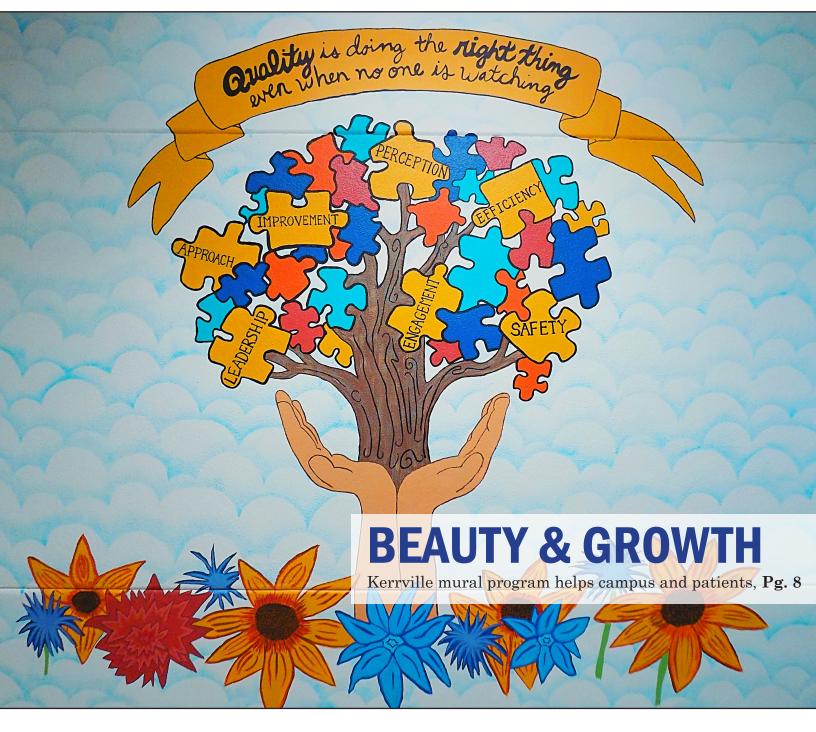
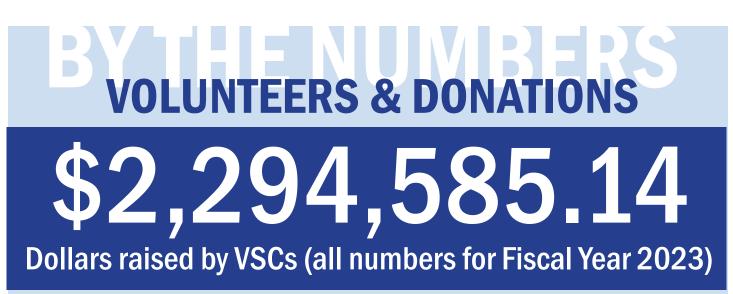
Hope & Healing The magazine for the health and specialty care system



El Paso SSLC reveals sports complex, Pg. 5

Bikers visit friends in San Antonio, Pg. 6 Look back at a great Music Fest, Pg. 10



\$2,186,213.87: Amount in goods and services contributed by VSCs



About 1,900: Number of volunteers who served at facilities

HSCS wants your creative ideas!

Do you know a better way to do something? Will it save money? Save time? Tell us about it! Visit the new Creative Ideas Portal SharePoint page to submit your idea or check out ideas that have already been implemented. Also check out staff kudos and the "I Am One in a Million" section, featuring your colleagues!



FROM THE TOP



Did you miss any of our 2023 Holiday Series — such as San Angelo SSLC residents participating in the downtown parade? You can find all of the stories, photos and videos at bit.ly/HSCS2023HolidayStories.

Hello HSCS!

They say good things come in threes, and I think we're proving that with the third edition of Hope & Healing!

I genuinely didn't think we could top the first two editions, but we've done it here. We've got stories about the life-changing mural team at Kerrville State Hospital, the awe-inspiring



Follow Your Dreams Music Festival, and the heart-warming connection between an SSLC and a local motorcycle club.

