

Info to Know



If you have to ask, wear the mask

As the number of positive cases of COVID 19 in Montana continues to fluctuate from a lot to scary-a-lot on any given day, we want to remind all to stay safe! It's up to each one of us to do our part to lean into our values of social responsibility, and safe growth and change. Wearing a mask is one of several must-dos in the vein of community-wide health.

Masks are required on the Shodair campus unless you are under 5 yrs. , eating/drinking, doing strenuous activities or are a patient. There are face masks available near the main entrance for anyone needing one. There are signs around the hospital and on the intranet on how to properly wear and care for masks. At times, it's not always easy, particularly when summer temperatures are high, to remain diligent with face coverings. So thank you to those who keep them properly placed despite the sense of persistent annoyance.

Washing our hands and keeping our work spaces sanitized has always been good practice. Now more than ever it seems we have become more aware of our environments; we are more cautious the things we touch, how we eat, and where others have been.

Between Zoom meetings, temperature readings, and being bombarded with the number of new cases, active cases, and total cases, it's enough to raise the anxiety levels of many of us.

Remember at Shodair that engaging coping skills is a way of every day life. So remember to take the breaks offered during shifts. Fill out a personalized safety plan so it's available and prepared in times challenges arise. And, enjoy time with loved ones no matter how it looks. Take time to *pause* and *breathe* in the relationships that are most meaningful to you. Let go of resentment, anger, and things out of our control.

Attitude is a great place to start every day. Keep smiling under those masks, because it shows in your eyes.

Thanks for all your do, because it does make a difference!

Feedback about this publication is always welcome by calling Alana Listoe directly at 406.444.7561 or alis-toe@shodair.org. And, if you'd like to be removed from this email list, just let us know!

Shodair Children's Hospital Raises Awareness Around National Suicide Prevention Month With \$10,000 Scholarship Contest



As part of its continued effort to create a healthy and hopeful Montana, Shodair Children's Hospital has partnered with several businesses and news organizations statewide to offer \$10,000 in scholarships through its annual suicide prevention awareness initiative that encourages students to speak up about mental health and suicide prevention.

Shodair is asking middle and high school students to share their message of hope to others around the state that may be struggling with their mental health and battling suicidal thoughts during this pandemic. The children's hospital will be awarding \$10,000 through four categories: written, video, visual and judge's choice. The theme is: COVID 19 has us all wearing masks, but many of us are wearing a different kind of mask. What kind of mask are you hiding behind and what can we do to help others remove any shame associated with mental illness?

The event coincides with September's National Suicide Prevention and Awareness Month and is a great way to engage Montana's youth in breaking down stigmas. *Continued on page 4.*



COVID-19 has forced us to rethink meetings, and outside is an awesome option! These Sanctuary Trainers pictured to the left recently had a meeting under a tree in the front lawn. They enjoyed a snack and socially distanced! Nicely done!

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Pet Photo Contest

Do you take pictures of your pets? Shodair is holding a pet photo contest in the month of September. Watch for more details later this month.

In the meantime, keep snapping those shots!



Virtual Parent Connect

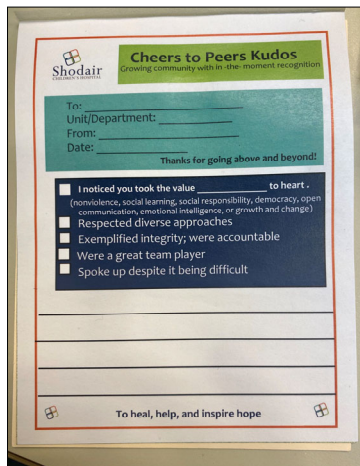


Thursdays 11:00-12:00
July 9, 2020 - August 27, 2020

Prevent Child Abuse Montana will be hosting a Virtual Parent Connect Group for parents and caregivers across the state. Sessions are aimed at easing caregiver stress during these unprecedented times and providing connection and support for all participants.

Our facilitators will come prepared with weekly topics but the direction of each session will be largely parent/caregiver driven. We are here to meet your needs! Come with any questions or concerns, or simply come to connect with other parents.

All are welcome to join - simply email info@familytreecenterbillings.org to register. Follow up and zoom login information will be sent via email after you register.



Cheers to Peers Program acknowledges efforts of others

ShoRoc, Shodair's employee recognition and giving committee, is continuing its Cheers to Peers program as a way to recognize their co-workers that go above and beyond what their regular duties job require.

