

Info in Flight

June 2022



Tours Build Excitement



The construction of Shodair's replacement hospital remains on schedule and on budget as of this month. This takes dedication of everyone involved. Thank you to all of our internal and external stakeholders for helping us with financial stewardship. Several of these friends of Shodair have toured the construction project leaving with a sense of hope, pride and inspiration as we look to care for Montana families for the second century. Among those who've toured are members of the Hometown Helena group, a bi-weekly early-morning meeting in the Capitol City of lawmakers, business executives, civil servants, and leaders of non-profit organizations. The meeting at Shodair last month was one of the group's first in-person meetings since the COVID Pandemic started and was extremely well received. Retired Corporate Executive Rick Hays said it was a special morning and "great to see what is coming for our most challenged youth from across our state."



CEO Craig Aasved often says, "Montana kids deserve a place like this." Hays total agrees saying, "I'm afraid too often we tend to settle for less because we don't want to accept the challenge for doing what is really needed."

Other tour participants have been a large percentage of our employees, other health-care providers, community partners, and most recently, Children's Miracle Network Corporate Sponsors with representatives from Panda Express, Ace Hardware and Montana's Credit Unions. Shodair is Montana's only CMN hospital in the network of 170.

Thanks to everyone for their continued loyalty to the mission of Shodair: To heal, help, and inspire hope. Through the summer, we will be providing tours for transitional planning and by special request. Watch more information about plans for our grand opening later this year.



Successful Patient Prom



Bridgette Wiegand, certified recreation therapist, took individual photos of patients in their formal attire for a keepsake.

Thanks to dozens of creative employees, a room full of donated formal dresses, and the generosity of several businesses, individuals in Shodair's residential in-patient program enjoyed a prom themed "Hollywood Nights."

With the support of more than a dozen employees, the adolescents in formal attire danced and laughed for over two hours in our conference room and enjoyed fabulous finger food prepared by Shodair's cafe. The space was temporarily transformed into a glamorous social gathering with gold streamers, sparkling lights, and a red carpet. For some who attended, this will be the only prom they will attend throughout their high school career. While patients don't have prom dates, they do get a few exceptions from the typically programming to just a kid in a safe environment.

This year's prom came together thanks to many contributors: several employees volunteered by helping with hair and makeup, decorating and chaperoning. Flowers for corsages were donated by Knox Flowers and Mr. Tux donated the tuxedos – both played a big role in the event's success. Two additional supporters for makeup and hair products were Target and ShoRoc, an employee giving fund providing special experiences for patients.

Thanks to everyone that helped make this safe, fun, and memorable event for everyone!



Shodair MHT Rich "Tripp" Rasmussen sits with Facility Dog Aubrey, at the 2022 Prom.

Costco wraps up awesome Campaign

Costco Stores across Montana have spent 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 through May 31. Last year, during the pandemic, Montana's five Costco warehouses raised over \$334,000 for Shodair Children's



2022 CMN Champion Dakotah Hurley recently visited a couple of the Costco Stores to thank them for supporting Shodair.

Below (below) is Adrienna Hines, major gifts manager, Ron Wiens, director of business development, and Dr. Heather Zaluski, medical director of psychiatry give the camera a thumbs up for a successful afternoon.



Hospital. We're grateful for the continued support from Costco and its members and look forward to celebrating their success soon!

Shodair leadership spent the afternoon recently grilling burgers for Costco employees as a way to say thanks for their continued fundraising efforts!

Below (right) is Delaney Miller, executive assistant and Desiree Navarro, chief human resource officer, take a quick break from their grilling duties to smile for the camera.



Employee Spotlight - Alyssa Washburn



For the past seven years, **Alyssa Washburn** has learned to go with the flow at Shodair. Alyssa first started as a mental health technician and later became an unit assistant on the adolescent acute unit. Today, Alyssa is an activities assistance in the allied therapy department. Like so many adjustments since the COVID 19 Pandemic, Alyssa shifted her role as the organization adjusted staffing to accommodate low census.

Alyssa loves her job at Shodair and says it's like family and some of those relationships happily surprise her.

"The adults I work with I may not have chosen outside of Shodair, but we build friendships that mean a lot to me as an employee and in my personal life," she said adding that a void is felt when an employee leaves.

One aspect of Shodair that Alyssa is particularly proud of is the culture at Shodair

Alyssa Washburn has worked at Shodair for the past seven years. First she worked as a mental health technician, then a unit assistant., and is currently an activities assistant. All her roles have provided direct-care to the patients we serve.

and how everyone is welcome. "Everyone who works at Shodair says hi to you whether you know them or not," she said.

As with any job, she said, there are challenges. At Shodair, Alyssa says, it's sometimes hard to built trust with patients because they have been repeated betrayed by adults in their lives. And, sometimes, she says, language is a challenge." She said sometimes the "slang words nowadays" have different meanings that she was taught growing up but she always up for learning something new.

Alyssa is the middle child and grew up just outside of Helena. This fall, she will have been married for six years and the family household comprises of three cats: Aurora, Hunter, and Miss Montana, and Sateva, a 3-year old Jack Russell. The couple raise a variety of ducks for eggs and meat: Peking, Cayuga, Khaki Campbell, Buff, and Rouen.

When not at work, Alyssa can most often be found outside during her free-time. She enjoys hunting, fishing, and gardening. Alyssa is always up for new outdoors adventures, but is content just to read a book or listen to music in the comfort of her own home.

Thanks Alyssa for being a valued member of the Shodair family and helping us meet our mission.

New Edition of Magazine Coming out Soon



Coming Soon:

Shodair's Magazine and Donor Roll publication is almost finished and ready for printing. Watch your mailbox for one to arrive sometime this month! If you're not on our mailing list, email pcmdaniel@shodair.org or call 406.444.7560.

Events

Shodair participates in Mental Health Month Activities

Going on Now

Through June 14: Matters of Mind, Jailhouse Gallery inside the Myrna Loy in Helena.



Suicide remains the second leading cause of death in the U.S. among youth aged 10 to 14 and adults ages 24 to 35. Montana continues to have one of the highest suicide rates in the country. According to the Centers for Disease Control and Prevention, suicide was responsible for nearly

46,000

deaths in 2020; however, many more people attempt or have serious thoughts of suicide.

**If you or someone you know needs help,
call 1.800.273.TALK**

Matters of Mind: An art show that several Shodair patients have work displayed in is open now through June 14, 2022 .

June 3: Open times for guests on Shodair's ropes course this Friday from 9 a.m. to noon. This challenge by choice activity is great for individuals or groups. For more information contact Melissa at 406.444.7573

Looking Ahead

June is Pride Month

June 14: Flag Day

June 19 Father's Day and Juneteenth

June 21: Summer Solstice

Shodair by the Numbers - April 2022

Medical Genetics

Clinic Visits: 67
Lab Tests: 109
COVID Tests: 243

Inpatient Psychiatry

Total Admissions: 46
Average Length of Stay:
Acute :11.6 days Residential: 29.6
57 % Montana Medicaid

Outpatient Psychiatry

Appointments: 2,262
51% Montana Medicaid

To heal, help and inspire hope



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