

Info to Know



2021

Shodair Fun Day

Shodair held a Fun Day recently at the Flying Giant Lanes in Helena. Employees and their families got to spend a couple of hours, climbing rock walls, playing dodging ball, and parqueting off trampolines. Some employees happily watched as their children scurried through the maze of challenges and obstacles, while other employees turned into seventh-graders all over again and giggled, fell over, and competed with one another all in the name of good clean fun. Thanks to those who could make the time to for a little

fun. We will plan something again soon!

Got an idea about a fun way the Shodair family can participate in? Send your ideas to Alana at alistoe@shodair.org!



Building Project

Construction on the Helena campus of Shodair's replacement hospital continues and the past few weeks the steel beams have been set in place, the exterior walls are becoming more and more visible, and the elevator shafted to the third floor complete.



The picture here was taken Thursday morning . Check out the progress by visiting our live webcam at Shodair.org Be sure to check out our webcam of the construction project [here](#).



Keep writing kudos slips because two lucky employees will win a new laptop and smart TV when we draw at the April 28th Employee Forum!



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Got an idea for Info to Know? Mention it to Cathynn at the front desk or email cchristian@shodair.org

To be added or removed from receiving this newsletter email pmcdaniel@shodair.org or call 444.7560

Employee Spotlight: Adrienna Hines, Major Gift Manager



Adrienna Hines, pictured above, is Shodair's Major Gifts Manager. She is pictured in the top right with her family on the ranch in Huntly. She is pictured on the right below with her husband Mark and her son, Cade, golfing.

While still in her first year of officially being an employee of Shodair, Adrienna Hines has been a member of the Shodair community for much longer. More than two years ago, Adrienna agreed to chair the steering committee for the building project. She brought vivacious enthusiasm from the first day she joined Shodair, and continues to ignite conversations about Shodair with executives from every corner of the state.

Adrienna is a Montana native and a cowgirl through and through. She grew up on a ranch between Billings and Hardin where she learned the value of hard work, and appreciation for the perspective of others. Adrienna and her older brother had the unique experience of working on a custom harvest crew in the summer months. The siblings would fly to Oklahoma and drive a combine harvesting wheat all the way north until arriving back in Montana just in time for school to begin every fall. Her family's ranch remains her "happy place" today and she remains actively involved in the succession planning of the land and livestock.



Adrienna is a MSU Bobcat and easily fit right in the Foundation Department. She is driven and has had a successful career in corporate sales and account management. She has always held a soft spot for kids and so getting behind Shodair's mission was easy. She and husband Mark volunteer advocating for children in the foster care system. She spends a lot of time on the golf course, attending yoga classes, and is generally sleeping by 8 p.m.



Adrienna says the Foundation Team's efforts are making significant progress in updating the communities across Montana about the building project and exciting future Shodair has. She loves Shodair's mission and looks forward to getting to know more members of the Shodair community in Helena and beyond.

Fun Fact about Adrienna: She wears an animal print of some sort every single day.

In 2020, more than 4,000 patients received care from Shodair Children's Hospital. Thanks for being part of the Shodair Family!

Together we are Better!

Upcoming Employee Forums

Mark your calendars for the April Employee Forums.

We hope to see you at one of the following dates and times either in person or via Zoom! Topics include, Sanctuary Certification, Building Project Update and Public Launch, Facility Dog Planning, HR Update, and a couple special announcements!

Monday April 26 11:30a-12:30p CR-A/Zoom

Tuesday April 27 10:30a-1130a CR-A/Zoom
9:15p-10:15p CR-A

Wednesday April 28 2:00p-3:00p CR-A/Zoom

Friday May 7 Butte/ Missoula Outpatient Clinic Visits

**IT'S OKAY
TO NOT
HAVE IT
ALL FIGURED
OUT.** @avamarietdoodles

**Got an idea
or suggestion
for this
newsletter?**

Let us know!

Email

alistoe@shodair.org or
call ex. 7561.

Culture

Upcoming Sanctuary Trainings

- May 4th 10 a.m to noon in conference room A.

