How Are We Doing?
Through March of FY 2017, The Menninger Clinic continues to perform well. As shown in the Radar Chart above, we are on track to accomplish many of our Wildly Important Goals (WIGS) for the year. Of note, leadership is doing a good job of controlling expenses, which has helped us to maintain financial health despite volumes that are behind plan.

Kudos
- George Bombel, PhD, has been appointed a Senior Psychologist on the PIC Program, in recognition of his expertise in psychological testing and individual psychotherapy, as well as his excellence in teaching and research.
- Jane Mahoney, PhD, RN, PMHCNS-BC, Director of Nursing Practice and Research, has been appointed to the Editorial Board of the Journal of the American Psychiatric Nurses Association.

Celebrate Your Colleagues During National Hospital Week
Combining award events into a single Menninger-wide celebration of nominees and recipients makes perfect sense during National Hospital Week. Please join your colleagues from 2-3:30 pm on Friday, May 12, which also happens to be the birthday of trailblazing nurse Florence Nightingale.

Make plans to attend the celebration and be sure to wear your Menninger Begins With Me shirt. Cake, fruit, punch and coffee will follow the program.

Several awards and recognitions are planned:
- Spirit of Social Work annual award, honoring staff who represent social work values in their work at Menninger
- Appreciation of our credentialed doctors
- Gary Napier Nurse Excellence Award in Direct Patient Care
- Mae Smith Legacy Award, honoring a mental health associate
- Nurse Leadership Award, a new honor started this year
- Pillar Awards, Menninger's highest award for faculty and employees

In conjunction with Hospital Week, Chaplain Salvador Del Mundo Jr. will offer nondenominational Blessing of the Hands for any staff member as a sign of the commitment to our value of caring and role of everyone in providing a therapeutic environment for patients. View times on The Link.

Best Workplace: Your Opinion Counts
Our annual employee engagement survey opens Friday, May 12, the same day as our Awards Celebration. What better day to kick off the survey than making a commitment to Menninger Begins With Me?

Watch for the the survey email from Workplace Dynamics in your Outlook inbox. There will be about 30 questions that will take 5-7 minutes of your time to complete. Results are anonymous and go directly to Workplace Dynamics, which will combine all Menninger survey results to help Menninger capitalize on what's going well and attend to what needs improvement. Your commitment to providing input via the survey ensures that we continue enhancing Menninger as the best place to work.

Best Place to Work ... is Healthy
Do you work at your desk a lot? Remember to try Desk Yogi, which you can access online to help you reduce stress, improve flexibility and build strength from your workstation. Desk Yogi provides unlimited access to a library of wellness video content that is taught by experts and that is accessible anytime, anywhere and on any device. Tailored playlists and reminders make it easy to create a daily routine that works for you. To get started, create your own personal account here. It's free for the first three months, and is offered by our Wellness Committee.

Update on Electronic Health Record
On April 13-14, the Cerner Corporation delivered an onsite demonstration of its Millennium EHR, one of the finalists in Menninger's EHR selection process. More than 160 Menninger staff participated in evaluating the EHR, which continues on next page
received high marks particularly in the areas of inpatient nursing, pharmacy and admissions. Contract negotiations are underway with all three EHR vendor finalists. We plan to begin implementing our new EHR solution in the fall of 2017.

Menninger Raises Awareness All Month
During May, National Mental Health Awareness Month, Menninger will continue to capitalize on its wildly successful annual campaign of generating greater community awareness of mental health with visibility in the media by:

- On May 3, delivering mental health awareness message buttons to morning TV news anchors to wear on air. They will also receive boxes of green (the color for mental health) and white cookies marked with “1 in 5” to illustrate the number of people who have a mental illness in any year.
- Distributing an info graphic to TV stations as well as other media on May 3, to inform their audience about mental health and the prevalence of disorders that are on the rise, the link between mental health and health, and why mental health matters to our community.
- On May 3 and 4, photo opportunities of green light bathing City Hall and the 1600 Smith Tower downtown at night, which Menninger will share on its website and on its social media channels to inform people about mental health.
- On May 4, more than 600 people are expected to attend Menninger’s annual signature luncheon.
- Recommending Menninger clinical experts and topics for public affairs talk shows in Houston to increase awareness.

