

# The Rapid Pulse

September 2003

## *The Director's Perspective*

By Dr. Eugene Migliaccio

**T**his month, I want to focus on an issue of paramount importance for DIHS: mental health.

There has been a rise in the number of suicide attempts among the detained population we serve, and there have been two recent suicides. Therefore, ICE asked DIHS to give high priority to the issue of mental health. It was determined that a new, more comprehensive approach to mental health was needed.

LT Tom Hochberg worked with Dr. Cavadi to write out a program description for mental health. They revised the mental health policy and have written additional SOPs. This will be presented to the Executive Council in the coming month.

All HSAs and mental health providers were brought to Washington, DC for a mental health call-to-action, which included speakers from the BOP. Some of the issues covered included the legal ramifications of suicide attempts. The Department of Health and Human Services has a stricter standard of reporting providers to the National Practitioners' Databank. Unlike the Department of Defense or the Veterans' Administration, if a monetary settlement is made you will be reported even though you are not named as an individual in the tort proceedings.

I also want to reiterate Mr. Mike Caltabi-

ano's (ICE/DRO) point that suicide prevention is everyone's responsibility, from the Clinical Director's to the contract personnel providing maintenance.

Moreover, it is time that we focus on the prevention of suicide just as intensely as we have focused on preventing tuberculosis among the detained population, and we hope to bring on additional staff to help us in this effort. DIHS is actively recruiting additional mental health providers, specifically for our San Diego facility.

As well, we are also looking into the expansion of telepsychiatry to include additional sites. Telepsychiatry is currently only available at our Buffalo, Florence and Krome SPCs.

An in-service on suicide prevention has already been accomplished at our SPCs by local mental health providers. Within the coming weeks suicide prevention training will be provided to ICE and contract security staff.

Finally, we must remember that our client depends on us to provide the highest quality of health care possible, and that is our mission.

In This Issue	
Director's Perspective.....	Front Page
Understanding Stress.....	Page 2
Nutrition Standards.....	Page 3

## Faces and Places

### WELCOME

#### **Batavia, NY :**

LT Ralph Smith  
LTJG Nerfis Sanchez

#### **Elizabeth, NJ:**

Reut Rogers

#### **El Paso, T X:**

Javier Diaz

#### **Florence, AZ:**

CDR Fernando Farfan

#### **Port Isabel, TX:**

Renaldo Tamez  
Roel Figueroa

### FAREWELL

#### **Batavia, NY :**

LTJG Tammy Germonto

#### **El Paso, TX:**

LTJG Todd Baughman

Congratulations to the following officers for completing the US Air Force Flight Nurse Aeromedical Evacuation Course!

LTJG James Ruddy

LTJG Adria Meyer-Alonzo

LT Victoria Vachon

LT Ron Pinheiro

Thanks for a job well done and representing the DIHS in such a positive way!

See the September 2003 issue of the *Commissioned Corps Bulletin* for a great story and pictures on the course.

## Understanding Stress: 15 Ways to Relax

By LT Keith F. Harris

Stress exists in your mind, but it's also evident in your stomach, heart, muscles and even your toes. "In fact, stress may affect every cell in your body," says Ronald Glaser, Ph.D., a researcher at Ohio State University Medical School.

During stressful times, your body produces various chemicals, including cortisol, an immune-suppressing hormone. The more cortisol produced, the weaker your immune cells become and the more susceptible you are to illness.

"A one-day stressor isn't going to make a big change in your risk of getting a cold; but, a chronic stressor that lasts a few weeks could dampen your immune response and create a risk of disease, for example," says Glaser.

Migraine headaches, sleep disorders, backaches, skin rashes, fatigue, irritability, headache, depression, worry, mood swings, chest pain, anxiety, upset stomach, ulcers and high blood pressure are common reactions to stress.

By gaining a better understanding of the stress/disease connection, you can reduce your stress

and, in turn, improve your health and well-being.

### STRESS: 15 Ways to Relax

1. Make time for yourself. Schedule "Me Time" into everyday.
2. Exercise regularly, 20 minutes per day, three days per week. Exercise releases the "feel-good" hormones into your bloodstream, lowers blood pressure, relaxes muscles and clears the head.
3. Learn to recognize what you can control and let go of what you can't.
4. Remember to mentally pat yourself on the back when you have accomplished something, no matter how small.
5. Avoid excessive alcohol, caffeine, fats and sugars and avoid smoking.
6. If you feel stressed because of the vast amount of responsibilities you have, maybe it's time to delegate.
7. Decide what your most productive time of the day is and schedule the most important tasks then. Don't waste that prime time on routine tasks that can be accomplished at any time.
8. Schedule routine tasks during low-energy times.
9. Time we often consider wasted time (sitting in the doctor's office or waiting for an oil change) can be very useful down time. Read a novel, daydream or use visualization.
10. Don't waste your time and raise your stress level by reliving mistakes. Every mistake is a learning experience. Learn from it and then move on.

see *Stress-Page 3*

## ***The Rapid Pulse no more?***

Tell us what you think!  
Help rename ***your*** newsletter!

