September 15, 2016

Recovery Month Events

September is National Recovery Month, as designated by the federal Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA’s mission is to reduce the impact of substance abuse and mental illness on our nation’s communities.

Juneau behavioral health agencies, including the Rainforest Recovery Center at Bartlett Regional Hospital, Haven House, and the National Commission on Alcoholism and Drug Dependence Juneau are hosting Voices of Recovery events, from an art exhibit to films to a recovery walk and coach training.

Recovery is the theme of the Woosh Kinaadeiyi September Open Mic at Gonzo waffle house in Auke Bay. Read a poem, sing a song, sit in the audience and listen! Friday, September 16th at 7 p.m. Sign ups at 6:30 p.m. Open to all ages and abilities.

The Rainforest Recovery Center at Bartlett Regional Hospital is organizing an exhibit for a Recovery Art Gallery of public submissions to be held at the Nugget Mall, Saturday, September 17th, 12:30-4:30 p.m. All are welcome to view local artwork, highlighting the stories of community members in recovery. Also on Saturday, September 17 at 4:30 p.m., the film The Hungry Heart will screen at the Goldtown Nickelodeon.

According to the film’s website, “The Hungry Heart provides an intimate look at the often hidden world of prescription drug addiction through the world of Vermont Pediatrician Fred Holmes who works with patients struggling with this disease. Dr. Holmes prescribes suboxone to his patients struggling with prescription drug addiction. Much like methadone, suboxone helps many addicts in their recovery process— for some taking suboxone is a crucial stepping stone to long term recovery, for others it is a crutch, for others suboxone is abused and diverted onto the street. Through the film we see Dr. Holmes struggling with these challenges and trying to make sense and keep the faith in the midst of many contradictions.”

Dr. Lindy Jones and Bartlett Regional Hospital’s Behavioral Health Services Medical Director Jenna Hiestand will participate in the presentation.

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Recovery Tree of Hope Valley Library

The PBS Frontline documentary Chasing Heroin will show at 7 p.m. at the Goldtown Monday, September 19 and the film The Anonymous People is set for Thursday, September 22 at 6 p.m. at the UAS Egan Lecture Hall.
Finally, a Recovery Walk and Feast is planned for Sunday, September 25 and a day-long training for recovery coaches is set for Wednesday, September 28 at the Gruening Park Recreation Center.

National Recovery Month organizers:
Rainforest Recovery Center
University of Alaska Southeast
Haven House
Alaska Division of Public Health
NCADD Juneau
Juneau Youth Services
Gastineau Human Services
Alaska's Tobacco Quit Line
Juneau Reentry Coalition
SEARHC

**It’s Emergency Preparedness Month!**

**NOTICE**
Saturday September 17th, 2016
10:00 a.m. – 2:00 p.m.
Bartlett Regional Hospital
Will be conducting a
Mass Casualty EXERCISE
Capital City Fire/Rescue is looking for volunteers to help out with a full-scale live emergency disaster drill at the Juneau International Airport, Saturday, Sept. 17.

Starting at 9 a.m., airport operations will work with Juneau’s first responders to complete a federally mandated drill. Volunteers are needed to play the roles of injured passengers, distraught family members and bystanders.

Scott Rinkenberger, airport maintenance and operations superintendent, said ideally there will be enough volunteers to act out a scenario with the largest possible plane that lands in Juneau, which seats 180 people. People can volunteer alongside their entire families, children and all, because during an emergency an aircraft will likely carry people of all ages and sizes, Rinkenberger said.

Volunteers will be asked to show up at the airport around 8 a.m. to work on their scripts and find their places. The entire drill could last approximately four hours.

Food and refreshments will be provided for participants.

To learn more, contact CCFR Assistant Chief Ed Quintero at 586-0259 or send an email to volunteer@jnuairport.

The State of Alaska is working on developing in every community a strong volunteer base in the event of a disaster. A strong volunteer base is essential to our ability to respond and recover from a disaster. We would like that database to be in place before a disaster occurs in our community.

Alaska Respond (for medical professionals) and the American Red Cross are looking to develop both a professional and amateur volunteer base.

Since September is also Emergency Preparedness month, now is a good time to join one or both of the organizations.
Bartlett Employees are able to note in both registrations that their first responsibility is to their role at Bartlett. Thank you in advance for considering to volunteer in our community in the event of a disaster.

*Stop by the lobby and check out the preparedness table. Lots of great information to keep your family safe in an emergency.*
*Complete the emergency preparedness crossword puzzle*
and be entered in a drawing for a prize!
*Be on the lookout for the weekly preparedness question. Answer the question and you will be entered in the drawing too!
-Kim Vermedal, Mike Lopez, Emergency Management Team

Flu Clinics are ON!

The flu is circulating in our community. Flu shots will be available during the following times this week:

**Thursday September 15**\(^{th}\) 1215-1245 in the gallery  
**Friday September 16**\(^{th}\) 1215-1245 in the gallery

Can’t make the clinic times? Call Infection Prevention at extension 8413 to make an appointment.  
**Night Shift?** Feel free to stop by in the morning.

The gallery is across from the coffee machine on the main level. Flu clinics will continue into December.