We couldn't make this magazine without you doing the amazing work you do every day. If you have a story to share let us know! We love to hear them. Until next time,

Scott Schalchlín

Deputy Executive Commissioner

IN THIS EDITION

Statewide HSCS news from Austin, San Antonio and more, **Pages 4-5**

Mural Arts Vocational Program at Kerrville State Hospital helps both patients and campus, **Page 8**

A look back at October's Annual Follow Your Dreams State Music Festival Competition, **Page 10**

The best of Friday Photos from the most recent quarter, **Page 12**

Our History of Caring: The story behind a vintage photo from Austin State Hospital, **Page 15**

HSCS STATE NEWS

NEW SAN ANTONIO, AUSTIN CAMPUSES OPEN SOON

The next chapter of modernized state hospitals is about to begin, when both San Antonio State Hospital and Austin State Hospital open the doors to their new campuses in April and May, respectively.

These will be the second and third hospitals to receive entirely new, modern campuses following Rusk State Hospital's ribbon cutting on June 6.

"We couldn't be more excited to continue opening cutting-edge inpatient psychiatric facilities across the state of Texas," said Kristy Carr, Associate Commissioner of State Hospitals. "Because of the historic investments in our system from state leaders, we'll be able to offer more person-centered care in modern therapeutic environments that further support a person's road to stabilization and recovery."

The modern campuses feature improved living and therapeutic features, including individual rooms, increased natural lighting, secure outdoor spaces, activity and craft areas, and more.

Austin State Hospital, with a total budget of \$304.6 million, was designed and built in collaboration with the Dell Medical School at the University of Texas at Austin and will feature 240 beds.

The replacement hospital in San Antonio has a total budget of \$357.2 million and will feature 300 beds. An additional 40 maximum security beds will be added to San Antonio's campus in the Summer 2025 with a budget of \$15 million.

EMPLOYEE GETS \$10,000 GRANT FOR AUSTIN SSLC ACADEMY

When Jasmine Russell's professor challenged the class last fall to write a grant proposal that would help a community or organization, it was only natural that her mind would go to the Austin State Supported Living Center.

"I just thought of the place where I work," she said. "My residents, they need a lot of things."

Russell has been a rehab tech at Austin SSLC for three years and is also attending Texas A&M University-Commerce online as a Master of Social Work graduate student. She hopes to become a social worker.

Applying for the grant was an academic exercise – actually getting a grant is difficult and uncertain. But Russell was one of just three students in her class of 30 who succeeded in getting money.

After working with Austin SSLC leaders, Russell identified the residents' lack of access to up-to-date technology as an issue that could be helped with new computers and assistive technology.

"Our goal was to aim for individuals with intellectual disabilities, high or low, to have access to computers, assistive technology, and training that will be motivating with compensated positive learning outcomes," Russell said.

The funding request was sent to the City



Jasmine Russell, center, poses in front of the new B.E.A.R. Academy computers with Tesshia Taylor, left, and Patricia Melgarejo.

of Austin, where the office of Telecommunications & Regulatory Affairs approved a grant for \$10,000 — enough to purchase 10 computers.

Those computers are now an integral part of B.E.A.R. Academy – "Brave, Explore, Achieve and Repeat" – in Building 533.

"We turned this building into a school for our individuals," said Recreation Program Manager Christi Waeltz. "They've seemed really interested in growing themselves and their education."

Director of Education and Training Tesshia Taylor said "it is extremely rewarding to see my directors and trainers working so hard for the residents we serve. Creating B.E.A.R Academy has allowed the residents to feel empowered about learning new things."

Taylor had great praise for Russell, saying she is "a very hard worker both at school and here on campus. We are extremely grateful for her dedication."

IN CASE YOU MISSED IT ...



