

Nursing

The American Psychiatric Nurses Association reminds us that whole body wellness requires a foundation of mental health wellness. However, nurses often neglect their own health, both mentally and physically as they devote all their energy to caring for others. Nurses from around the country came together to list out some of the ways they engage in self-care.

Some of nurse's top suggestions include:

- Schedule your self-care
- Take up a hobby
- Unplug
- Use self-talk
- Do yoga
- Focus on nutrition
- Get Moving
- Go Outside
- Try meditation
- Prioritize sleep
- Listen to Music

Do any of these suggestions sound intriguing to you?

I encourage you to choose at least one and try it this week.

For the full list of suggestions and more information from psychiatric-mental health nurses from around the country, check out the full self-care tip sheet on the APNA website: <https://bit.ly/3e1RM7K>

Self care is so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.

— Eleanor Brown

Don't Spread Computer Viruses



IMPORTANT: Do not insert your personal thumb drive into a BryLin computer. It may be the carrier of an unknown computer virus that might corrupt or delete data on your computer, spread itself to other computers on the network, or even erase everything on your hard disk.

Social Engineering Scam

The Misplaced Flash Drive



- One tried-and-true trick is “accidentally” dropping a flash drive in a company’s parking lot and hoping that a curious employee picks it up and plugs it into a company computer — thus launching malware.
- An enticing file name is usually enough to coerce employees to open the malware.
- While hardly new, this tactic is known to have a high rate of success.
- **WARNING:** Do not plug flash drives that are not authorized by the company into any company computer.

Beware of Phone Calls



- It's surprising what a hacker with the gift of gab can get away with. Hackers may use phone calls to either collect more personal information about you or validate what they already know as part of a larger, more elaborate attack.
- **WARNING:** One of the best ways to defend against such phone calls is to take down the phone number and offer to call them right back. Alternatively, test the caller by asking them information that they should already know about you. Finally, never divulge information such as passwords over the phone.

If you have any questions please don't hesitate to contact **Loring or Pawel (IT)**.

Outpatient Update

At **BryLin's Behavioral Health Center**, we are proud to bring a high level of clinical knowledge and experience to our services, and even more proud of our commitment to furthering our clinical development.

Two of our counselors (**Monica Linseman (Left)**, **Yvonne Cavanaugh (Right)**) recently earned their Licensed Clinical Social Worker (LCSW) license and we currently have four individuals in our adult mental health clinic who are being trained in **Eye Movement Desensitization and Reprocessing (EMDR)**. EMDR is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences (trauma).



In our child and adolescent mental health clinic, counselors are being trained in programs for Autism Spectrum Disorder and Dialectical Behavioral Therapy for Children (DBT-C).

Across all our outpatient clinics, recent hires are contributing to broadening our range of clinical strengths. Counselors who have recently joined our BryLin community bring experience working with trauma therapy, psychotic disorders, motivational interviewing, crisis intervention, co-occurring mental health and substance use disorders, play therapy, LGBTQIA communities, inpatient psychiatric stabilization, family-based interventions, and clinical administration/supervision.

We strive to offer the highest-quality care through the most effective evidence-based techniques and modalities available. We are very proud of our counselors and their dedication to grow their skillset to enrich our treatment team!

— **Steven Halady, PhD, LCSW, Associate Clinical Director of Outpatient**

Nurses of Distinction

All registered professional nurses, who are members of the **Professional Nurses Association of WNY**, practicing at any level or scope of responsibility, who have been active with the nominating agency for the past two years, and employed within any of the seven counties of WNY were eligible for the **2021 Nurse of Distinction Awards**.

Claudette Davis, RN, Donna Lawrence, RN, and Carol Czuprynski, RN were nominees for awards in the following categories respectively: **Nurse of Distinction in Education, Outstanding Staff Nurse and Community Recognized Distinguished Nurse**. Congratulations to these amazing individuals who have performed tremendously under difficult circumstances while providing true compassionate care!

