

Silver Award Project Utility

Facility: Dialysis Clinic, Inc--Osage Beach
Silver Award User: Lisa VanHoose

Project Status: Active ▼ Update Status

1. Description of Project:

Due to the prevalence of seasonal affective disorder, depression, stress, etc., we wanted to bring awareness to them, offer education, ways to cope and information on local resources that can provide assistance.

2. Outcomes Measured:

- 1. The number of patients who would participate in the activities.
- 2. The number of patients who would pursue counseling.
- 3. Increased knowledge of available counseling resources.

3. Summary of Outcomes/Results:

- 1. Six patients completed the educational activities and 22 patients completed the annual KDQOL survey, which is a kidney disease-specific measure of health related quality of life.
- 2. No patients pursued counseling or none were reported.
- 3. Compass Healthcare provided a lobby day for all shifts, spoke to each patient and provided resources and information about their services. Additional handouts regarding depression and local resources were also provided.
- 4. Compass Healthcare also provided a staff in-service, educating them on the signs of depression as well as the importance of self-care as caregivers.

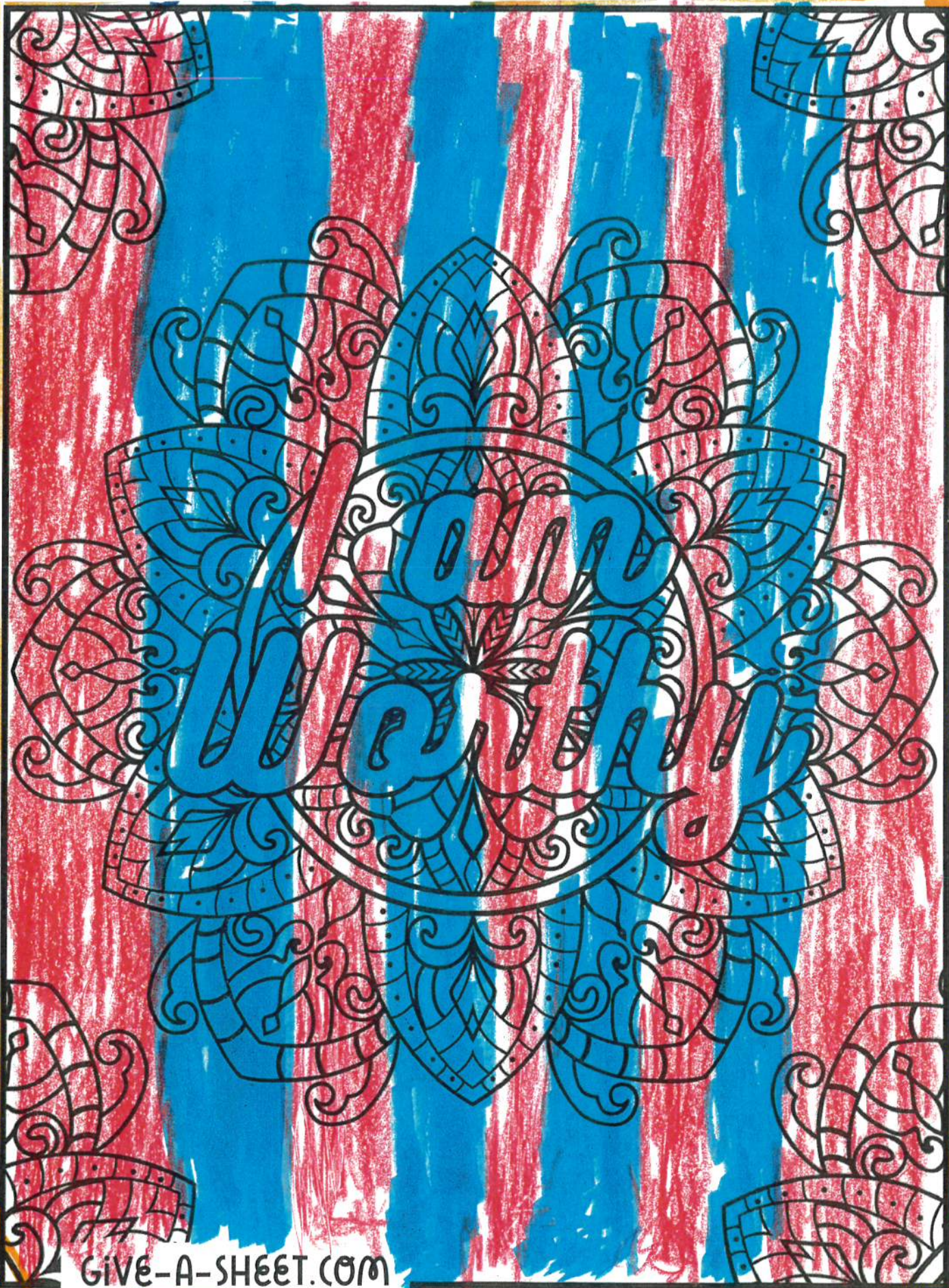
4. Impact on Patients:

Patients were receptive to speaking to the Compass Healthcare representative and receiving mental health resource information. Of the patients who completed the mental health activities, they seemed to enjoy them and appreciated the prizes they won as a result of their efforts. Those patients with intellectual disabilities seemed to especially appreciate the coloring activities and word puzzles.

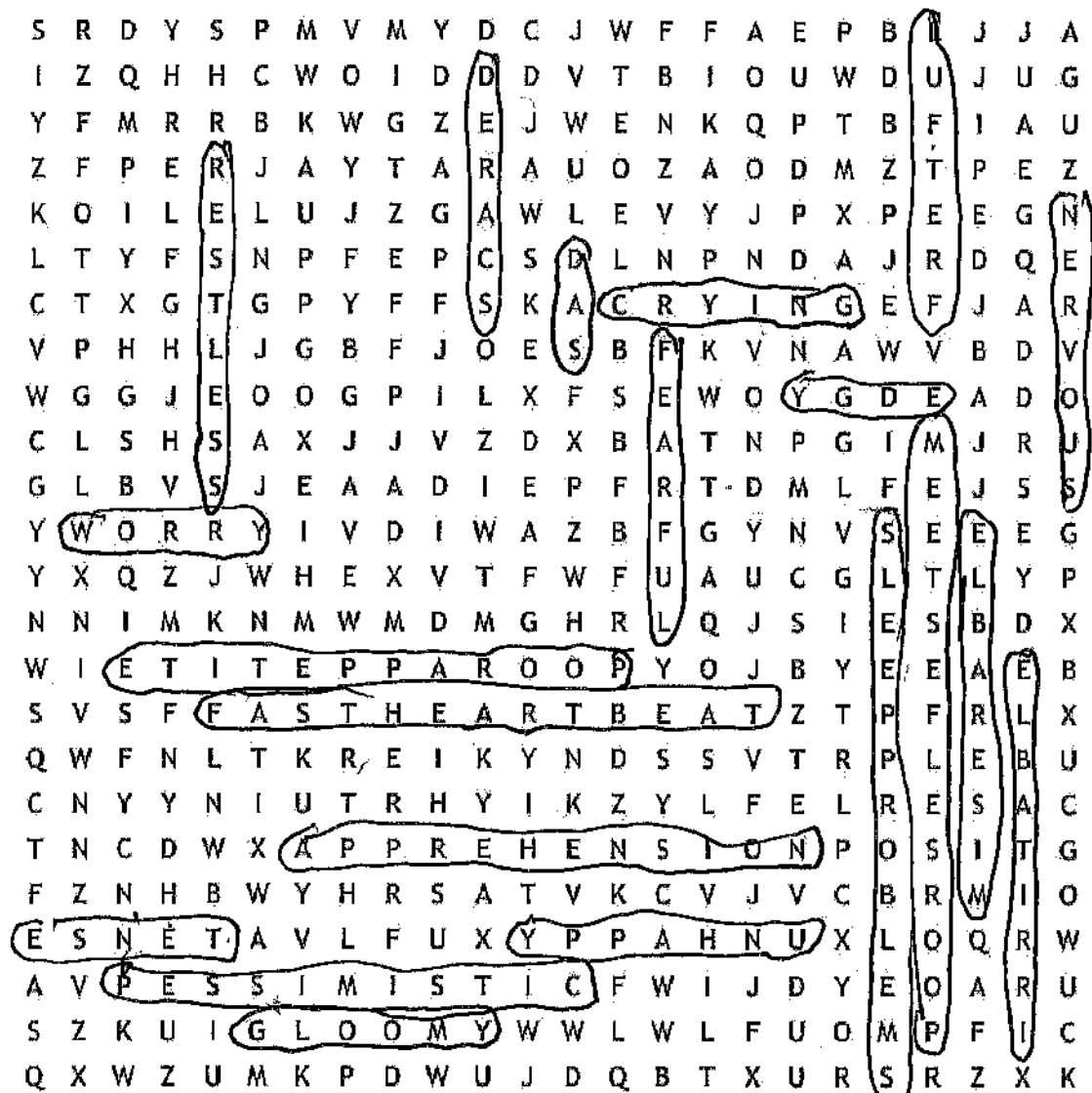
The lobby was also decorated to create a relaxing environment through a large, beach scene bulletin board, a lavender scented diffuser as well as sound machine playing ocean waves.