Sanctuary Certification:

We will have an onsite certification visit with our reviewers, Maxine and Rebekah, at the end of May. More info to come once visit details are confirmed.

Community Meetings

How are you feeling, *really*? To own our stories, we must acknowledge our honest feelings. Below is a list of feelings from the research of Brené Brown. Did you know that acknowledging your feelings and sitting with your feelings (rather than trying to solve them) can decrease burnout and vicarious trauma. A great place to start is by showing up with your authentic feelings in community meeting without needing to explain your feeling to anyone.



Youth Mental Health First Aid

If you would like to sign up for the May Virtual Youth Mental Health First Aid (YMHFA) please sign up [here](#). The deadline to sign up is April 30th. If you have any questions, please contact Mikel Allen, Clinical Nurse Educator, at mallen@shodair.org or ext 1156.

Can you make the match?



Submit a baby picture and a current picture.

4-19 to 4-23

Email your pics to Cathyann @ cchristian@shodair.org

Match the baby pic to the employee



4-26 to 5-1



The employee to match the most babies to the correct employee wins Shodair Swag!



GOT PLANTS?

SCHOOL BASED SERVICES ANNUAL PLANT SALE

All donations will get a free plant (Probably Aloe)

Don't know how to keep plants alive? No worries!! We can teach you how!!

**APRIL 28, 2021
9AM-4PM
CONFERENCE ROOM A**

100% of proceeds from this event will be used to contribute to therapeutic and experiential opportunities for the students Shodair serves in Day Treatment and Helena CSCCT.

Have a pot with nothing in it? We will supply plant and dirt!!

Caring for Aloe Clinic including— watering, repotting, and propagating!!

To heal, help, and inspire hope

Dashboard: Psychiatry March 2021

Percent Occupancy per Unit:

Group Home: 79% Grasslands: 98% Glacier: 78%
High Desert: 100% Yellowstone: 65%

Virtual Outpatient Visits:

Helena: 916 Butte: 143
Missoula: 262

In Person Outpatient Visits:

Helena: 242 Butte: 80
Missoula: 33

Percent Medicaid:

Inpatient: 71% Outpatient: 64%

Acute Admissions:

High Desert: 14
Grasslands: 54

Blood Drive



Mark your calendars for an upcoming blood drive. Shodair is holding a blood drive April 30, 2021. from 10 a.m. to 3 p.m. You can

sign up on the Intranet or for more details contact Larry in HR.

JOIN OUR GIVING DAY!
Support us and give back on May 6, 2021 | 6pm
For more information, go to GreaterHelenaGives.org

Foundation

Valley Ace Grand Opening

Valley Ace Hardware will be hosting its grand opening April 22-25 at its new location near Bob's Valley Market in Helena. Stop by the store and check out the latest addition to our CMN partner network. Many of its vendors and community supporters, like Shodair, will be in attendance throughout the weekend to promote their services. We will be giving away sweet treats at our table, so stop by and say hi if you see us there. We're excited to welcome the Valley Ace Hardware to Shodair's CMN family!

Costco and Great Clips

Earlier this month, members of the Foundation team ventured to Bozeman to recognize the town's Great Clips and Costco for their amazing support during their 2020 CMN campaigns. Bozeman's

Great Clips raised over \$1,900 during their campaign while Bozeman's Costco raised over \$81,000 for Shodair!

We appreciate the support!



May is For Miracles at Costco

Costco is excited to be spending the month of May raising money and awareness for Children's Miracle Network hospitals nationwide! Each year, Costco participates in a month-long Miracle Balloon Campaign inviting members to make a donation at the time of checkout. This year's campaign will take place May 1 -31. Last year, during the pandemic, Montana's five Costco warehouses raised over \$240,000 for Shodair Children's Hospital. We're grateful for their continued support and can't wait to see the miracles they'll make in May!



Learn about suicide prevention

The impact on our mental health has been impacted by the necessity to physically distance from others throughout the COVID 19 Pandemic. Suicide is a preventable outcome of someone who hasn't learned to manage their mental health challenges. Experts say there is never one reason why someone decides to complete suicide but rather amalgamation of factors and triggers stacking.

