

Increase Creativity Report

Lynnette Beatty

Add & Subtract

Explain what you decided to add and subtract from your daily routine this week.

I decided to do push-ups instead of watching T.V.

So I added push-ups and subtracted T.V.

Progress

How many days have you already completed your additions and subtractions from your daily routine? Explain your experience so far.

I have already completed 3 days of additions and subtractions.

Monday 2020-2-24: Instead of watching T.V., I went to my bedroom and did 10 push-ups. It has been a long time since I have done push-ups, so my arms are weak.

Tuesday 2020-2-25: I did 11 push-ups instead of watching T.V. It was harder for me today than yesterday, but I pushed through it and did one more.

Wednesday 2020-2-26: I did 12 push-ups instead of watching T.V. I felt a little stronger today and was able to do the push-ups without much trouble.

I don't miss watching T.V. at all. I'm glad I am spending my time doing something that will benefit my health.

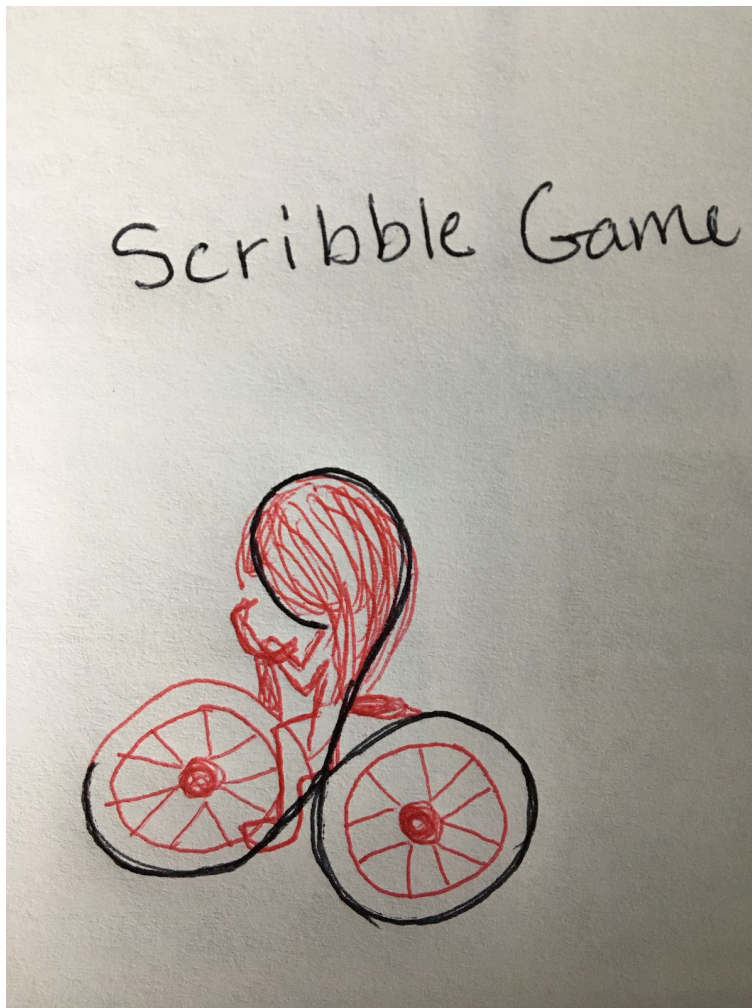
Four Activities

You will need to choose and complete four creativity increasing activities from the list provided. You should spend at least 20 minutes on each of these activities. You will describe your experience with each and you will need to find a way to record and showcase some results of each activity.

Activity #1

Scribble Game

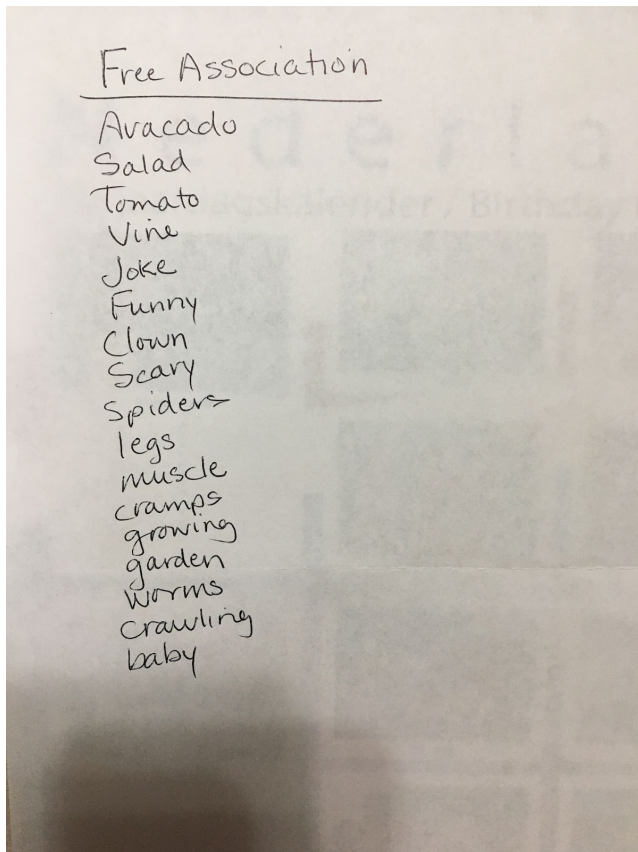
I played the “Scribble Game” with my daughter. She drew the scribble in black ink, and I drew a girl riding a bicycle in red. It took me a few minutes to “see” what I needed to draw, but it was fun to use my imagination.