5. Lessons Learned:

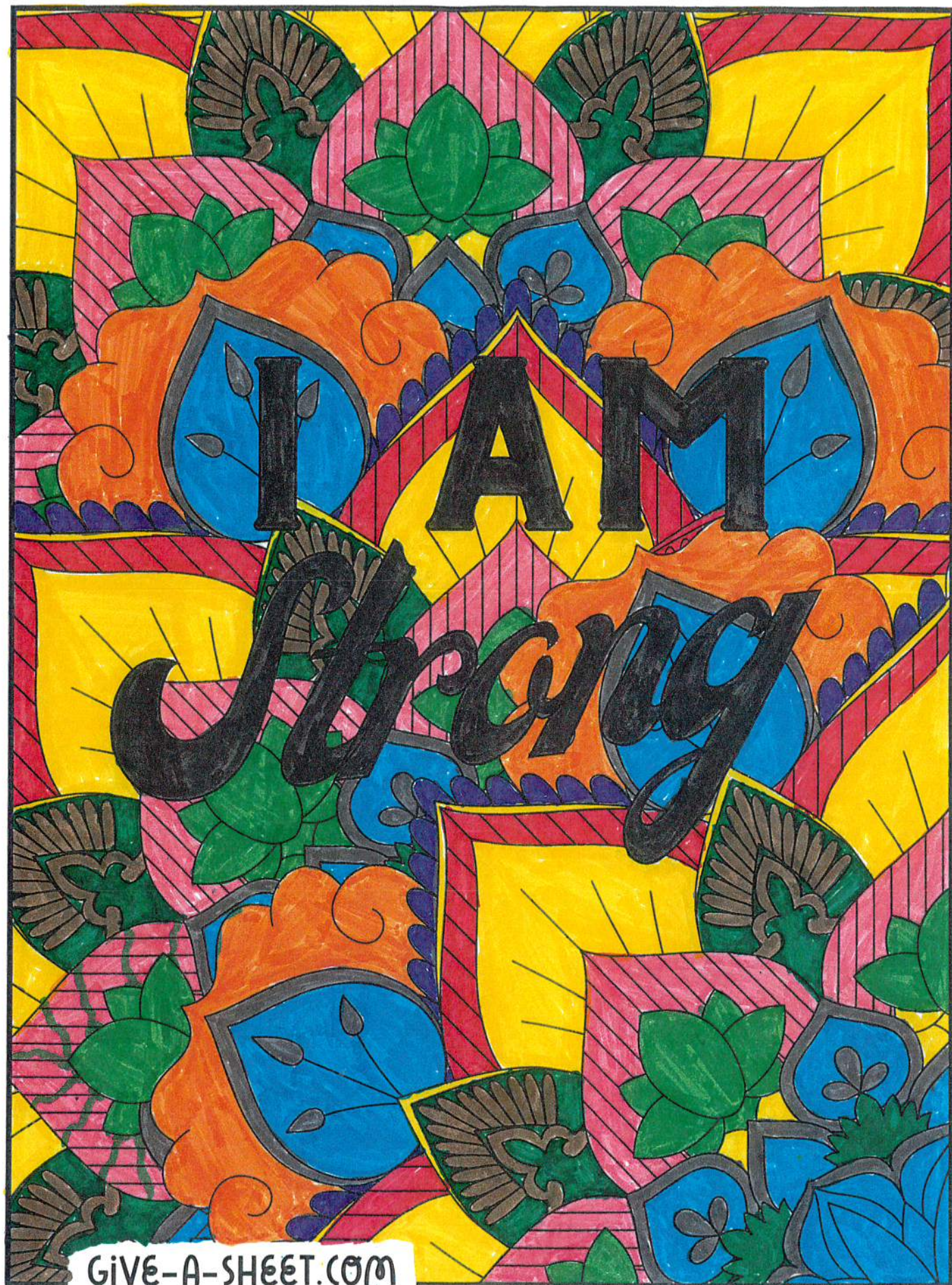
Despite efforts to normalize the importance of receiving care for one's emotional needs, the stigma of going to a counselor/therapist/psychiatrist seems to remain. They are receptive to receiving the information and participating in the activities, but are still reluctant to pursue it.



