



## Belmont Offers Hope for Depression

Belmont in partnership with Brainsway hosted a Deep TMS Open House on October 24th. This was the kick-off event to ongoing information sessions that will run the second Wednesday of every month from 6-7 P.M. in our Outpatient building. These sessions have featured treatment professionals from Belmont Hospital, as well as testimonials from patients who have been treated with DTMS. There was a mixture in the audience of persons suffering with depression, supporting loved ones of those individuals and physicians who wanted to learn more about the treatment and the advantages that Deep TMS provides. Individuals shared that after learning more about the program that they are more hopeful that they have found another method to treat their depression that will therefore provide a better quality to their life.

## Documentation Tips

*Our Written Story is Our Proof*

Documentation is one of the primary ways we demonstrate what we did, for whom, when, and with what effects. It is not merely "record keeping", but a means for others to assess whether the care that a PRS received met standards for safe and effective treatment.

- **Document clearly and accurately.** Avoid unapproved abbreviations and acronyms. Keep in mind that documentation may be read by PRS and other individuals without clinical training.
- **Avoid vague terms and generalizations.** When you document be as clear and specific as possible.
- **Document what you did or observed, not your opinion.** Always stick to the facts.
- **Document in a timely manner.** Make an effort to document as soon after you perform care as possible.
- **Write legibly.** If someone is unable to read your documentation it's useless to you and them.

**REMEMBER:** "If you didn't document it, you didn't do it."

## New Hires

### November 2018

Employee Name	Title
Eboney Covington	BHA
Edith Hutchins-Stieglitz	Therapist
Cabriyah Marc	BHA
April Mitchell	BHA
Nina Nunez	BHA
Kelly Palace	Therapist
William Robinson III	Security Guard
Deidra Timbers	Nurse Supervisor
Nydirra Williams	BHA
Deron Davis Savage II	BHA
Alicia Denby	Security Guard
Jessica Diaz	BHA
Derek Ennis Jr.	BHA
Kevin Fisher	BHA
Tyreik Harrison	BHA
Lynette Harrison	BHA
Herman Hinton	BHA
Maurice Polite	BHA
Keith Ross	Administrative Assistant
Kalia Tillery	BHA

### December 2018

Employee Name	Title
Fateema Boldon	Billing Specialist
Comference Ginjer	RN
Erin Harwood	Case Manager
Abigail Jones	Case Manager
Ragina Kelley	BHA
Colin Kenny	RN
Adrienne Magwood	BHA
Jordan Moore	BHA
Derrick Price Jr.	BHA

### For More Information

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## A Message from our CEO

The New Year has begun, but it's important we take a moment to recognize all that we accomplished in 2018. Together we achieved so much, and I am immensely proud of the work that you do to make Belmont a source of hope to so many individuals. The collective devotion and commitment of our 635 employees has enabled us to care for 3,396 children in crisis at the PCCRC, 3,334 inpatient admissions, and 66,151 visits in all of our outpatient programs.

Thank you for your hard work and dedication throughout 2018. None of this would have been possible without you, and I am excited to see what we can accomplish together in 2019.

A very special thank you to Mark Schor, Division President and Arris Veronie, CFO, for their continued advocacy and support of Belmont's clinical initiatives and future growth.

**Laura Longstreet, CEO**

### A New Year, A New Outlook

*"It's not about perfect, it's about effort, and when you implement that effort into your life every single day, that's where transformation happens. That's how change occurs. Keep going. Remember why you started."*

