

Info to Know

Building Project Celebration Success

We held a successful public launch to celebrate the building project last month. The weather was perfect. More than 100 visitors were able to attend the drive-through event and all were positive and encouraging.



We are super excited that our honorary campaign co-chairs are University of Montana President Seth Bodnar; Montana State University President Waded Cruzado, and Carroll College President John Cech (pictured below). All three were on campus with smiles and enthusiastic support for the public launch event.

Planning is underway for an employee event that will provide time to learn more about the project and get a up close view of the construction. Watch for details.

To stay up to date on the building project and the capital campaign visit <https://shodair.org/hope-takes-flight/>



MHT drafted to New Orleans



Grasslands MHT, offensive lineman for the Carroll College Saints, and now Alex Hoffman is headed to New Orleans to play for the NFL. Alex was recently picked as a free agent in the NFL



draft and stopped by Shodair for a quick visit before he heads south and begins this new adventure.

Alex, 22, has worked at Shodair for the past two years while studying bio chemistry in hopes of someday pursuing a career in medicine. Those plans are still there but they are just temporarily put on hold, and instead he'll put his understanding of the game and his ability to learn a playbook quickly to use.



It was obvious that Alex was a positive force at Shodair among staff and patients. As he walked through the patient care areas one final time as an MHT last week, he was greeted with high – fives and congrats. Alex is

pumped to have this opportunity before him but reflects with appreciation for his time at Shodair. The job, he admitted, was often challenging for him. "I'm an impatient person and this job forced me to develop patience and learned to meet kids where they are at and how to stay composed in difficult situations.

Alex Hoffman, Grasslands, MHT, spends some time last week on the Shodair campus before taking off for to be a lineman for the New Orleans Saints.



Inside

Employee Spotlight.....	Page 2
Dashboard.....	Page 3
Culture.....	Page 5
Foundation.....	Page 6

Got an idea for Info to Know? Mention it to Cathyann 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

We encourage employees, partners, referral sources, and the Shodair community to keep up to date with the building project by checking out the live [webcam](#)



And if you're engaged in social media, Please follow, like, and share our posts.

Employee Spotlight—Primary Therapist Leigh Fahlquist



Leigh Fahlquist is a survivor of the Corona Pandemic. Literally.

“Covid was a traumatic experience that I survived and truly feel more grateful about life and feel every day really does matter,” he said.

Leigh went to the ER on October 31, 2020 and sent home with oxygen. Several days later an ambulance transported home back to St. Peter’s and this time his stay was much longer. An doctor on the intensive care unit told him he needed to be put on a ventilator.

“When he said he could not promise me I’d come off is when I thought I might die,” Leigh said admitting that he also wrote letters to his family so uncertain of what the outcome would be. “It was the scariest moment of my life.”

While contemplating his own mortality was difficult, by far the hardest part of this experience was not being able to see family and being confined to a bed.

“It’s hard to convince people about the destructiveness of COVID,” said Leigh. “It got close to taking my life, that’s a fact, not an understatement.”

Leigh spent about 20 days in the hospital, several of them in the ICU. He is glad to be alive and enjoying life, although admits he will be glad when the day comes when vaccinated people will no longer be required to wear masks. He says while he encourages the vaccine, he also respects and individual's right to chose. Leigh views this just like any of the other recommended vaccinations most of us get as children.

Leigh as spent nearly all of the last 15 years working at Shodair and when you pass him in the hall, it would be easy to assume that things are mostly back to normal with Leigh as he smiles warmly as he calmly walks. But that’s far from his not his ,” he said. “My lungs do not feel adjusted. I’m fearful of being as active as I was before. I use to run some - that’s out.”

Something about the pandemic and today here.

Leigh is a therapist and spends his days helping patients in the acute units. He says he likes collaborating with a team of adults to help kids who are often depressed or angry learn to trust and heal, he knows their future has become brighter.

“It’s rewarding when you see children change for the better because of something you said or taught,” he said.

Leigh enjoys working at Shodair and has witness a lot of change through the years.

Leigh says Shodair is always evolving and does a good job as an organization to stay current with best practices like importance of being trauma informed , when it comes to children and mental health.

Leigh spends his days at work in therapy sessions with children and families and says his own family challenges growing up plays a big role is professional career.

“Like adults, kids want to be heard. They need adults willing to listen.” he said. “You never know what you may say or do that can be lifechanging for someone else...I hope to be a light in the darkness.”