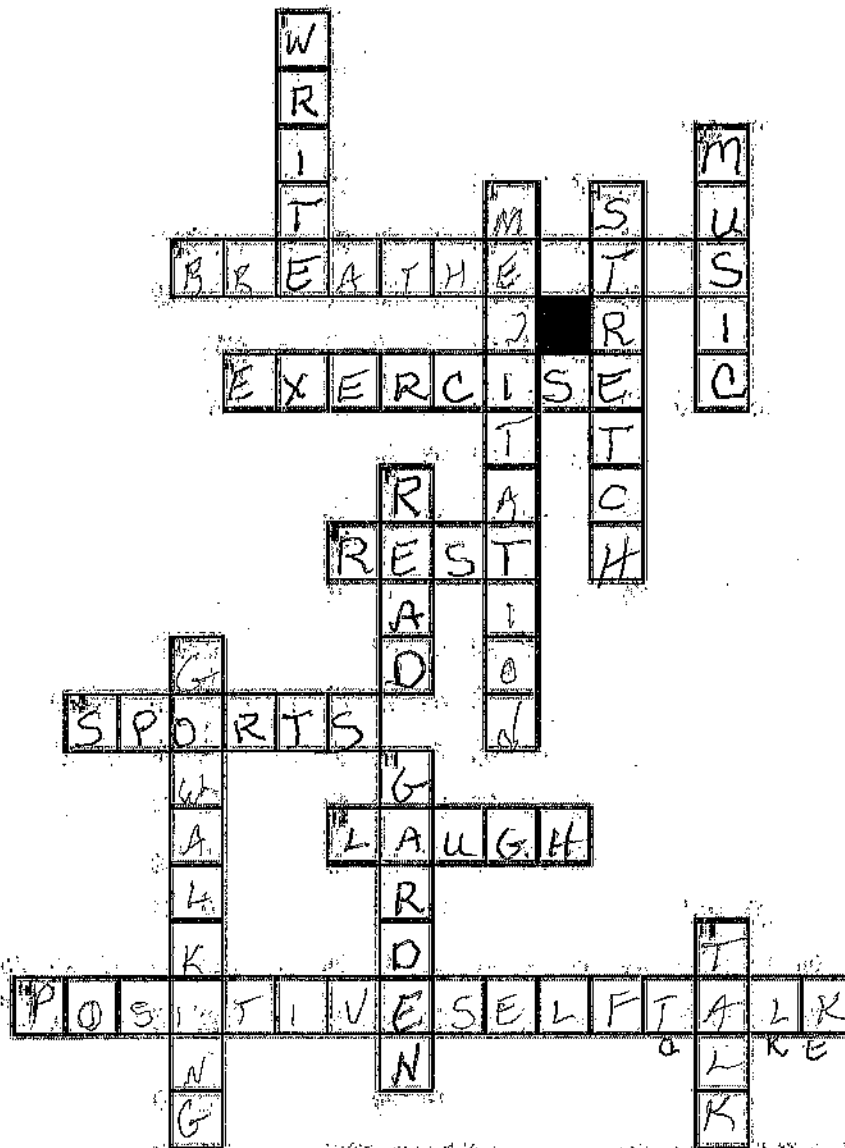
Symptoms of Depression and Anxiety



- | | | | |
|----------------------------|-----------------------------|---------------------------|--------------------------|
| Fast Heart Beat | Poor Self-Esteem | Crying | Irritable |
| Gloomy | Pessimistic | Sleep Problems | Poor Appetite |
| Sad | Unhappy | Miserable | Scared |
| Tense | Edgy | Fearful | Fretful |
| Restless | Apprehension | Worry | Nervous |