If you have an idea or suggestion for a new name for our Division's official newsletter, email Shalana Millard by COB October 1, 2003 at [smillard@dhs.gov](mailto:smillard@dhs.gov)

Show your creative side and put your best thinking forward!

## ***Stress- From Page 2***

11. Enjoy the people in your life who make you happy and allow yourself time with them.
12. If there are not enough hours in the day, maybe it's time to explore new time management techniques. Make lists and prioritize goals. Talk with someone you know who successfully accomplishes a lot and ask for tips. Visit the local book store or library for self-help materials.
13. Laughter is often the best remedy for stress. Find reasons to laugh. See a funny movie or visit a comedy club.
14. When you feel your temper rising, count to 10. This will give you time to calm down and keep you from saying something you might regret later. If 10 is not enough time to calm down, keep counting.
15. Take a hot bubble bath or sit in a hot tub, get a massage or take a nature hike.

In conclusion; no one can avoid all stress, and a certain amount actually is good for you.

But it's best to keep unhealthy stress levels in check. The above steps can help you control everyday stress.



## **Nutrition Standards**

LCDR Kirsten Warwar

There are multiple accrediting bodies that the Division of Immigration Health Services complies with, such as the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), National Commission on Correctional Health Care (NCCHC), the American Correctional Association (ACA), and the ICE Detention Management Control Program (also known as the ICE Inspect Program).

Collectively I have summarized the key requirements of all standards related to nutrition.

### **Menus:**

All detainees should receive a nutritionally complete diet based on the *Food Guide Pyramid*. The detention facility's food service menus should be reviewed at least every six months by a registered dietitian to ensure they meet the recommended dietary allowances.

Food service supervisory staff should evaluate menus quarterly to verify compliance with established daily servings. I recommend Immigration set up a contract with a dietitian for these services.

### **Therapeutic Diets:**

Therapeutic diets should be ordered by the responsible medi-

*see Food- Page 4*

cal provider utilizing the Detainee Special Needs Form (DIHS-819) and should include the type of diet, duration not to exceed 30 days, and any special instructions. Currently JCAHO, NCCHC, ACA, and the ICE Inspect Program do NOT agree on the duration of the diet order.

This standard is being reviewed by the Detention Standards review board for potential modification to a duration of three months. Hopefully this will occur.

Only therapeutic diets from the America Dietetic Association's *Manual of Clinical Dietetics* or another approved diet manual (approved by the DIHS National Dietician Consultant) should be utilized in the DIHS. Vegetarian diets and diets for religious reasons are approved and ordered through Immigration.

#### **Diet Education:**

Education should be provided to detainees about their nutritional needs, therapeutic diets, and food-drug interactions when applicable. When detainees refuse to follow prescribed diets, follow-up nutrition counseling should be provided, including the health risks associated with not following a proper diet. This counseling should be clearly documented in the detainee health record.

#### **Diet Manual:**

The American Dietetic Association's (ADA) *Manual of Clinical*

*Dietetics* or other approved diet manual should be available in the health service and food service areas as a reference. If you need information on how to obtain this, please refer to the National Policy and Procedure Manual.

#### **Staff Training:**

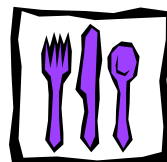
The food service staff should be trained annually by a dietitian or designated medical staff member in the preparation of therapeutic diets, including appropriate substitutions and portions.

This would also be an area a contract dietitian could be responsible for. Medical staff should receive training at least annually by a pharmacist or other qualified medical staff designated by the clinical director in food-drug interactions.

#### **Religious & Vegetarian Diets:**

Special diets for detainees whose religious beliefs require adherence to certain dietary laws are approved through the facility's chaplain, not the medical department. This includes all vegetarian diet requests.

Hopefully this has provided you with a summary of the nutrition related standards. If there are any questions, please call me at (305) 552-1845, ext 302.



**Congratulations  
to LT Jason Ortiz  
(HQ) and his wife  
Lorie on the birth  
of their son  
Dominic Jacob  
Ortiz!**

**Welcome to the  
newest member  
of our DIHS  
family!**

