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25TH SERENDIPITY REPRESENTS MORE THAN ONE MILESTONE

BY TIM DURR

Mississippi State Hospital (MSH) will celebrate a milestone Thursday, Sept. 4 with the 25th anniversary of Serendipity, the hospital's annual art show and silent auction.

In addition, Evelyn Bates, MSH Art Services supervisor, will celebrate a milestone of her own. Not only has Bates taught art at MSH for 25 years, she is also one of the individuals who helped launch Serendipity and give it its name.

"Our first show was at the sales gallery at the Mississippi Museum of Art," Bates said. "It was called 'A First Look.' The next show was called 'A Second Look,' and the next one, 'Look Again.'"

"After three different 'looks,' it was suggested that we have the show annually and give it an official name," Bates continued. "A meeting took place where we tried to think of something that would really convey what the show is all about. We couldn't think of anything at that time, but as we were leaving, one of the persons at the meeting made a comment that something was serendipitous about her visit to MSH. I said, 'that's it: Serendipity.'"

Bates said Serendipity means "finding something of value for yourself



when you weren't looking for it – you weren't expecting it." The show is serendipitous to those who come and view the pieces and bid on them because they find value in the artwork. The artwork may trigger old memories for them, or they may find a story within the artwork.

It is serendipitous for the patients and residents because they get to see their work on display and they see other people value it.

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MISSISSIPPI STATE HOSPITAL

James G. Chastain, FACHE,
Director

Kathy Denton
Director, Public Relations Department

PRODUCTION

Editorial
Adam Moore, Editor

Design
Ken Patterson, Graphic Artist

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Mental wellness in every life, in every home,
and in every community.

MISSION

To help the individuals we serve achieve mental wellness by encouraging hope, promoting safety and supporting recovery while utilizing resources efficiently.

OUR GOALS

1. Accelerate the implementation of person-centered and recovery-oriented treatment and care.
2. Improve clinical, physical, and environmental safety and quality for patients and residents.
3. Minimize waste of resources and cost.

CORE VALUES

Respect - Relationships - Accountability -
Teamwork - Diversity

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(601) 351-8018, Fax (601) 351-8364
info@msh.state.ms.us

Bates, who earned both a Bachelor of Fine Arts degree and a Master of Art Education from the University of Southern Mississippi, said art is therapeutic.

“Art is different than other types of therapy because it requires individuals to use both their creative side and their logical side of the brain,” she said. “They’re also improving or maintaining their motor skills, they’re learning responsibility by having to be on time for art class, and they’re following directions and doing what they’re supposed to be doing.”

“They may think that they’re just having a good time painting and drawing, but there’s a lot going on therapeutically that they don’t even think about.”

Bates said art also gives patients and residents a sense of accomplishment.

“One of the things I do as a teacher is try to push them,” she said. “I push them to try something different, or to improve their drawing skills, or learn to mix paint. I try to build their self-confidence by having them create something.”

“When they finish a project, they get to experience success,” she said. “They have a product that they can see and that they can enjoy.”

Bates said she too has a sense of accomplishment when her patients and residents complete a project.

“It really is a good feeling because you see that they actually got what you were trying to teach them,” she said. “I might have a young person who has not done well in school in a long time and they’ll be able to create something successful with art. Or, I may have an older person whose memory is failing or physical

ailments prevent them from doing certain things. However, they’re able to do something with art and express themselves. It makes it all worthwhile.”

Serendipity will take place from 11:30 a.m. until 6 p.m. in the Building 71 Conference Center on the Mississippi State Hospital campus. Beforehand, patients and residents who have artwork in the exhibit come to Building 71 and are recognized for their work during a special awards ceremony.

“That’s one of my favorite parts of Serendipity – the awards ceremony where they (patients and residents) come in the morning and see their artwork on the wall and we recognize their achievements with a ribbon and a certificate,” Bates said.