No doubt Leigh is a warm steady glow of light for his friends, family, and all that cross his path. Lucky for us, that light is felt by the entire Shodair community.

Thanks for all you do, Leigh!



Leigh has two pugs,
Oscar and Barley.

Youth Mental Health First Aid

There is still time to sign up for Youth Mental Health First Aid training on June 30 !. This is an online course through Zoom from 9am-2pm and there will be 2 hours of pre-work to do ahead of time.

The deadline to sign up is June 14th. The instructor needs this time to process those enrolled and send it through a process to build each one of you into the system.

This is available to all Shodair employees.

If you have any questions, please contact Mikel Allen, Clinical Nurse Educator, at mallen@shodair.org or ext 1156.

YMHA SIGN UP: [CLICK HERE](#)

Psychiatry April 2021

Genetics February & March 2021

Percent Occupancy per Unit:

Group Home: 84% Grasslands: 93% Glacier: 78%
High Desert: 97% Yellowstone: 80%

Virtual Outpatient Visits:

Helena: 916 Butte: 143
Missoula: 262

In Person Outpatient Visits:

Helena: 242 Butte: 80
Missoula: 33

Percent Medicaid:

Inpatient: 77% Outpatient: 59%

Acute Admissions: 66

High Desert: 17
Grasslands: 49

Clinical Genetics

February 2021

General In-Person: 0
Neuropsych: 10
Metabolic: 5
General Tele-Med: 46
Cleft Palate: 10
Cancer: 6 Diatary: 2
Total: 79

Genetics Laboratory

Molecular Tests: 127
Cytogenetic Tests: 31
Total: 158

Clinical Genetics

March 2021

General In-Person: 15
Neuropsych: 9
Metabolic: 10
General Tele-Med: 26
Cleft Palate: 0
Cancer: 4 Diatary: 6
Total: 70

Genetics Laboratory

Molecular Tests: 98
Cytogenetic Tests: 32
Total: 130

Happenings

Prom success



The joy of patients filled the hospital last month thanks to a special event that took many hands to pull together. Patients beamed with happiness and danced continually from the beginning to the end in conference room space that was transformed into a Starry Night Event complete with decorations, music, balloons, flowers and tuxedos.

Shodair's prom and spring fling for residential patients from Yellowstone and Glacier units was a smashing success. Each patient received a new pair of starry socks purchased by ShoRoc using funds

donated by employees.

Special thanks to the Café for making a delicious meal and staying late to serve; the patients raved about the food! Thanks to Angela and Cathynn for helping patients with hairstyles and a huge shout out to the entire Allied Therapy Department for organizing a very special event that patients won't soon forget. We also should mention appreciation for support from several local businesses: Knox Flowers, Mr. Tux, Helena Photography, and Capital City Cleaners. And, our very own Ms. Bella Nyman, the current Montana champion for Children's Miracle Network for donating makeup.



This was a win for the Shodair family and it couldn't have happened without everyone's support. Thank you!

Pandemic's impact on admissions

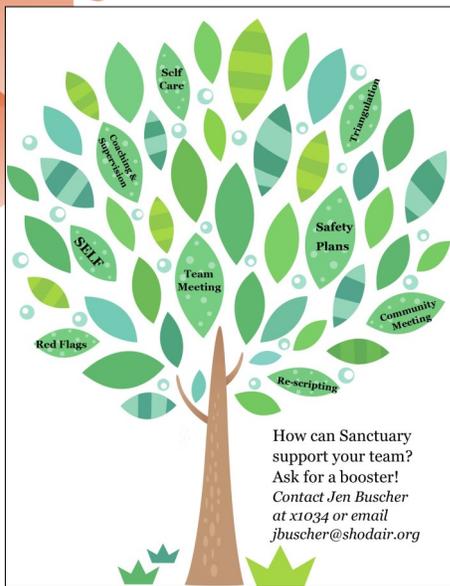
Recently released 2020 hospital data shows just how big an impact the COVID-19 pandemic had on hospital admissions of children and youth experiencing a mental health crisis. Statewide, admissions were down by 255 compared to 2019 data which equates to a 14% decrease. Although all four major mental health hospital providers in Montana were impacted, the hardest hit was Billings Clinic with a 25.8% decline followed by Shodair Children's Hospital with an 11% decline. The other two mental health hospitals: Pathways in Kalispell and Providence St. Patrick's Hospital in Missoula experienced a 7.5% and 3.8% decline respectively.