Every department should have a book of the slips pictured. For those working from home, email in what you want to say and we will do it for you! One copy is give to the person and the other is put into the glass container at the front desk and each month ShoRoc draws five: three for Shodair goodies; one for a parking spot up front; and one for \$50.

So as a reminder, make someone's day by noticing their discretionary effort and fill out one of these Cheers to Peers Kudo AND give them a chance to win prizes. At the end of the year, we draw for two laptops: one for the person receiving the slip and one to the person writing it!

Psychiatry & Genetics

June 2020 Update

Average length of stay per inpatient unit:

Acute Adolescents: 10.9 (budgeted 8.5)
Acute Children's: 14.6 (budgeted 10)
Residential Middle School Age: 71.4
Residential Teenage: 39.1

Percentage of Medicaid Patients served: 66.7%

Acute Admissions: 74

Average number of symptoms:

Admission: 4.6

Discharge: 1.3

Percent Decrease: 21.7 percent

Patient Satisfaction (Hospital):

100% of patients rat discharge reported feeling satisfied with the mental health serviced they received.

Percentage of Patients who reported feeling included in decided in their treatment :

Admission: 50
Discharge: 83.3
Increase: 8.3%

Clinical Genetics July

Clinical Genetics: 67 patients total

General in-person: 0

Telemed: 48

NeuroPsych: 9

Cancer: 5

Metabolic: 5

Genetics Laboratory: 134 total

Molecular Tests: 98

Cytogenetics Tests: 36

Happenings

Continued from page 1

Suicide Prevention Essay, Video, and Visual Arts contest

To be eligible, all participants must be between the ages of 13 and 18 and enrolled in a public school, private school or home school in Montana. Applications must be submitted to contest@shodair.org by 11:59 p.m. MST on Tuesday, September 15, 2020.

After the entry process closes, each submission will be thoroughly reviewed by a panel and judged based on the level of messaging, how impactful the piece is and the project's creativity. Scholarship winners will be announced Sunday, September 27, 2020.

SUBMISSION GUIDELINES:

Written—Write your message in a 500 word or less essay.

Video— Share your message with us in a three minute or less video in an mp4 format.

Visual— Show us your message through the artistic medium of your choosing (e.g., sculpture, painting, drawing) .

NOTE: For visual entries, please contact Alana Listoe at (406) 444-7561

Virtual Tours

Administration has approved the use of technology to provide tours to interested parties. Through platforms like Zoom, Shodair is conducting tours virtually.

Those participating will have signed the appropriate HIPAA documents and must adhere to all the same rules as though they were on campus. Below is an image of a recent tour to make employees aware of what that might look like.

We continue to be mindful of privacy and patient safety, as always. If you have questions or concern, contact Alana at ex. 7561 or alistoe@shodair.org



Free Zoom training on building resiliency and secondary trauma

The Covid-19 pandemic has created a unique opportunity to understand how our minds, emotions, relationships, and bodies are impacted by sustained trauma engaged work.

Consilience Institute is supporting three 50-minute interactive Zoom Pro trainings by Andy Laue, LCSW and is designed to help you understand the impact of secondary trauma on you as a human service worker. Andy has designed this training to teach these critical skills now within the limitations of this pandemic. It is suitable for first responders, medical professionals, social workers, legal professionals and virtually any citizen who is impacted by the pandemic. You will learn how to track trauma effectively in your own body and develop skills to build strength around the reality of this trauma. Trauma met with connection and awareness builds strength. To register or find out more visit <https://www.activateresiliency.com/>

Welcome to Shodair' new receptionist, Cathyann

Welcome to Cathyann Christian, Shodair new receptionist. Cathyann is originally from South Dakota and has lived in Helena for the past 13 years. She most recently worked at the Independent Record and on the weekends is a nail tech at a local salon. She loves that the job provides her ability to visit with women of all ages and have a different conversation every hour. She is excited about her new position at Shodair because she loves the thought of working at a nonprofit that helps children.



Cathyann has two daughters, Dorian Kae and Edison. She says she likes to ski but admits she is "horrible at it." When she was little she wanted to be a bull rider despite the fact that she was terrified of horses.

Cathyann is energetic and eager to be part of the Shodair family. When you report to work, don't forget to welcome her.

