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AGENCY UPDATES & EMPLOYMENT OPPORTUNITIES

<u>Training</u> <u>Opportunities</u>

- CBRF Medication Administration, May 20 & 21, 7:00am - 2:30pm
- CBRF First Aid Choking, May 22, 8:00am 12:00pm
- CPR / AED, May 22, 12:30pm -4:30pm
- CBRF Standard Precautions, May 24, 8:00am 10:30am
- CBRF Fire Safety, May 24, 11:30am 3:30pm

CURRENT OPENINGS

Compass Behavioral Health - Certified Peer Support Specialist, PT

Residential Services - Program Support Specialists; PT & FT positions available; Case Manager Assistant, FT; Driver, PT; Visitation Monitor, PT

Veteran Services - Case Manager, FT; Program Support Specialist, PT

Harper's Place - Case Manager, FT

Kitchen - Food Service Worker, FT



Apply at: https://www.rvcp.org/employment

RVCP, Inc. is an Equal Opportunity Employer

WELCOME TO THE TEAM

Meet Our Newest Additions



SOPHIA LINDSEY HARPER'S PLACE CASE MANAGER



MCNAMARA **THERAPIST**



KATELYN JOHNNATHAN WHITE HEIDI NEWELL PT 3RD PSS



STATE CASE MANAGER



JAVON SERRANO FT 1ST PSS



DANIEL COY PT 3RD PSS



May Birthdays

Lori Montoya, 5/10 Amy Heffner, 5/21 Libby Angileri, 5/22 Megan Smith, 5/23



ICU WINNERS MAY

Don't forget to submit your ICU Suggestions each month!

" May your birthday be the start of a year filled with good luck, good health and much happiness."

EMPLOYEE OF THE MONTH

April 2024



"Audrea has been a star employee with her personal growth as a PSS staff member. Audrea goes above and beyond by working consecutive days and long hours. Staff can always depend on Audrea to cover shifts to ensure that the operations of RVCP go smoothly. Audrea is dependable to always show up for work and complete the requirements of her role. With Audrea working long shifts, she still finds the energy to remain positive and keeps a smile on her face. Audrea has also taken on the task of training new hires on B-wing."

AUDREA YOU'RE A ROCKSTAR

ANNIVERSARIES

Kendra Rahberg • 11 years
Melissa Sugden • 7 years
Alycia Holman • 7 years
Brandy Ramos • 6 years
Dustin Schultz • 3 years
Kathylou Banks • 2 years
Jennifer Pope • 2 years
Candice Rasco • 2 years
Iesha Wynder • 1 year

"Hard work, loyalty and diligence make the best employees."

BREAKING THE SILENCE: SPOTLIGHT ON MENTAL HEALTH

Empowering Conversations, Supporting Wellnenss

How You Can Help

1 IDENTIFY AN APPROPRIATE TIME AND PLACE.

Consider a private setting with limited distractions, such as at home or on a walk.

2 EXPRESS CONCERNS AND BE DIRECT.

Ask how they are feeling and describe the reasons for your concern.

3 ACKNOWLEDGE THEIR FEELINGS AND LISTEN.

Listen openly, actively, and without judgement.

4 OFFER TO HELP

Listen openly, actively, and without judgement.

BE PATIENT

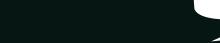
Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

What to Say...

"I've been worried about you. Can we talk? If not, who are you comfortable talking to?"

> "I see you're going through something. How can I best support you?"

"I've noticed you haven't seemed like yourself lately. How can I help?"



"I care about you and am here to

listen. Do vou want to talk about

what's been going on?"



3 STRATEGIES FOR IMPROVING YOUR EMOTIONAL HEALTH:

1. Build Resilience

- Develop healthy physical habits.
- Take time for yourself each day.
- Look at problems from different angles.
- Practice gratitude.

2. Reduce Stress

- Get enough sleep.
- Exercise regularly.
- Build a social support network.
- · Set priorities

3. Be Mindful

- Take some deep breaths.
- Enjoy a stroll.
- Be aware of your body.
- Find mindfulness resources.

RVCP HAPPENINGS

The Voice Chronicles: RVCP Updates







