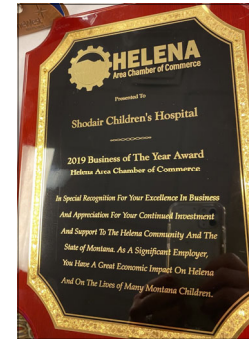


# Info to Know



## Shodair Children's Hospital named Business of the Year



Shodair was recently named **Business of the Year from the Helena Area Chamber of Commerce!** The group pictured above represents a small portion of the outstanding team at Shodair who diligently show up every single day being patient-focused and keeping our mission to “heal, help, and inspire hope” top of mind.

Shodair is a non-profit organization that treats children with mental illnesses and people of all ages with genetic and metabolic disorders. Ninety-nine percent of our patients are from Montana and about 75 percent are economically -challenged. This honor was given because of Shodair's historic dedication to improving the health and well-being of Montana families by increasing access to services, breaking down stigmas, and now working to construct a new, larger facility without interrupting care to patients. Several letters of support noted Shodair's willingness to be a partner and fill an invaluable need with care, ethics, and inspiration.

It takes all 350 engaged employees to positively impact families across Montana. To that end, we offer our sincere thanks to the Chamber for this honor, but more so, thanks to all our employees, because without them, this wouldn't have happened!

As a way to celebrate Shodair hosted a nacho bar for staff and patients in one of our gyms. The other gym became an inflatable playground with two bouncy houses. Fun was indeed had by all!



The second annual Montana State University Dance Marathon is March 7th. Find out more on page 6.



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*Suggestions for content are graciously accepted by emailing [alistoe@shodair.org](mailto:alistoe@shodair.org)*



## Tip of the Week

Carrie Tisdale, one of our MHT's on Grasslands, won the Tip Of the Week drawing for the month of January. She won a \$25 gift card to Amazon, and a Box of Valentine chocolates from nursing education.

Carrie practices using *Frontloading*, with the children on a regular basis.

Nursing Education sends out a Tip of the Week with helpful behavioral interventions and other tips so remember to enter for a chance to win.

To enter, fill out one of the entry sheets that can be found on the units or at the front desk. You can also email your entry to [mallen@shodair.org](mailto:mallen@shodair.org)

For questions contact Mikel Allen, Clinical Nurse Educator 406.444.1156.

## Chili Cook-off a hit

We had stellar involvement in the chili cook-off and EPIC one year anniversary celebration last week at Shodair. Conference room A was packed with people throughout the event and nearly 20 people brought in chili in hopes of bringing a recipes employees will select as the winner.

There were a handful of chilis that were popular with staff but only one could win the PS4. The winner was **Nicole Mihalik** who with the help of **Brooklyn Belt**, made Aloha Chili (the recipe below)

The following employees were selected for Shodair swag prizes: **Makenzie Chamberlin; Jo Koester; Pep Jewell; Matt Grigsby; Tessa Jackson; Mikayla Anderson; Ty Turnbull; and Vaughn Kauffman.**



**Thanks to everyone who participated in this fun event!**

### Aloha Chili

2 pounds ground beef  
1 large onion, finely chopped  
1 can (20 ounces) pineapple chunks, undrained  
1 can (16 ounces) kidney beans, rinsed and drained  
1 can (15-3/4 ounces) pork and beans  
1 cup ketchup  
1/4 cup packed brown sugar  
1/4 cup white vinegar

### Directions

In a Dutch oven, cook beef and onion over medium heat until no meat is no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until heated through.

### Nutrition Facts

1 cup: 371 calories, 11g fat (5g saturated fat), 56mg cholesterol, 711mg sodium, 44g carbohydrate (23g sugars, 7g fiber), 27g protein.



There has been an increased amount of cigarette debris and litter at the edge of Shodair property. We want to model social responsibility by keeping our environment clean and presentable for the Shodair community and beyond.



# ***Psychiatry & Genetics***

## ***Update for December***

### **Average length of stay per unit as of November 30th**

Acute Adolescent: 7.5 (budgeted 8.5)  
Acute Children: 14.9 (budgeted 10)  
Residential Adolescent: 38  
Residential Teenage: 64

**Percentage of Medicaid Patients served: 77%**

**Admissions:  
96**

### **Patient Satisfaction (Hospital)**

**77% reported being satisfied with the services they received at Shodair**  
**78% reported feeling optimistic about their future after completing treatment at Shodair**

### **Patient Satisfaction (Outpatient): Percentage of patients who reported that they are getting the help they need:**

Outpatient: 98%  
Group Home: 93%  
Day Treatment: 83%

### **Clinical Genetics October**

**Total patients seen for genetics consultation: 49 total**

- **Telemed: 2 of 49**
- **Psych: 4 of 48**
- **Cancer: 3 of 49**
- **Face:face (general, metabolic and cleft lip & palate): 40 of 49**

**Genetics Laboratory:**

- **Molecular Tests: 92**
- **Cytogenetics Tests: 30**



### ***Beautiful, Bold Bella***

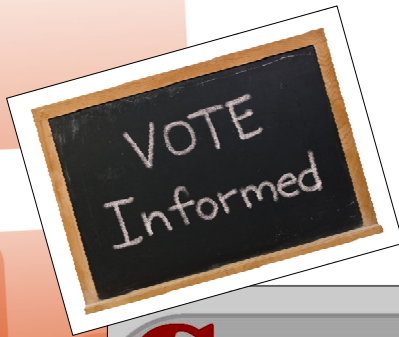
*Shodair Ambassador and National CMN Champion Bella Nyman was one of the speakers at the 2020 Woman's March last month. Bella is a high school student in Helena and a former patient at Shodair who speaks openly and eloquently about her struggles and ability to manage her mental illness. We want to recognize and honor her openness and bravery.*