It's still too early to know how the many variables of the pandemic contributed to this decline or what it means for 2021. However, according to Shodair's CEO, Craig Aasved, there were at least three major factors contributing to Shodair's drop in admissions. First, parents were very reluctant to bring their children into a hospital ER for fear of contracting the COVID virus, even when their child was experiencing a mental health crisis. And then within days of schools moving to a virtual at-home setting, Shodair had to reduce its available bed capacity as many of its employees found themselves having to stay at home and taking on the role of teacher assistant and/or childcare provider. This staffing shortage has continued even up to the present time.

What does this mean for 2021? With a continued staffing shortage, Shodair has been forced to limit its residential unit bed capacity to 80%. At the same time schools are re-opening classrooms to in-person and more students are being identified as needing urgent inpatient services. And it appears that patients being admitted have a much higher acuity level than in pre-pandemic times, which could be an indication of delayed diagnosis and treatment during the first year of the pandemic.

More time and research will need to occur in order to validate these assumptions, yet in the meantime, the need for pediatric mental health services continues to grow which is why Shodair has responded by continuing to expand and grow its inpatient and outpatient services.

Culture



Burn out

Feeling burned out? When we are stressed and tired, it is more difficult to remember the tools we use to mitigate burnout. Research shows that community meetings, self-care, and safety plans are all ways we can minimize stress.

BURN OUT

Are you:
Reliable & conscientious
A perfectionist
Work is a big part of your identity
Working in a caring role

SIGNS

- Exhaustion
- Apathy
- Less productive
- Irritable
- Headaches
- Stomach aches

CHRONIC STRESS

TREATMENTS

- EXERCISE
- Meditation & Mindfulness
- Talk to others
- Better sleep



Thanks to everyone for supporting the Plant Sale Fundraiser for School Based Services. It was a huge success and the money raised will help to provide summer activities for these kiddos!



Our very own CMN Hero Bella Nyman graduated from PAL this week and some Shodair employees were able to attend (pictured above). We couldn't be prouder and Bella has a bright future. Your Shodair family are fortunate to watch you grow!

Rise & Shine Shodair!

Employees are invited to share breakfast as we celebrate your dedication to our mission.

June 17th
6AM - 9AM
Front Lawn, Helena Campus

Administration will serve croissants, bacon, eggs, and fruit. You can also anticipate:

Shodair Swag
Prize Drawings
Fun & Connection

To heal, help, and inspire hope

Foundation



Costco Fundraiser

While numbers are in yet, it's looking like once again, Costco employees and members knocked it out of the park for fundraising for Shodair!

Costco always showed enthusiasm throughout the month of May to be 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. Last year, during the pandemic, Montana's five Costco warehouses raised over \$240,000 for Shodair Children's Hospital. We are excited to see the total this year because every dollar helps the families we serve!



Laptop and TV winners

Congrats to Val Cundall and Angela Curtis for winning the tablet and television in our annual Kudo Slip Drawing!
Pictured is ShoRoc Committee members Melissa Nichols and Amy Zearfoss holding the prizes and smiling for a photo just before the winners were drawn.

Got an idea about what next year's prize could be? Contact Alana at alistoe@shodair.org

Grand Opening Recap

The Valley Ace Hardware store in the Helena Valley is officially up and running and Shodair was at the store to celebrate its grand opening.

Shodair representatives were able to greet customers and hand out Shodair swag and CMN Balloon – shaped sugar cookies, created by Vanilla Bean Bakery and Park Avenue Bakery. It was a successful four-day event for the Valley Ace store and we are so happy to have another Children's Miracle Network partner in Helena.



Pictured above at the grand opening is former Shodair CEO Jack Casey and Alana Listoe, Chief Communications Officer. Pictured below is Keith Meyer, Executive Officer of the Foundation.



Sigma Nu donates blankets

Montana State University Fraternity Sigma Nu made the trip to Helena last month to present homemade tie-blankets for the patients to the Foundation Department

This project was organized by Kalten Hendrickson, the president of the MSU Dance Marathon Program. It was encouraging to see Kalten and his brothers still support the hospital, despite cancelling the MSU Dance Marathon this year. We are excited for what the 2022 Dance Marathon will bring.

Thanks to the Sigma Nu members for thinking of us!



Lynette Presley retires

After nearly three decades, Lynette Presley decided to retire and Friday we celebrated her since it was her last day.

Lynette is a certified recreational therapist who was the driving force behind the garden. She made a huge impact on so many members of the Shodair family!

Best wishes Lynette and we will miss you!