Coping Skills



Across

5. Breathe in through your nose, and out through your mouth.

6. Jumping jacks, jogging, jumping rope, sit-ups, push-ups.

8. Getting sleep and quiet time.

10. Team events to play or watch.

12. Reading a comic or joke book will help you do this.

14. Telling yourself how amazing you are.

Down

1. To journal or create a story.

2. Listening to tunes or

3. A practice of mindful awareness.

4. A Yoga activity

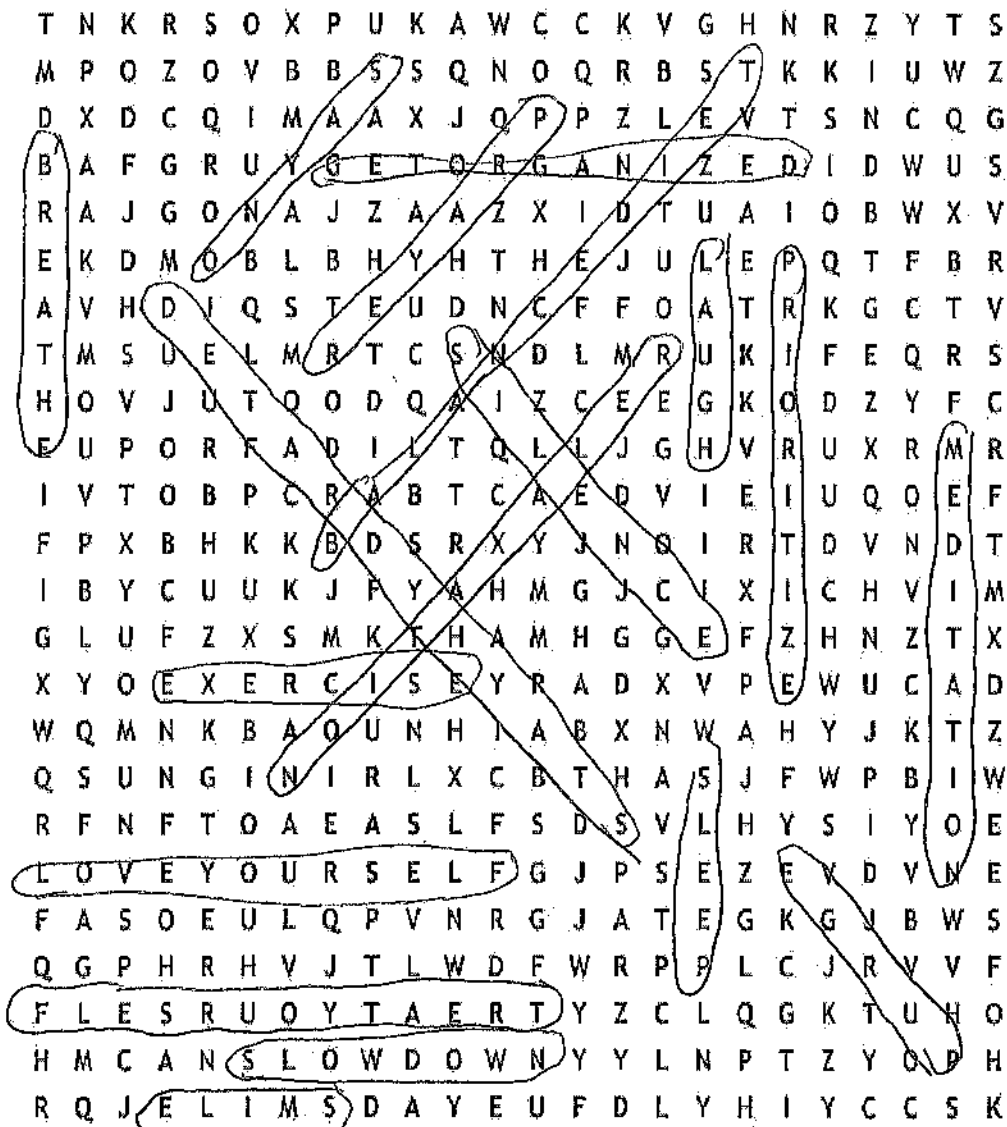
7. Spend time in your favorite book or magazine.