Check in behind the scenes at a fall fashion show at Austin SSLC, hosted by one of the residents: **bit.ly**/ **AustinSSLCFashion**

At the end of this "Together We Shine" podcast, HSCS staff talk about their hopes for 2024: **bit.ly**/ **TWSPodcast_1223**



It's been a bit since Halloween, but it's never too late to look back on Richmond's haunted house: **bit.ly**/ **RichmondHalloween**



Scan this code to see a video tribute El Paso Psych Center made for retiring Director of Nursing Raul Luna.



El Paso SSLC Director Laura Moore, third from left, and Deputy Executive Commissioner Scott Schalchlin, fourth from right, watch resident Richard Hutchison open the new sports complex. Hutchison is president of the SSLC's Self Advocacy Group.

NEW EL PASO SSLC SPORTS COMPLEX OPENS WITH RIBBON CUTTING, BASEBALL GAME

The EL Paso SSLC hosted a grand opening for a new sports complex that will allow its residents to play basketball, soccer and host their very own baseball team, the Desert Yankees.

Constructed throughout summer 2023 with a budget of \$550,000, the sports complex allows SSLC residents to meaningfully engage with each other and build comradery.

The grand opening celebration saw residents smile from ear to ear as they not only saw their new facility for the first time, but also got to meet Chico the Chihuahua, the mascot for the local minor league team.

After some speeches and the official ribbon cutting, the residents played officers from the

El Paso Police Department in the complex's first-ever official game.

"Having a team can tie a community together, giving us a common goal to work toward and a shared experience," said HSCS Deputy Executive Commissioner Scott Schalchlin. "For our residents, this sports complex will help instill what it means to be a team member. They're also going to have a lot of fun, too."

In support of the sports complex, the Marathon Community Investments Program awarded a \$46,000 grant to El Paso SSLC for new sports equipment, uniforms and apparel. SSLC staff applied for the program grant offered by the Marathon Petroleum Corporation.



Roxann Fisk is the new Chief of Nursing at the State Hospital Central Office, assuming the role on Feb 1. Fisk received her Associate Degree in Nursing from Trinity Valley Community College and received both her Bachelors and Masters of Science in Nursing from the University of Texas at Arlington. Fisk, a board-certified psychiatric mental health nurse, has been with Terrell State Hospital for the last 25 years, serving in different roles including admissions clerk, staff nurse on the forensic unit, director of quality management, and ultimately chief nurse executive. Associate Commissioner Kristy Carr said "Roxann has a true calling for those who suffer from serious mental illness." Fisk has two daughters and is married to a retired nurse and musician. She enjoys reading, crafting and travel.



Resident Marianne couldn't contain her excitement and quickly ran out to embrace one of the bikers as soon as the last motorcycle was stopped.

Bikers, residents forge bond

Motorcycle club visits San Antonio SSLC yearly to deliver donation, visit friends

ine riders wrapped in leather and yellow vests rumbled in on nine motorcycles, chrome flashing under the bright blue sky.

The road captain had just finished backing his motorcycle in line with the others when the first San Antonio State Supported Living Center resident rushed toward him. As he dismounted, he was quickly caught in a big hug – the first of many.

Local members of the Gypsy Motorcycle Club have a special relationship with the San Antonio residents. Not only do they come and visit each December, bringing a large donation, but they have been doing so for 46 years.

"It's really special," Director Cheryl Rhodes said. "The residents look forward to it every year. It's one of our biggest fundraisers. But the best part is seeing the excitement on the residents' faces and the interaction between them and the bikers."



Resident Ryan sits on a motorcycle under the guidance of a visiting biker.

The residents quickly surrounded the bikers, embracing them as longtime friends and marveling at the motorcycles. The bikers let the residents sit on their bikes and pose for photos – some even letting the residents wear their leather jackets.