Activity #2

Free Association

This was a lot of fun to play with my daughter. We started with the word “avacado” and ended with the word “baby”. This “Free Association” word game went very fast and we laughed at the words we came up with. My daughter said she was going to play this game with her friends.



Activity #3

Black Out Poetry

I blacked out most of the newspaper article and only left a few words. It is interesting how I can completely change the meaning of the article by marking out the words I don't want. The remaining words say:

“rural people travel with a spouse to beautiful mountains”.

...SAFE ENVIRONMENT FOR HEALING

Senior Behavioral Health Unit now

BY LAURA SINGLETON
The Independent

SHOW LOW — Getting help with mental health problems in rural communities can be difficult because there are often few resources. The *Independent* was invited to sit down with Janine DeBolt, M.A., Director of the Senior Behavioral Health Unit for Summit Healthcare Regional Medical Center, which opened in the new hospital campus in January. She explained how the 12-bed, short-term inpatient treatment program is designed to serve adults 55 and over who are experiencing acute behavioral or emotional symptoms.

“We want to provide a safe place for people who can't travel out of town for therapy or inpatient care,” explains DeBolt. “Our goal is to serve the community — specifically those 55 and over who are struggling with behavioral health needs or emotional symptoms that interfere with their quality of life.”

DeBolt emphasizes that the unit is not a psychiatric emergency room. “We are not an inpatient unit,” she says. “We are a place where people can get help with their behavioral health needs without the stress of a hospital stay.”

Physical illness, aging, failure to take prescribed medication or any major stressor can trigger severe behavior problems or the thought of suicide, says DeBolt. “We are equipped to deal with acute behavioral changes in a secure, safe environment,” says DeBolt. “Depression, anxiety, post-traumatic stress, dementia, and other conditions can all be managed here.”

She added that the unit can treat dementia or take a person on a “time-out” to help them regain control of their lives.

“We have a team of professionals who understand that we can't cure dementia, but we can help people live with it,” she says. “We can help them cope with the changes that come with the disease.”

Some of the life changes that can trigger acute behavioral health issues include the loss of a spouse, loss of independence, loss of a physical ability, medication interactions, or substance use disorders. Moving from a long-term residence to a new one, loss of friends and feeling a loss of independence can trigger acute behavioral health issues, she says.

“Essentially, we want to help people who are struggling with their behavioral health needs so they can be safe and live,” says DeBolt. “You question your own or someone else's safety, and you will be in a safe place until you can get to the Senior Behavioral Health Unit.”

The treatment team includes DeBolt, Clinical Director Cary Quade, a nurse manager, nurses, patient care technicians, social workers, activity therapists, occupational therapists, a psychiatrist, and a medical director.


“We coordinate a treatment plan for each patient by involving the patient because ultimately they are the expert on their own life,” says DeBolt.

Patients are referred to the Senior Behavioral Health Unit through the Summit Emergency Department, Summit outpatient providers, or healthcare providers and Change Point Integrated Health Family members.

“The unit is designed to help people at risk,” DeBolt says. “Patients who are at risk of harming themselves or others, or who are experiencing a crisis, can be admitted here. We have made the environment peaceful and beautiful with beautiful colors, beautiful views, and beautiful mountains.”

“We hold confidentiality in the highest regard and unless a patient tells someone else they are here, we do not disclose that information.”

To learn more about Summit Healthcare's Senior Behavioral Health Unit call 928-537-6890, 24 hours, 7 days a week or visit <https://summithealthcare.net/> and click on “services” and “senior behavioral health unit.”



Summit Healthcare Director, Janine DeBolt, has been in the health field for 20 years and has worked at the White Mountain

Activity #4

Free Drawing

I found this activity to be very relaxing. I could just draw whatever I wanted without anyone judging me. While I drew, it allowed my mind to wander. I drew freely and came up with some interesting designs.



Submission

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