—Anonymous

## Anniversaries

### November 2018

Employee Name	Title	Years of Service
Artie Bullock Jr.	BHA	1
Ai Ikunaga	Therapist	1
Tianna Lackey	BHA	1
Cara Long	Therapist	1
Adriana Miletto	RN	1
Talonza Nole	BHA	1
Angela Owens	Therapist	1
Brittany Speights	BHA	1
Ameerah Boggs	BHA	2
Amanda Cureton Bell	Bus Office Coordinator	2
Alison Jacobs	Clinical Case Manager	2
Laura Kalu	Nurse Supervisor	2
Khatuna Ozebetelashvili	Therapist	2
Karen Rapone	Staff Accountant	2
Dawn Bausman	Nurse Manager	3
Tiffany Coles	Patient Account Rep	3
Falone Gantt	Admissions Counselor	3
Maryiam Jennings	Billing Specialist	3
Cherrell Woods	Dietary Aide	3
Marc Damario	Therapist	4
Leslie Gibson	Teacher	4
Tiffany Leslie	BHA	5
Miranda Greenie	BHA	8
Rochelle Humphrey-Burton	Clinical Case Manager	9
Yves Francois	BHA	14
Carolyn Barnett	BHA	15
Devann Wisniewski	Therapist	15
Sheila Moore-Bouie	BHA	30
Frausteen Weeks	RN	34

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## Belmont's Clinical Year in Review

As we ring in a new year, it is important for Belmont to reflect on this year's clinical accomplishments and plans for future clinical growth. In 2018, Belmont had a busy year working toward the advancement of its clinical programming! The leadership team completed a Trauma Informed Organizational Self-Assessment to guide us in the selection of our 2018 goals. In response to this assessment, 2018 clinical initiatives focused on 1.) Staff training, 2.) Evidenced based interventions, and 3.) Fostering a trauma informed environment for the persons that we support and serve.

In 2018, all Belmont employees received training on suicide assessment/prevention, early intervention & de-escalation strategies, and completed a four-part comprehensive Trauma training series. To further promote clinical excellence, Belmont invested in an on-line program offering free trainings for employees. Additionally, a monthly training calendar with free onsite &/or local trainings on a diverse range of clinical topics was emailed to all Belmont staff.

We are proud to announce that in 2018, Belmont was designated by CBH /EPIC as a facility competent in providing Cognitive Behavioral Therapy (CBT) interventions. In addition to CBT, our clinical staff are trained in a wide variety of evidenced based approaches, including Dialectical Behavioral Therapy (DBT), Acceptance & Commitment Therapy (ACT), Parent Child Interaction Therapy (PCIT), Child Adult Relationship Enhancement (CARE), Skills Training on Affect & Interpersonal Regulation (STAIR), Trauma Focused-CBT, Cognitive Processing Therapy (CPT), etc. As an extension of our 2017 clinical initiatives, Belmont continues to offer CBT, DBT, & ACT supervision to clinical staff to further promote skill-building & sustainability of these EB interventions. Most recently, Belmont is very excited to announce that it was granted a RFA by CBH for a PCIT sustainability project, including gaining Level 1 Trainer training. In addition, Belmont will be welcoming a PCIT Master Trainer to provide training to staff in the CARE model, as well as offering a facilitator training to select staff with the goal to provide CARE training to all Belmont staff in the in the coming year

Toward the end of 2018, Belmont began its implementation plan to create sensory rooms and/or mobile sensory carts on all inpatient units and Belmont facilities. Originally used solely with the autism population, sensory interventions are an emerging best practice intervention used to assist with urges to harm self/others, emotion dysregulation and distress tolerance, often seen in individuals with trauma, mood, substance use, and thought disorders. In December, 2018, Belmont completed a one month sensory room pilot, on one adolescent mood disorder unit, which yielded promising outcomes related to restraint reduction, patient and staff feedback on using sensory interventions for safety and coping to