One resident in particular was ready to ride. He wore his boots and jeans to look the part as he sat astride a big Harley-Davidson. He even tried on a helmet. He asked for the keys, too, but the owner of the motorcycle just smiled. "How would I get home?" she replied.

"Every year, you see the same residents out here," said Paul Fernandez, president of the San Antonio SSLC Volunteer Services Council. "They just get really, really excited to see and hear the motorcycles."

The bikers are just as excited.

A club member who goes by the name "Two Holer" said they are pleased to be able to help. "It makes us feel better," he said. "We like to help everybody that we can."

"Dat Way" explained that their club often helps those they can, particularly children with disabilities and veterans. "We enjoy every minute of it," he said. "Seeing their smiles and their happiness."

And "Gypsy SoBad," president of the River City chapter, said they love to see the residents happy. "This brings us as much joy as it does them."

Each year before their visit to the SSLC, the club hosts the Monty Mann Memorial Run to raise funds for the VSC. The event includes a motorcycle run, a silent auction, music, food and more. The VSC helps out by supplying breakfast tacos for the event. Registration funds, donations and proceeds from the auction are collected by the club and donated to the VSC.

This year the club presented VSC President Hernandez with a check for \$5,000.

"This is probably our longest relationship that we have with any organization," Hernandez said. "Every year, we can anticipate at least some funds to help the residents."

During the check presentation, the party had shifted from the parking lot



Resident Kristy tries out a motorcycle under the guidance of a biker.



The chapter president presents a check for \$5,000 to VSC President Paul Fernandez. Also pictured from left is Maria Rodriguez, VSC member Robert Hendricks, Cheryl Rhodes and VSC member Gina Dobberstein.

See more photos at bit.ly/SanAntonioBikers

to the Volunteer Pavilion, where bikers and residents enjoyed cake and lemonade and listened to holiday music. The residents and guests both enjoyed looking over a collage of photos from previous visits made by Community Relations Director Maria Rodriguez.

Spirits were high, but the lure of the motorcycles was powerful. As residents returned to marvel at the bikes, a biker came to help them climb on and off. He helped one resident who had trouble, but balked for a moment when the next resident's hands were covered with cake frosting.

The resident cried out when she thought she was being refused a chance to sit on the bike. The biker, a towering man with a mighty beard, paused for a second, then rooted through his stuff until he found a tissue. Then the biker leaned down and gently wiped her hands and helped her on the bike.

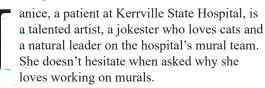
Hands on the handlebars, feet on the foot pegs, and the wind in her hair (if only in her imagination), the resident smiled at the world through the windshield.

PARFAMBIGE PART LARGE



This mural was painted on a board and placed in patient unit 3A at Kerrville State Hospital.

Mural Arts Vocational Program works to make life more colorful at Kerrville S.H.



"Murals are an important part of bringing the community together," she said. "They're an expression of the community, and they enlighten and brighten the community."

The Mural Arts Vocational Program is one of the latest and largest great ideas from the KSH Art Therapy Department, which has a long history of innovation and success. Art Therapist Jaimie Peterson said the idea for the mural team began with the loss of one of the hospital's older murals.

"We had done a mural in the canteen, and, sadly, it was painted over," she said. "I thought, 'well, if we do murals again, we should pay our artists, and we should train them to do a skill that they could do out in the community."

So, in December of 2022, Peterson formed the team, starting

with five members. They work 8-10 a.m., Monday-Friday and are paid minimum wage. It is a job, and they treat it as such.

The program got off to an uneven start, with members being unable to meet together because of a resurgence of COVID early this year, but they've been full speed ahead since then. They have four murals behind them and are working on two right now.

On this morning in early November, Janice is the last to arrive – she was feeding the hospital's cats – and begins the meeting. (The leadership role rotates among the team, with a new member taking over each Wednesday.)