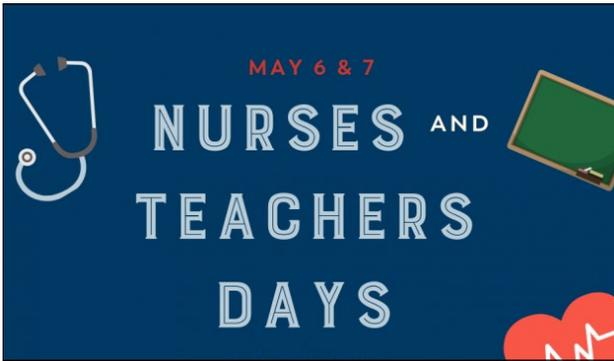
Around 90 percent of people who die by suicide, have a diagnosable mental illness—often depression. When that is compounded by family troubles, financial hardship, and loss of connection, it can often leave someone feeling completely overwhelmed and complicated suicide becomes a solution. The Lewis and Clark Suicide Prevention Coalition and Awareness Network are hosting a free virtual training session on suicide prevention. Learn the three steps to saving someone's life by registering to attend!

Want to learn more? Join the Lewis and Clark Suicide Prevention Coalition for a free public training session to prevent suicide. For more information visit shorturl.at/bfqL9

Employee Giving Fund

Did you know Shodair has an employee giving fund? Did you know you can designate if your donation helps provide services to families less fortunate or to ShoRoc, which pays for experiential learning and activities beyond the regular programming provided. Recently, ShoRoc paid for patients to receive dance lessons; for the hospitals 12-string guitar to get a tune up and new strings; extra goodies in Easter baskets; and will cover costs of the upcoming Prom for the Glacier Unit. A special thanks to those employees who generously give because a little goes a long ways when we put it together! Last year employees contributed thousands of dollars into our mission: To heal, help, and inspire hope.

Next month we celebrate Nurses and Teachers



There are so many people that helped Shodair navigate this past year's Pandemic. From the front line Mental Health Techs, who many say have the hardest job hospital—wide to the Board of Trustees who pays mind to the financial stewardship of the organization, each of us played a role. And for that, there will forever be impacted people who are grateful for your commitment. People who had almost lost hope in the world, but found safety in your presence. Families who were confused, but found guidance in your words. Children who were frustrated, but

saw patience in your actions. Families in need of genetic or psychiatric care have depended on the Shodair team for decades and this past year was no different.

There are several recognitions and award ceremonies that Shodair could, and maybe should, participate in. Those ceremonies pale in comparison to watching a family evolve from fumbling to flourishing, knowing that your efforts likely saved a life, and certainly improved quality and health. Two of the workforce groups.

Thank you Shodair for being amazingly strong,, caring, and brave individuals that want to provide the vulnerable with a support, a voice, and a future.

YOU ARE MAKING THE WORLD A BETTER PLACE!

Every year, the Independent Record holds an annual Nurse of the Year Contest and every year, Shodair whole-heartedly participates. This year, we decided not to nominate one or two of our stellar nursing staff, but ALL OF OUR NURSING STAFF!

Everyone one of our nursing personal is a critical part of the treatment at Shodair.

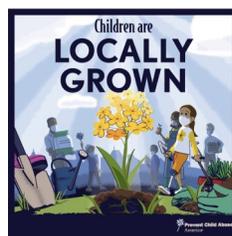
The same goes for our educators. Shodair's teachers work year-around with young people who often haven't had the most positive experience with school officials. Adolescents are often resistant, scared and unmotivated to put effort into school work. The educators within The School at Shodair are exceptional multitaskers who have an uncanny ability to know the individual learning plans for several children on any given day. What could be more important than our health and our education as they are two pieces of positivity to draw on when life tosses out challenges we struggle to address.

Cheers to all of us who stack hands every day to care for another!

What you do does matter!



A **HUGE** thank you to the Café staff. What an amazing job you all do providing delicious and healthy food...as well as the indulgent treats. Keep up the good work!



April is Child Abuse Prevention Month. Blue pinwheels are a reflection of hope, health and safety, what a happy healthy childhood should be.