Flu Clinics Pics by Tamiko Duncan

**Compliance Corner**

**Stark Law Defined**

The Stark law is a limitation on certain physician referrals. It prohibits physician referrals of designated health services for Medicare and Medicaid patients if the physician (or an immediate family member) has a financial relationship with that entity. 42 U.S.C. 1395nn. A financial relationship includes ownership, investment interest, and compensation arrangements. An example is a relationship whereas the physician would earn a financial return based on the success of, for example, a speech and hearing clinic in which the physician invested. This would be the same if a physician had ownership in a MRI service and referred patients to that service for imaging.

**Next month: Anti-kickback Defined**


**Compliance Hotline: 796-8618**

**SHOUT OUTS!**
Laura Gregovich - Surgical Services  
Brenda Vigue - Surgical Services  
Diana Colbert - Surgical Services  
Liesl Bland - CC  
Leslie Vianne - MedSurg  
Dr. Jenna Hiestand  
Jacob Olmstead – MedSurg  
David White – EVS  
Donna Mohler – PT  
George Kuhar – PT  
Rose Foss – RRC

**Coming Right Up: Character Day!**

Celebrated **September 22, 2016**, Character Day is celebrated by hundreds of thousands of people around the globe. Join us at the 531 program in the meditation room at noon for conversation around the importance of developing character strengths (resilience, grit, empathy, courage, kindness)—all rooted in evidence-based research. Everyone has character strengths. Do you want to know yours? Take the free online survey [www.viacharacter.org](http://www.viacharacter.org) to find yours.
The 531 program will be discussing character strengths September 19, 21 and 22nd at noon each day. Take the survey and bring your strengths to our conversation.

For more information about Character Day contact Jess Brown at jbrown3@bartletthospital.org or Darcy Lockhart at dlockhart@bartletthospital.org. For films on character strengths visit www.letitripple.org.

Humor is this little girl’s character strength!

Character Strength of Humor: Playful, down to earth, light hearted, funny, good natured. Liking to laugh and tease, bringing smiles to other people, seeing the light side and making jokes.

**Being Mortal Screening**

The Foundation for End of Life Care, the Juneau Medical Society, and Hospice and Homecare of Juneau are offering a free screening and discussion of the PBS program *Being Mortal* at the Gold Town Nickelodeon, Saturday and Sunday, September 17 and 18 with matinees starting at 2:00 pm.

Being Mortal delves into the hopes of patients and families facing terminal illness. The film investigates the practice of caring for the dying and explores the relationships between patients and their doctors.

It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawandes own father got cancer, his search for answers about how to best care for the dying became a personal quest.

After the screening, you can participate in a guided conversation on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences.

Watch a short trailer here https://www.youtube.com/watch?v=VRkr09ZMI3w

See this moving documentary, join the conversation, and explore what matters to you. All are welcome. We hope to see you there!

-Hal Geiger, Foundation for End of Life Care

**ALICE Training**

We are pleased to offer ALICE Training facilitated by Officer Blain Hatch of the Juneau Police Department this fall. This training is a great class for anyone working at Bartlett. You can sign up in Swank.

Remember you have 24 hours of Education Leave each year to take classes. This would be a great opportunity to use some of that leave.

Any departments that may want to sign up and come as a group can contact Gail or Michelle in staff development and we will make sure we can accommodate your department.
Black & White
2016 Gala

Elizabeth Peratrovich Hall
October 8, 2016 - Cocktail Hour 5:30 p.m. / Dinner 7 p.m

Come and help raise money for
Behavioral Health Care equipment and training

Enjoy a full-course dinner
Fantastic live music
Live and silent auctions full of great items
Black tie is optional.
Employee tickets: $75

Tickets on sale at Blue Heron Gift Shop
Or call us at 907.463.5704
**NEW EMPLOYEES!**

Leanne Dapcevich – CN I, OR  
Shawna Bushman – CN I, MHU  
Kelsey Hagan – Clinical Lab Scientist  
William Dodd – Financial Analyst  
Lydia O’Leary – LPN, RRC  
Tesa Luna – Residential Aide II, RRC  
Hannah Flaming – Substance Abuse Counselor I  
Lisa Stokley – Residential Aide I, RRC

**Performance Evaluation Time!**

2016 Performance Evaluations are being updated and will be assigned in Taleo early next week with a completion due date **no later than** November 30th.

**Faith Hutchinson is Retiring!**

Please congratulate Faith for her 13 years of service with Bartlett!  
Faith does not want hospital-wide fanfare so be sure to stop by and say good bye to her before September 23rd!

**Fleece Vests** – Fall is in the air! HR has cozy bright blue vests for only $10 each. We have a variety of sizes available (S-3XL).

**Thank YOU Environmental Services**

YOU are the foundation of preventing infections!

**Staff from Senator Lisa Murkowski’s Washington D.C. Office** visited our campus on a beautiful sunny first day of September 2016. Legislative Correspondent Silver Joy Proutt, Staff Assistant Anna Dietderich, and Health Care Policy Analyst Chelsea Holt had lunch with board members, met with CFO Alan Ulrich and got a tour with CCO Billy Gardner.