Jackson Mental Health Hospital
Relationship Based Care of the Self to Promote a Healing and Caring Environment

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Self-Care Goals:

To maintain our own wellness while providing a healing and caring environment for our clients and co-workers.¹

To improve our clinical skills and raise the standard of care for our clients, achieving Clinical Nursing Practice Addiction Certifications.

To maintain our mental and emotional balance in a time-pressured environment.

To increase mindfulness by spending time during the day in silence, meditation, reflection, and/or prayer (Mindfulness and Psychotherapy, 2005).

To make the effort to learn and practice self-relaxation exercises that rest the mind.¹

A Healing and Caring Environment at the Health and Recovery Center

• Providing a safe and supervised detoxification process for our clients by a skilled team of professionals
• Regular staff meetings to enhance team members relationships and improve communication
• RN’s raising the standards of patient care with Clinical Nursing Practice Addiction Certifications
• UPC meetings for staff empowerment and increased job satisfaction
• Client education in Addiction and Recovery Groups facilitated by professional multi-disciplinary teams
• Maintenance of a structured and consistent milieu to promote a client’s recovery
• Staff education/development in substance abuse, maternal addiction, and dual diagnosis
• Addiction education and Al-Anon information provided for the client’s family
• A Calm Room to reduce staff fatigue

The Potential Adverse Effects of a Time-Pressured Environment

Workplace Violence
In 1999 Bureau Labor Statistics estimate 2,637 nonfatal assaults on hospital workers—a rate of 8.3 assaults per 10,000 workers. This rate is much higher than that of nonfatal assaults for all private-sector industries, which is 2 per 10,000 workers.

Substance Abuse, Depression, & Suicide
• The ANA reports that approximately 10% of nurses are drug dependent making the incidence of drug abuse and addiction among nurses consistent with the U.S. population (RN Magazine, April 2009).
• The National Institute of Mental Health has reported that in the United States alone: “Depression affects 17 million Americans a year.” (Washington Post, October 7, 1997, Health section).
• It is also reported by the Centers for Disease Control and Prevention (CDC 2008) that: “Suicide is the eleventh common cause of death in the United States.”
• The World Health Organization (WHO) estimates that one million deaths from suicide are reported globally yearly.

References:

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