebrations. One in New Castle County and one in Sussex County. Pictured here are attendees of the Sussex County celebration in Ellendale!



DSAMH staff are pictured here enjoying some food and fun at the New Castle County Celebration!



As part of the holiday potluck celebrations, the DSAMH ERC held a food drive to help those in need during the holiday season. ERC Captain's, Tom Johnson and Bryan Gordon are pictured here with DSSC staff E. Saunders, delivering 3.5 boxes of food from the upstate drive to a DHSS state service center in support of their Food Closet program. Thanks to everyone who donated!

HIPAA Tips From DSAMH's Training Office

Transporting Medical Records

Occasionally, medical and other sensitive records must be transported from one location to another, such as when closing the file or taking a client to an off-site doctor's appointment. Appropriate steps must be taken to safeguard these records, whether electronic or paper. Medical records should never be taken from secure medical records areas without proper authorization!

Records moving between facilities must be properly secured and never left alone in vehicles! To ensure adequate security and to protect records against weather, light, pollution and other dangers, vehicles must be:

- locked
- attended at all times; and,
- Not used for transporting other materials, such as chemicals, that may cause risks to records.

An administrator should supervise all aspects of the move to ensure that the movers are aware of exactly what needs to be transported and proper, secure handling of sensitive records at all times while in transit.

From: ecfirst.com and your HIPAA Privacy Officer

Avoid Peer-to-Peer File Sharing

Millions of people use free Peer-to-Peer (P2P) file sharing programs – software to swap files over the Internet.

P2P can make files on your computer available to potentially millions of users.

Sharing copyrighted material over a P2P network may result in legal action against both the user and your company.

P2P applications may also serve as an entry point for computer viruses, worms, Trojans, spyware and other malicious software. These scenarios are especially dangerous if your computer contains or accesses systems containing sensitive information such as electronic Protected Health Information (ePHI).

Never install P2P applications on your company computer without the explicit approval or authorization of your HIPAA Security Official. If you have any of these programs installed, you should probably uninstall any unauthorized P2P applications immediately.

From: ecfirst.com and your HIPAA Privacy Officer

KUDOS - DHSS Facility Operations

DSAMH would like to take a moment to extend a warm thank you to DHSS facility operations staff for their hard work and dedication in preparing and clearing the Herman Holloway Campus after the recent snow storm. We appreciate all that you do.

CPR: How the 2015 AHA Guidelines Updates will affect you

Every five years the American Heart Association (AHA) updates the protocols for CPR. The 2015 changes are in effect and are being taught now. Both the Heartsaver/AED and the Basic Life Support for Healthcare Provider classes have been improved.

Since first establishing guidelines in 1966, the American Heart Association has led evaluation and dissemination of the latest resuscitation science to help inform and modernize the lifesaving practice of CPR. These guidelines have been used to train millions in CPR, basic and advanced cardiovascular care, and first aid around the world. The most notable change is the compression rate. The 2010 update changed the rate to "at least 100 compressions a minute". The 2015 AHA standard is now "between 100 and 120 compressions a minute".

The new standards are in response to continuous studies that the AHA conducts in an attempt to reduce mortality and morbidity from cardiac arrest. Some of the other changes include increased training, use of social media to summon help, and changes in the assessment of unresponsive patients. If you are interested in learning all the changes and practicing them please sign up for a class or find out more information on www.heart.org.

DPC Annual Review- World of Learning



In October, the Delaware Psychiatric Center held its 2015 Annual Update and Annual Review. This year's event, themed "World of Learning", allowed staff the opportunity to review presentations and display's on hospital-related information regarding safety practices and policies, as well as providing a forum for nursing staff to demonstrate competencies.



Plenty of artwork was on display highlighting the "World of Learning" theme.



DPC staff demonstrate the use of hospital equipment during the 2015 Annual Update and Annual Review.



Pictured above in the "France" section are paintings of the Eiffel Tower and Arc de Triomphe located in Paris.