Sanctuary

Shodair Timeline



Thanks to everyone who participated in our Significant Events Timeline (pictured above). This activity allows us to own our stories and write our own endings.

Sanctuary Certification and Consultant

Due to COVID our Sanctuary consultant, Aaron James, is not able to visit on site. We will schedule his pre-certification visit once we are able to have visitors. Following this visit we will officially apply for certification. This delayed visit will push back our timeline for certification but does NOT push back our commitment to Sanctuary. We are resilient and will continue to grow with Sanctuary during these uncertain times.

sanctuary

['sən(k)tʃʊəri] noun

your safe and peaceful haven
a comforting place of refuge and
rest in a noisy, chaotic world



New Safety Plans *(pictured left)*

New inclusivity and equity (unofficial naming) safety plans are here. Grab yours in HR or at the front desk.

Sanctuary Training

Sanctuary trainings will now be held in 2-hour zoom sessions. We hope these sessions provide an overview of Shodair's culture and provide you tools to use in your day-to-day work. Contact Larry at ex. 7572 or wlavinder@shodair.org to register.

Everybody loves Blue

The medical records department recently held a small celebration for Shodair's facility dog Blue Bonnet. This group is always up for celebratory festivities as is seen here as they posed for a recent picture. Blue says she LOVES hanging out in HIM because the people smell good, are affectionate, and often a crumb or two can be found on the carpet. Thanks to all those who help take special care of Blue! She is one special employee, as are all of you!



Foundation



Back to School Supplies

In some form, school will resume this fall and that means supplies for the children we serve are needed. For those interested in contributing to Shodair's School Supply Drive, below is a list of suggestions. Contributions can be left in the box in the main foyer. Thanks in advance!

#2 Pencils
Washable markers
Crayons
Colored pencils

Erasers
GLUE STICKS. Lots.
Pencil boxes
Zippered pencil bags
Dry erase markers
Safety scissors
Composition notebooks
Simple calculators
Wide ruled lined paper
The super wide ruled paper that kiddos use to learn to write
Variety pack construction paper
Plastic, 2 pocket folders
Rulers, no metal
Kid sized re-usable, washable masks
White Elmer's liquid glue. Lots.
Highlighters
Backpacks (both boy and girl)

Becca Dudek, CMN Manager named Helena's20 Under 40



Becca Dudek coordinates Montana's partners with Children's Miracle Network and has done an incredible job, and we aren't the only ones that think so.

Becca was recently named as Helena's 20 Under 40 by the Independent Record for her work to elevate Shodair's presence in that network on a national level.

Foundation Director Keith Meyer said Becca's efforts not only help Shodair and the work we do more well-known and help our partners feel engaged, supported, and appreciated. The honor is well-deserved! To read the full story click [here](#).

Congrats to Becca for her accomplishments and thanks for all the work you do!



Montana Ace District Manager Receives National Recognition

Each year the Ace Hardware Foundation gives a very select amount of "You Rock" awards to those who have gone above and beyond in their fundraising efforts to support their local Children's Miracle Network Hospital.

Marcus Mann, District Manager for the Ace Hardware locations in Montana, was named one of the 2019 recipients for this prestigious award. Marcus is an outstanding advocate for Shodair Children's Hospital and has been instrumental in the amazing growth in our partnership with Ace Hardware.

Thanks to his efforts, Ace Hardware is one of our fastest growing CMN partners in the state. In honor of his award, the Ace Hardware Foundation made a donation to Shodair Children's Hospital.



Thank You

Walmart rocks campaign

Thank you to all of the Walmart and Sam's Club locations across the state who raised money and awareness for the patients at Shodair Children's Hospital the past six weeks. Despite being a "front line" business amid the pandemic, not once did cancelling this year's CMN Campaign cross the minds of Walmart leadership. We are thrilled to announce that stores exceeded last year's total and we are excited to share final totals next month!

Panda Continues to support Shodair

Shodair is excited to celebrate Panda Cares Day over the weekend. This was a virtual fundraiser for area kids treated at Shodair Children's Hospital. Panda will donate 28 percent of online sales to Shodair so we can continue to help Montana families.

This event is just one that happens year-round at Panda as a devoted partner in the Children's Miracle Hospital Network. Last month, Panda donated 19,000 masks to Shodair and this ad ran in newspapers in Helena, Billings, Missoula and Butte. We continue to be grateful for Panda's dedication to the work we do!