Hear ABC Anchorwoman at Luncheon
Individual tickets and full or half tables are now available for the May 4 Menninger 2017 Annual Signature Luncheon. Individual tickets for the public are $500 (premier), $300 (preferred) and $150 (priority) that may be purchased online. Discounted staff tickets are available for $35 each (limit one each) from Caroline Mark, Office of Philanthropy.

This year’s luncheon honors The Menninger Foundation’s founders—Mrs. Lynn Paine, Mrs. Nancy Runnels and Mrs. Beverly Wuntch—and will feature ABC News anchor Elizabeth Vargas, who has battled alcohol addiction and lifelong anxiety. Check in begins at 11:30 am at the Westin Galleria Hotel. Doors will open at noon for the luncheon and program.

Transitions
- A fond farewell to Kimberly George, MS, RD, LD, Coordinator of Eating Disorder Track, who is relocating to upstate New York with her husband following his reassignment there by the U.S. Coast Guard.
- Welcome Casey Livarchik, who joins The Menninger Clinic HR team as HR Generalist. Casey graduated from Texas A&M with a bachelor of science degree in human resources development and began her HR career in 2011. Casey has worked with Cigna and most recently the Memorial Hermann Healthcare System.

Menninger Advances Knowledge
In March, Menninger investigators made important contributions to the medical literature.

- **Thomas Ellis, PsyD, ABPP**, and colleagues demonstrated that hospitalization at The Menninger Clinic was associated with substantial reductions in suicidal behavior, particularly if they received the Collaborative Assessment and Management of Suicidality (CAMS) protocol. (Psychiatry Research, March 2017, 249: 252-260)
- **Jane Mahoney, PhD, RN, PMHCNS-BC**, Director of Nursing Practice and Research, delivered the Adele Bemis Leadership Lecture to the Sigma Theta Tau International Nursing Honor Society at Texas A&M University March 28. View other important contributions to the medical literature by our faculty and staff on our website.

Links to Topics of the Month

- **May**—National Mental Health Awareness Month, Borderline Personality Disorder Awareness Month, Global Employee Health and Fitness Month, Melanoma/Skin Cancer Detection and Prevention Month
- **May 1**—Fifth Anniversary of Opening of the Menninger Mental Health Epicenter to patients
- **May 5**—**Hand Hygiene Day**
- **May 6**—NAMI Walks Houston: donate to or walk with Team Menninger; [sign up online](#).
- **May 7-13**—National Children’s Mental Health Week, National Anxiety and Depression Awareness Week, National American Occupational Safety and Health Week
- **May 13**—Anniversary of admission of first hospital patient to Menninger in 1925
- **May 15**—National Hurricane Preparedness Week

Menninger Celebrates Diversity

- **May**—Older Americans Month
- **May 2**—Yom Ha’atzmaut (Jewish)
- **May 4**—National Day of Prayer
- **May 5**—Cinco de Mayo (Mexican observance)
- **May 7-13**—National Family Week
- **May 11**—Laylat al-Bara’ah (Muslim)
- **May 14**—Mother’s Day, Lag BaOmer (Jewish)
- **May 14-20**—National Women’s Health Week
- **May 20**—Armed Forces Day
- **May 21**—World Day for Cultural Diversity for Dialogue and Development
- **May 25**—Ascension Day (Christian)
- **May 26**—Ramadan begins at sundown (Muslim)
- **May 29**—Memorial Day National and Menninger holiday
- **May 31**—Shavuot begins (Jewish)

Have a great month and enjoy the Memorial Day weekend!

Ed Coffey, MD
“There is no health without mental health.”