May - June
2021

Employee Newsletter



May is Mental Health Awareness Month

May 6th: Nurses Day

May 9th–15th:
Hospital Week

MAY TRAININGS:

- 5/3 - 5/7: New Employee Orientation (NEO)
- 5/10-5/11: 2 Day PMCS
- 5/12: Annual Mandatory Day (Non-Clinical)
- 5/13: Dialectical Behavior Therapy
- 5/17 - 5/21: New Employee Orientation (NEO)
- 5/25: 1 Day PMCS
- 5/26: Annual Mandatory Day (Clinical Staff)

JUNE TRAININGS:

- 6/7 - 6/11: New Employee Orientation (NEO)
- 6/14 - 6/15: 2 Day PMCS
- 6/16: Annual Mandatory Day (Non-Clinical)
- 6/17: Dialectical Behavior Therapy
- 6/21 - 6/25: New Employee Orientation (NEO)
- 6/29: 1 Day PMCS
- 6/30: Annual Mandatory Day (Clinical Staff)



The BryLine



Excellence in Health Care

“On behalf of the entire organization, I'd like to Congratulate Dr. Sanjay Gupta, Chief Medical Officer (CMO) at BryLin Behavioral Health System for being selected as one of this year's Excellence in Health Care Award winners presented by Buffalo Business First.”

— **Eric D. Pleskow, President/CEO, BryLin Behavioral Health System**

Sanjay Gupta, M.D., a psychiatrist, has nearly 30 years of experience and has been the CMO for BryLin for over 3.5 years. Dr. Gupta's role with BryLin is to oversee medical operations of both inpatient and outpatient programs. He offers consultation and guidance when needed to the medical staff, provides education for clinical staff, and students which has been particularly essential during the last 12 months of the pandemic.

Dr. Gupta also serves as Medical Director for BryLin's newly designated **Center of Excellence in Electroconvulsive Therapy (ECT) Program**.

“Throughout the pandemic, we have relied heavily upon Dr. Gupta's leadership to get us through this pandemic”, says Mr. Pleskow. “He has worked closely with officials from the Erie County Department of Health (ECDOH) helping BryLin take every step necessary to protect the staff and our care for recipients during this health crisis.”

Also, by following the guidelines submitted to us by the Centers for Disease Control and Prevention (CDC), New York Department of Health (NYS DOH), New York State Office of Mental Health (NYS OMH), and New York State Office of Addiction Services and Supports (NYS OASAS), Dr Gupta, along with our other senior clinical staff, continue to make thoughtful and rapid decisions to prepare for all scenarios with safety as our top priority during this pandemic.

“Dr. Gupta has really gone above and beyond the call of duty, under some very challenging conditions, to help keep everyone safe and our organization operational”, says Mr. Pleskow. We are lucky to have Dr. Gupta's experience, wisdom and natural leadership abilities to help guide us through the end of this pandemic.”

Congratulations Dr. Gupta on being named one of the 2021 Excellence in Health Care award winners, you deserve it!

LOOK WHO'S
CELEBRATING...
Service Recognition

May

Gloria Gorney 20yrs
Clarissa Polk 18yrs
Amanda Drumsta 11yrs
William Weiss 10yrs
Sunday Iheke 8yrs
Nicole Adams 4yrs
Audrey Gibala 3yrs
Laura Zimberg 3yrs
Shannon Fagan 2yrs
Michelle Hippert 2yrs
Rebecca Morley 2yrs
Zahra Rezai 1yr
Dawn Gardner 1yr
Karen Long 1yr
Alexandra McEachern 1yr
Heather Wesolowski 1yr
Katelyn Basile 1yr
Bobbie Lee 1yr
Patricia Ann Cordovani 1yr
Robert Trusiak 1yr