9. Spending time in nature and getting fresh air.

11. Take care of a plant, or plants.

13. Have a conversation with a trusted adult.

SELF CARE WORD SEARCH



BALANCE DIET ✓

GET ORGANIZED ✓

MEDITATION ✓

PURGE ✓

SILENCE ✓

SMILE ✓

BREATHE ✓

LAUGH ✓

PRAYER ✓

RELAXATION ✓

SLEEP ✓

STAY HYDRATED ✓

EXERCISE ✓

LOVE YOURSELF ✓

PRIORITIZE ✓

SAY NO ✓

SLOW DOWN ✓

TREAT YOURSELF ✓

Depression

K E H S R I G S U P P O R T G V H
 K G M T K F A P P E T I T E S L R
 I H W I N H V W I E G V V R L R T
 P S Y C H O L O G I C A L W E X G
 G A G P H Y S I C A L S M H E Q E
 R H U V I S L H L M F E U E P L M
 I N I O J Y O L O A A L D L L N O
 E X L D D M O I S F T F I P E E T
 F Q T G S P G E S C I E S L S G I
 W L H E R T K P V F G S O E S A O
 A N T I S O C I A L U T R S N T N
 S Q U T Y M S Z E U E E D S E I A
 D E M O T I V A T E D E E N S V L
 V N P M O O D M N M B M R E S I D
 S A D N E S S R G Y L L E S P T G
 U N D E R S T A N D I N G S V Y D
 D O V W W E L L B E I N G Z F T V

demotivated

sleeplessness

loss

symptom

helplessness

mood

fatigue

physical

understanding

self-esteem

grief

emotional

psychological

support

appetite

guilt

antisocial

wellbeing

sadness

negativity

disorder

Sponsored by

Resources for more
information:
nimh.nih.gov
nami.org
caregiving.org

Project Healthy Living is a
group dedicated to the
betterment of Lake area
communities.
Our membership is made up of
community members, individuals
from businesses and
organizations in Camden and
Miller counties

Project Healthy Living
always welcomes new members
interested in improving the
health of the community.

Low cost Transportation
to appointments
OATS

Tri County Transit-
573-346-9986
needs 3 day advance
notice

Feeling a little GLUM or
Anxious?



These feelings can
affect our emotions and
well being.

There is HOPE!

Project Healthy Living, a
lake area non-profit, has
reached out to local and
internet based agencies
to compile a list of
licensed professional
counselors that may be
helpful.

Please call the

**Camden County Health
Department-**
(573)346-5479

or

**Miller County Health
Department-**
(573)369-2359

for the meeting location

Self Help Techniques

1. Get appropriate sleep
2. Eat healthy balanced meals
3. Avoid excess caffeine, alcohol and illicit drug use
4. Be physically active
5. Stay connected to family and friends
6. Take time to do the things you enjoy now.

Feeling anxious now?

Take a deep breath, release air slowly 5 times

Focus on things around you-

1. 5 things you can see
2. 4 you can touch
3. 3 you can hear
4. 2 you can smell
5. 1 you can taste

In addition to Self Help, there are trained counselors that can help.

More than half of

Americans seek help for emotional challenges in their lifetime and 1 in 5 in a given year.

Lake Area Counseling Services

Compass Health Network-

Camdenton, Eldon, Osage Beach; 844-853-8937

Burrell Behavioral Health-

Versailles-573-378-6222;

Central Ozarks Medical Center

Camdenton--573-346-4446

Lake Ozark-573-302-7490; Richland-573-765-5131; Laurie-new location

Mental Wellness -

Osage Beach 573-302-7241

Beacon of Hope Counseling

Lake Ozark -573-286-7262

Lake Behavioral Health

Osage Beach-573-693-9090

Healing Connections-

Laurie-573-207-4901

All of the above clinics have ***LPCs** and other qualified staff, offer telehealth, accept insurance and have a sliding scale plan.

*** LPCs** have a Masters degree, take a comprehensive test and then have 3000 hours of supervised counseling.

Two reliable internet sites that offer telehealth are:

Betterhelp.com
Faithfulcounseling.com

Hotlines

24 hour Crisis Line
888-237-4567

**National Suicide
Prevention Lifeline(24/7)**
800-273-8255

Crisis Text Line
Text Hello to 741741

LGBTQ Crisis Line
866-488-7386

**Health Crisis and Law
Enforcement**
911

Poison Control
800-366-8888





Suzanne Taggart MSW, LCSW
Children's Community Services

ELECTRICAL
ROOM