### **Shodair hosts training in Great Falls**

**On January 30, Shodair sponsored training in critical incident stress management for approximately 50 DPHHS child protective services workers in the Great Falls Area. The class, taught by MSU faculty member and nationally recognized trainer Carol Burrows who taught skills for peer to peer support. Shodair provided this training as part of its community benefit. Plans are under way to provide more of this training in the Helena area.**

### **Shodair staff getting informed for upcoming elections**

Shodair is proud to welcome those running for political office to come and visit with our awesome and engaged employees. In recent weeks we welcomed Congressman Greg Gianforte (pictured below), and State Auditor Matt Rosendale (pictured to the right), both candidates for Montana governor to forums. We are looking forward to hosting others in the coming weeks. For more information, see below.



# **Candidate Forum's**


**Please join Shodair in welcoming the following candidates for an employee Q&A forum!**

On Wednesday, Feb 12th **John Mues**, Democratic candidate for U.S. Senate, will be joining us in the Board Room at 10:30 a.m.

On Thursday, Feb 13th **Lt. Governor Mike Cooney**, Democratic candidate for Governor, will be in the Blue Gym at 2:00 p.m.

On Wednesday, Feb 19th **Attorney General Tim Fox**, Republican candidate for Governor, will be in conference room A at 1:30 p.m.

# Sanctuary



**Upcoming Sanctuary Intensives**

All Classes are from 9-4 at MHA

February 28th  
March 31st  
April 24th  
May 26th  
June 26th

Sign up for a class by going to Shodair's Intranet Page!

Shodair Intranet -->  
Events Calendar--> Click on Date for Details

**SANCTUARY**  
*at Shodair*



We put out a call for suitcases in a few social media posts and the response has been AMAZING!

Thanks to Pioneer Medical Center, The National Guard Thrift Shop and everyone else who donated suitcases!



***Pep Jewell and Tammy Neulman from the Health Information Management department, enjoy a brief visit recently in the foyer at Shodair. Taking a few minutes to pause and check in with one another demonstrates the culture at Shodair.***



## **Model of patient room takes shape**

The mock patients room continues to be constructed in Conference Room B. Employees are welcome to stop in and take a look, Upon completion it will be a hands-on experience and encourage everyone to offer feedback.



# Foundation

## Shirley Rogers visits from CMN Headquarters

Last month, Shodair had the pleasure of hosting Shirley Rogers, SVP of hospital relations, and Emily of Cawley, director of hospital relations, from Children's Miracle Network Headquarters in Salt Lake City. During their visit, Shirley and Emily were able to visit with members of both the psychiatric and genetics teams, patients from the hospital's Day Treatment program, and key community partners.

*"Emily and I were honored you'd share your children with us AND the hope that surrounds them in the form of caregivers, and partners to give them the best chance possible," Rogers said. "It was a privilege to watch and interact with them. Emily and I left Shodair Children's Hospital inspired and encouraged by ALL we saw and experienced."*

## Montanathon

The second annual Montana State University's Miracle Network Dance Marathon is quickly approaching. The enthusiastic team is planning to break their record of \$31,000 raised for Shodair through its inaugural year. We are putting together a Shodair team to travel to Bozeman for the event. The team will be at Shodair this Fri., Feb. 14 from 11 a.m. to 1 p.m. in conference room A. Bring your lunch and find out how you can get involved.

If your business is interested in getting involved, there are several ways to help. **Make a donation that will go** towards the overall total that will be announced at the end of the event on March 7th. **Create a virtual "dance" team.** Being a dancer doesn't mean you have to actually dance - you don't even have to be physically present, but it does mean you are part of raising money and awareness for Shodair Children's Hospital.

For more information contact  
Becca Dudek at [bdudek@shodair.org](mailto:bdudek@shodair.org)  
or 406.444.7548



## Free Pancake Day is Feb. 25

Join us at IHOP on February 25 to celebrate National Pancake Day. IHOP is generously giving away free short stacks of buttermilk pancakes to all customers. In return, they are asking customers to make a donation to Shodair Children's Hospital. Since the beginning of IHOP's partnership with Children's Miracle Network in 2006, IHOP has raised more than \$22 million for children's hospitals across the country. This is the biggest fundraising day of the year for IHOP locations across Montana, so please consider stopping by your local IHOP and supporting Shodair Children's Hospital.



## Panda Express gives bigtime

In 2019, Panda Express held a successful campaign asking customers to put their money where the miracles are by rounding up their purchase. The year-long fundraiser contributed **\$93,205** for Shodair. Panda Express has been a partner of Children's Miracle Network Hospitals since 2007, and is quickly becoming one of Shodair's top CMN Partner donors.

**Thank you, Panda Express! We are thankful for your continuous**

## Spirit Stores

Thank you to our Spirit Halloween stores for their fundraising campaign last fall. The six stores across Montana raised over \$34,000 for our patients at Shodair Children's Hospital. Thank you to all and we are excited to support you again in 2020.