June

Chester Banach Jr 42yrs
Keith Robertson 42yrs
Dorothea Mixon 23yrs
Cleo Starks 20yrs
Geraldine Poler 14yrs
Stephen Spencer 12yrs
Nancy Marcussen 11yrs
Trisha Williams 4yrs
Teresa Sullivan 4yrs
Donnetta Lewis 4yrs
Jason Miller 3yrs
Deanna Scibilia 3yrs
Sade Curry 3yrs
Mary Julie Baco 2yrs
Keith Ramos 1yr
Ashley Riley 1yr
Jasmine McKelvin 1yr
Devon Gallagher 1yr
Anna Giannicchi 1yr



MARCH

Evelyn Jackson
Maureen Thieroff
Cristina Gozdalski
Morgan Bauer
Chelsey Sengillo
Sarah Boone
Ennis Smith
Sidney Hennings

APRIL

Seantell Rainey
Cari Marx
Teresa Thomas
Rhondaja Howard
Danyelle Starling
Mark Jackson
Darielle Hough
Ashley Mecca
Karry Washington
Tammy Hennings
Julie Scutt



What's Happening



DEPARTMENTAL SPOTLIGHT: ADULT UNIT

I'm so excited to share with everyone a glimpse of what makes the 3rd floor team so amazing. The Adult unit receives service recipients 18 years and older with varied mental health diagnosis. Depending on volume and clinical presentation, the unit can be a very active, busy place; especially on ECT days. Even with all the business (and sometimes, let's face it, chaos), one thing remains.... dedicated, caring individuals that selflessly care for those in need.

At least weekly, service recipients will ask to speak with me to share how the staff has helped them to move forward in their recovery. I hear about staff on all shifts taking time to listen and provide support when it's needed most. The teams work diligently to connect with each service recipient. I've watched as members of the team play checkers, assist recipients in groups, exercise with individuals and even pray with them, when requested. The staff don't do these things for recognition. They do it because they care! They work to let recipients know that we are here to help them. Simple acts of kindness are everyday occurrences. I can't tell you how many times I've heard service recipients say they would never go anywhere else for their care because of how wonderful everyone is.

You can't measure the beauty in a moment where caring and compassion creates a rapport that leads to trust and acceptance. I've seen staff sit quietly at someone's side, letting them know they are not alone. I've also seen staff dance with patients to music that transcends mental illness and dementia. Always applying person-centered that meet people where they are at.

I'm appreciative for the opportunity to share with you how the 3rd floor team provides care for the individuals we serve and how they work to erase the stigma of mental illness. I feel very blessed and privileged to work with such caring, dedicated people.

- Linda K. Carroll Gray MSN, BSN, RN, Program Director, 3rd Floor Adult Unit

Day Shift Photo
Left to right-
Front-Emily Parlato, Aba Flynn-Aikens, Devon Gallagher
Back-Sherece Wynter, Evelyn Johnson, Rosie Brown, Linda Gray, Terry

Night Shift Photo
Left to Right-Marcus Hilliman, Dorothea Mixon, Bobbie Lee, Jada Beard, Stephan Shelton-Broadbent

Evening Shift Photo
Front row-Samantha Whitman, crouching down - Ashley Mecca
Back row-Kevin Lange, Jennifer Seltzer, MJ Baco, Heather Wesolowski, Larry Grantley

Night Shift Photo
Left to right-Dawn Gardner, Darian Lovejoy, Tiffany Payne and Maxwell Lawrence

Therapeutic Activities (TA)

WELCOME to the **TEAM!!!** New Hire **Elizabeth Kasimu**, Certified Therapeutic Recreation Specialist and **Shannon Fagan**, Certified Occupational Therapy Assistant, who is transitioning from per diem to Part Time this May!

And a BIG shout out to former TAPA **Aba Fynn-Aikins** as she spreads her TA & BryLin wings as she joins the BryLin's **Nursing** team as an RN! **Way to go!**

TA is always on the look-out for new activities and craft projects... which means new tools & supplies!!! if anyone is willing to part with an unused blender or sewing machine, we are on the look-out!