A thick white binder holds the notes from the previous day and the goals for today. Janice goes over them all. Jobs are assigned for the day and the crew gets to work: Scott is cleaning, Janice and Eilene are helping with the holiday float decorations and David and Tyler are preparing two boards for murals.

Though murals are, by definition, painted directly on walls,

there are some instances where hospital operations or confidentiality prevent that. In these cases, maintenance has provided wood frames for the artists to paint on.

Today, David and Tyler are priming a 3'x5' frame for the dental office and a 4'x8' frame for the administration building. David, a former commercial painter, works expertly and cleanly, showing Tyler the finer points of laying down the base coat. David's expertise in painting preparation, such as taping off an area, has been a great help.

Halfway into the two-hour shift, Peterson allows everyone to take a break to get a cup of coffee – "you need coffee to create," she says – which is a good time for her to explain the mural process.

Watching the mural team at work, they are talented and focused enough to just view them as, well, a professional team of artists. But this is a state hospital, and each part of the process is geared toward recovery, learning new skills and personal growth.

The client: The process begins when a department applies for a mural. "They become our client," Peterson said, "so we have to learn how to communicate with our client." The team will present their work and receive feedback, learning how to internalize that feedback and work through it as a group.

The design: The team works together, creating, critiquing and revising designs for the mural, sometimes based on requests from the client for certain words or themes. Sometimes an artist will present a couple of different design suggestions. And sometimes an artist will really love an idea, but the team will go a different direction. "It's hard when you're an artist," Peterson said. "It's a lot of ego when you're putting yourself out there. We've worked a lot on our communication skills and how to effectively communicate as a team, how to give feedback in a constructive and kind way."

The colors: Once a design is chosen by the client, the team produces a color study, replicating the design in a variety of colors. Sometimes the client will suggest a particular color palette. It takes teamwork and knowledge of color theory to get this right.

The leadership: "Shifting who takes on leadership roles helps them learn these important skills," Peterson said. "They all have different skills that they can share with each other, which I think is cool."

The feedback: Once the job is complete, the client is given a form and asked to grade the team on their presentation, professionalism and respect for the client's space. Likewise, peer feedback forms ask each member what they have learned, what they could have done better and more. Peterson goes over everything with the team, and they set goals on what they need to work on.

Coffee in hand, the artists return to the art studio to continue their work. The rest of the work shift passes quickly. Tyler tries his hand at what David taught him about priming the boards,

CONTINUED, PAGE 14



Team members, from left, Eilene, Janice and David work on their mural for the Peer Support program at Kerrville State Hospital.



David primes the frame of a smaller mural that will go in the dental office.



Once the design is approved, the team does a color study, providing different options to the client.



Dalton McKee of Abilene SSLC dances in the aisle as Rio Grande SSLC residents perform a KISS song at the festival.



Follow Your Dreams State Music Festival brings out best in performers & staff

ome Supervisor Roberta Hartfield sat on the first row in the ballroom, watching Abilene resident Patty Mahan swaying in a gold dress while Tina Turner gently sang "Proud Mary."

Many audience members sang along, but Hartfield didn't miss a note except to cheer for Patty. And then, just before Tina picked up the tempo and shifted "Proud Mary" into overdrive, Hartfield hollered, "now go, girl!"

Patty kicked it into high gear, too and soon had members of the audience dancing in the aisle.

Surely, Patty was one of Hartfield's residents, right? Hartfield definitely cheered Patty on as if she was one of her own.

Hartfield looked confused for a moment. "Oh, no," she said. "I work at Austin State Supported Living Center. I just wanted to show my support. She did great!"

The theme for the 46th Annual Follow Your Dreams State Music Festival Competition was "Rock of Ages," and performers did rock out to AC/DC, Queen, the Beatles, KISS and many more.

But the theme for every music festival could very well be "Taking Care of Each Other." Time and again, participants, staff and the audience took the extra step to show their support for one another.