## Anniversaries

### December 2018

Employee Name	Title	Years of Service
Babatunde Adedokun	Social Worker	1
Salimah Barkley	BHA	1
Rahiem Brown	BHA	1
Monique Carter	Admin Clerk	1
Russell Collins	BHA	1
Brandon Connelly	BHA	1
Luzelenia Cortes	Therapist	1
Sade Crawford	RN	1
Joseph Daniels III	Admin Clerk	1
Alexander Dowd	Social Worker	1
Mahasin Edwards	Security Guard	1
James Fowler Jr.	BHA	1
Timothy Gaddy	Admin Clerk	1
Lechelle Garnett	BHA	1
Kimberlee Gilbert	RN	1
Nicole Glenn	Unit Clerk	1
Carmen Gray	BHA	1
Michelle Haines	RN	1
Alyssa Hansen	Social Worker Supervisor	1
Shakara Hickman	BHA	1
Christina Johnson	RN	1
Wanda Jones	BHA	1
Meghan Kelly	Clinical Case Manager	1
Dekontee Menpen	BHA	1
Brenda Mercer	Security Guard	1
Latoya Mohammed	RN	1
Angena Mombrun	BHA	1
Synquala Mostley	Admissions Counselor	1
Keith Nance	Security Guard	1
Jasmine Nelson	Security Guard	1
Lynnise Nixon	BHA	1
Delacey Oliver	BHA	1
Whitney Overbey	Security Guard	1
Cheryl Pacan	RN	1
Donna Pastore	RN	1
Roseanne Powers	RN	1
Chelsea Pratt	Social Worker	1
Clara Ramirez	RN	1
Raymond Rosa	Security Guard	1
Shanika Sanchez	Social Worker	1
Brittany Smoot-Nutter	RN	1
Quintel Stinson	Security Guard	1
Zadeea Thomas	BHA	1
Tiffany Toomer	BHA	1
Max Torrente	Social Worker	1
Brittany Turner-Craighead	BHA	1
Marneisha Vereen	Admissions Counselor	1
Angela Wade	RN	1
Richard Wexler	Teacher	1
Lauren Wheeler	Social Worker	1
Khadija Younger	BHA	1

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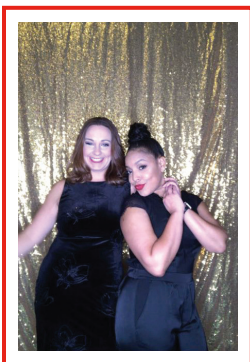
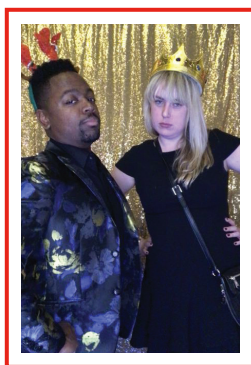
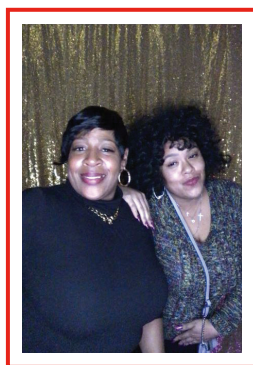
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prevent crises. By the end of 2019, our hope is that all Belmont staff will receive training in sensory interventions and will incorporate sensory into its programming across all service lines.

It is also our hope that by the end of 2019, all Belmont facilities will complete a trauma informed environmental assessment, with the goal to create a more welcoming and trauma informed space for individuals to seek treatment while on their personal recovery journey. Some of the areas to be assessed will include soothing/calming paint colors, lighting, recovery orientated artwork/murals, culturally diverse signage & Trauma/Stress Reduction/Wellness/Recovery materials available, age appropriate treatment & leisure programming, etc. Please join me in congratulating Belmont's clinical team in another year of hard work, resulting in clinical strides in service excellence! Great Job to All!!!! Here's to 2019!!!!

## Belmont's 2018 Holiday Party



## Anniversaries

### December 2018

Employee Name	Title	Years of Service
Deneen Aklin-Gregory	Bus Office Coordinator	2
Gina Cardillo	Therapist	2
Brian Gantt	BHA	2
Frederika Harrell	Bus Office Coordinator	2
Felicia Orrell	BHA	2
Tecola Parks	BHA	2
Pordea Saydee	BHA	2
Lauren Stephens	Accounting Clerk	2
Patrice Stills	RN	2
Odessa Walker	BHA	2
Brittany Bivens	Cook	3
Sonja McPhaul	Admissions Counselor	3
Jerome Ross	Therapist	3
Carol Smith	Therapist	3
David Tanier	Nurse Supervisor	3
Brandon Williams	Admissions Counselor	5
Brent Martin	BHA	8
Richard Mitchell	BHA	8
Demetria Bazemore-Anderson	RN	9
William Outlaw	BHA	10
Simeon Lawrence	Admissions Counselor	16
Scott Macdonald	Therapist	16
Vanessa Bernstein	Clinical Case Manager	19
Greg Schweiker	RN	27

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