A big TA THANKS and **C.A.R.E.S.** going out to **Jason Miller** from the **Nursing Department**. His CARE has not gone unnoticed! He has surprised the TA Department several times with fun treats for the recipients and recently donated many decks of playing cards and some Candy for the **SENSORY CARTS!** You are and your generosity is **APPRECIATED!**

My name is **Ashley Mecca** and I'm a new member of the **BryLin Family**. BryLin is the newest thing I've got going on. I feel at home already and it's been one week.

You all have been so welcoming and helpful.



Also here's a picture of my fur baby:



Christopher Tilley (MHT) and his dog **Honeybuns**

Did You Know?

BryLin now has an "Employees" section on its website in the upper navigation tool. Here we have a list of our **"Privacy & Security Policies"** which we hope will improve your access to these as needed.

You'll notice that this page is password protected. The current password is:

brylinisthepassword2021!

We will be adding more policies in the coming days and weeks. Please check back regularly to see our most updated privacy and security policies. Thank you!



Spending time with my two fur babies, **Amber & Willow**, helps me not be bored during the COVID pandemic.
- Linda K. Carroll Gray



Meet our newest Maintenance Assistants, **Colt Vigneron** (left) and **Prince Page** (right)!

"These two have a great work ethic and are working hard to get this Hospital running at full capacity" says **Dave Peters**, Sr. Manager, Plant Operations.



May Observations

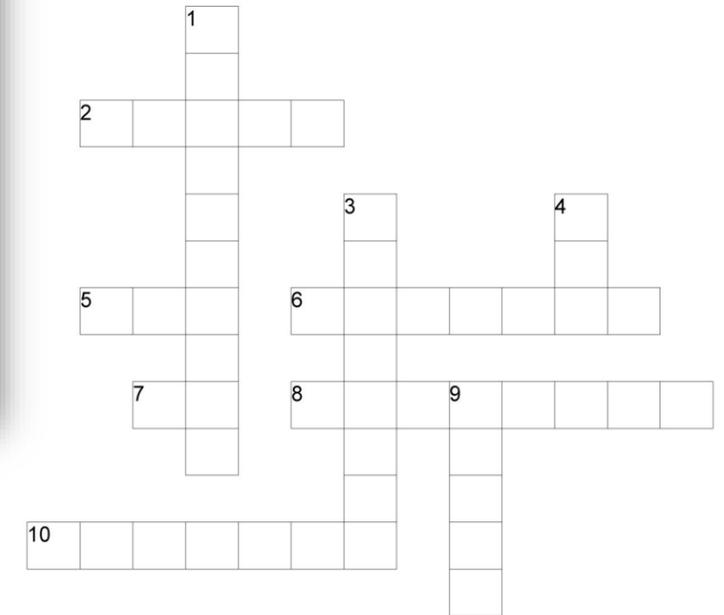
Mental Health Awareness Month

Nurses Day: 5/6

Hospital Week: 5/9 - 5/15

Memorial Day: 5/31

HIPAA CROSSWORD



Across

2. What act was passed in congress to protect individual's medical records and other personal health information
5. What is the acronym that identifies individual's information (ie: name, birthdate, address, etc.)?
6. How should you send an email to outside recipients that contain protected health information?
7. Is it ok, to discuss health information with an individual in an open area?
8. What should you never share with another individual that is used to access systems?
10. What HIPAA rule protects individual rights?

Down

1. Who is one person you can report a suspected breach to?
3. What is HIPAA's minimum training requirement for employees?
4. Acronym for a document you receive from the physician office, which explains how they may use and share your health information
9. How many days do you have to send a breach notification letter to individual(s), whose information was compromised?

Cut out and submit a completed crossword puzzle to Mark Nowak (Marketing Director) with your name and department printed clearly on it by 5/17 for a chance to win a **\$20 Gift Card from Tim Hortons!**

A winner will be chosen from the correctly completed submissions through a random drawing on **May 18th**.

Any questions please contact **Mark Nowak** at ext. 7614.