Some things about the music fest haven't changed. Richmond's Mallory Edwards continued his domination in the instrumental category. And Corpus Christi's dynamic Christopher Johnson won the dance solo category again, drawing laughs as he tried to bring a reluctant Lubbock Chaplain Wayne Moore into the action.

But there is a new twist: The state hospitals are joining the fun. Last year Austin State Hospital was the first hospital to perform at the fest. This year, seven more state hospitals participated.

Most joined by video. There was a set of older Rusk patients in wheelchairs wielding tambourines, keeping the beat to "We Will Rock You" in the percussion category. Terrell's Unified Performance (another new thing – a non-judged combination of patients and staff) of "True Colors" was a slideshow presentation of patient art.

Austin State Hospital was able to bring some patients to the fest in San Marcos again this year, highlighted by Ritika singing "Rock On" in Hindi – another festival first – in the vocal solo competition.

• • •

Everywhere during the music fest you'd see accompanying staff escorting the performers – in the audience, going to get a snack, to the green room to prepare for a performance, back to their room for medication.

You would think that the music fest would be a difficult assignment for these staff, away from the supports and structure of their facility. But Austin SSLC Direct Support Professionals Janice Reyes and LaDawn Oliver said that's not the case.

"It's not hard at all, as long as we have good communication," Reyes said. "It goes very smoothly." Oliver added the only challenging part is keeping up with the excitement of the resident performers.

Abilene Rehab Therapy Tech Marcia Leachman agreed that it isn't hard. "The people in charge take care of everything," she said.

And Lufkin Home Manager Teresa Spencer said any small challenges are totally worth the joy she sees on her residents' faces. They light up as they enjoy the music and get to visit with people from other facilities.

"They love it," she said. "They're all excited."

• • •

The San Antonio (SSLC) Rockers were ready to get started on "I Love Rock 'n' Roll," but resident Bernadette Stevenson was in tears. It was her first time performing in front of a large crowd.

A San Antonio staff member gently came to Bernadette's side and encouraged her while the crowd watched with concern. After a bit, Bernadette agreed to continue, and her nervousness faded when the music started.

By the end of the song, Bernadette was all smiles and gave her nearest friend a high-five. She even took a bow before leaving the stage. Backstage, she was too excited to contain herself. "I did it!" she said. "I did good!"



Late on the second day of performances, Deputy Executive Commis-



Richard Hutchinson of El Paso SSLC performs "In the End" during the vocal solo category at the music fest.

Read more of the story at bit.ly/HSCSMusicFest2023

See more photos at bit.ly/MusicFest2023Photos

sioner Scott Schalchlin joined the festival via TEAMS. He had been scheduled to kick off the music festival the day before but hadn't yet returned to work after the death of his daughter.

"I wanted to thank you everybody for your support," he told the crowd. "I'm so glad that y'all can have the music festival, and I'm sorry I couldn't be there. ... thank you very much, I love you all."

The crowd – performers and staff – jumped to their feet to give Schalchlin a roar of approval and applause, then bowed their heads silently as San Angelo Chaplain Diamond Dool said a prayer for him and his family.

Schalchlin appeared touched by the

support. Taking care of each other definitely includes the big boss, as well.

After the final performances a few hours later, festival organizer Dr. Paul Kraus said this year's music fest was one of the best and praised the energy and organization that Abilene SSLC brought to it as the lead facility this year.

But when asked what he'd remember from this year, he said it may very well be the chance the performers and other participants had to connect with Commissioner Schalchlin.

"To see his face, for us to cheer him and him to cheer us on, that was something that was very special and unique," Kraus said. "I'm so glad we were able to make that connection."

THE BEST OF FRIDAY PHOTOS

SAN ANTONIO STATE HOSPITAL



Groundskeepers Sid Perez, Charlie Perera, Alfred Martinez, Larry Yosko and Mark Rodriguez installed new speed bumps around campus.

TERRELL STATE HOSPITAL



The Staff Activity Committee passed out popsicles at the front of campus to employees who were leaving or coming in for their shift. Pictured from left are Megan Davis, Tamika Prince, Jennifer Erwin, Veronica Vicari, Leo Rivers, Laura McCullough, Lisa Cunigan and Henry Neal.

EL PASO PSYCHIATRIC CENTER



The facility held a flauta fundraising sale. Staff got to enjoy some homemade flautas plates and celebrate Hispanic Heritage Month. Pictured are Yesenia Huerta, Anahi Saenz, Kristina Cervantes and Anna Sanders.

WACO CENTER FOR YOUTH



The facility recently honored its security team. Pictured on the front row from left are Frances (Liz) Cabiness, George Fuentes, Claude Foster, Lashonda Jones and Tiffany Martin. In the back row are Derrick Foster and Matthew Larocque.

MEXIA SSLC



Staff re-created a scene from the movie "The Shining," featuring Tammi McLain and Julia Shoemaker as the twins and Director Melinda Gentry on the tricycle.

SAN ANGELO SSLC



The "Poop Shoot" was a game created by maintenance staff for the facility's Second Annual Summer Bash. Players had to toss poop emoji-shaped balls into the toilet throne. Pictured are Shane Yeager and Ruben Espinoza. The game was was a huge hit.

RIO GRANDE STATE CENTER



As the Outpatient Clinic celebrated Breast Cancer Awareness Month, the Pharmacy team got into the spirit of "Pink Wig & Accessory Day." Pictured from left are Leah Nunez, Mario Pena, Jody Bridges, Jonathan Gomez, William Brunner, Anne Ikponmwonba, Nick Miller and Melanie Villarreal.

PAINT LARGE

CONTINUED FROM PAGE 9

mirroring the reason he joined the mural team in the first place.

"Jaimie has a lot of knowledge about art, I just wanted to learn new things," he said.

David agrees: "The mural team is an excellent opportunity to gain skills and knowledge. We learn new techniques that we haven't practiced before."

Scott finishes cleaning and joins Eilene and Janice in touching up the float decorations. Helping finish the float is a necessary diversion, but Janice says she's eager to return to mural work.

"I really like doing it, I like the challenge of it," she says. "It's great for the hospital because as an institution it can be kind of dreary sometimes."

The rest of the hospital seems to agree.

"We probably have a year's worth of work on the docket right now," Peterson says. "It's pretty popular. We need more workers."

A year into the program, Peterson is more than happy about how it's gone.

"They're learning these skills they can utilize outside in their own communities," she said. "We're beautifying the hospital, but they're also learning so much.

"I'm excited to see where we go."



Mural team members David and Janice pose in front of the Peer Support mural with Art Therapist Jaimie Peterson.

JOBS WELL DONE

Art Therapist Jaimie Peterson said the Mural Arts Vocational Program has had very kind clients who are often surprised at the work her artists have done. "I think we have exceeded expectations," she said.

Director of Quality Management Dianna Roberts and Quality Assurance Specialist Renee Taylor are among those happy clients.

"It's so impressive," Roberts said of the new mural in her department. "Just listening to them and their professionalism, they all did a fantastic job working together."

Taylor said it was a pleasure having the team and watching them work.

"I wish we had more wall space to do more."

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OUR HISTORY of caring



AUSTIN STATE HOSPITAL, 1960s

Former Austin State Hospital Superintendent Carl Schock says this is likely a group of students from a local nursing school posing for a group photo before a psychiatric rotation at the hospital in the early 1960s. Director of Quality Management Peggy Perry says nurses at that time had very large caseloads as the hospital had more than 3,000 patients.

Schock said many state facilities at the time were overcrowded and understaffed, but "with the advent of Thorazine and other drugs in the mid- and late '50s, the patient census began dropping as the focus around the country shifted to deinstitutionalization and providing more community-based outpatient services."

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