Bates credits her fellow MSH Art Services staff, art instructor Ron Lindsey and Ceramics instructor Francine Sutton, with making the event a success.

“It’s a lot of work,” she said. “I don’t think people realize how much goes into getting just one piece of artwork to Serendipity. It goes from a blank piece of paper all the way to the matting, framing, cataloguing, and hanging on the wall. There is a lot that goes into each piece.”

Serendipity typically contains ceramics, pencil drawings, paintings in various styles and formats, and other mixed media. Anyone is welcome to visit the campus and view the show. All of the pieces on display will be available for bidding through silent auction.

“We would like to invite everyone to come and join us in celebrating this milestone,” Bates said.

SERENDIPITY COVERAGE THROUGH THE YEARS

RANKIN COUNTY NEWS, BRANDON, MS, WEDNESDAY, FEBRUARY 20, 1991, SECTION A, PAGE FIVE

Mississippi Museum of Art hosts state hospital exhibit

The old cliché is that a picture says a thousand words. However, Mississippi State Hospital offers as many ways for patients enrolled in its art classes to express themselves.

Much of this unique artwork is now on display at the Mississippi Museum of Art through March 3. One hundred twenty-four pieces by 29 patients can be viewed in a variety of mediums including water colors, paper collage, pencil, pen and ink, crayon, pastels, acrylics, oils, charcoal, linocut from linoleum, ceramics and hand-loomed belts.

"These exhibits sometimes increase a patient's self-esteem," said MSH Occupational Therapy Director Jama McCall. "Once the patients complete a piece of art and then see it hanging in a gallery, they may then realize their talent."

In addition, she said the exhibit

provides an opportunity for community interaction which in turn educates the public about MSH, its programs and mental illness.

McCall said the public is generally curious and interested in the artwork. "An event such as this helps the community to understand that our patients are warm and creative people while it reinforces the skills and abilities of the patients themselves," she said.

Last year the exhibit stimulated so much interest in the Jackson area that the two organizations decided to sponsor a second showing this year featuring new artwork and titled "A Second Look."

"The community's reaction to this type exhibit has been very positive," said Museum of Art Sales Gallery Director Carolyn Bost. "Patrons in our gallery have been overwhelmingly complimentary."

patients have produced."

MSH art instructor Evelyn Carpenter said the artwork is sometimes called "institutional art" and is different from what many people are accustomed to. "It is an art that is fresh and inspiring," she said. "You can tell that many of the patients really put themselves into the work. They do it for the therapy and the enjoyment rather than for the recognition or the money."

The artwork is also different in that much of the work is produced while the patients, who range in functioning levels from high to low, are undergoing psychiatric treatment. Examples of the work, Ms. Carpenter said, include a series of paintings of women, one of which the artist used the color red for the woman's circulatory system. "The artist envisioned what the subject was from the inside rather than the outside,"

Various colorful checkerboard patterns, she said, were completed in certain classes when she instructed the students to think about quilts. Although some of the ideas were compiled from pictures in books or magazines, many others were envisioned strictly from imagination, she said.

In addition to a second Museum of Art exhibition this year, McCall said artwork by MSH patients was on display in December at Gallery 121 in Jackson and pieces have been accepted for display for two years in a row at the National Art Exhibitions by the Mentally Ill in Miami, Florida. The national exhibition for this year is scheduled to begin in February.

The therapeutic art classes are offered through the MSH Rehabilitation Services Occupational Therapy Division.



ART SHOW—Mississippi State Hospital art instructor Evelyn Carpenter, left, and Occupational Therapy director Jama McCall look over the artwork at MSH patients now on exhibit through March 3 at the Mississippi Museum of Art in Jackson.

MSH patients exhibit artwork at museum

Artwork can sometimes express the innermost feelings and hidden talent of a particular artist or artists.

Thanks to a joint project by Mississippi State Hospital and the Mississippi Museum of Art, the special talent and individual creativeness of several MSH patients are now on display for the general public to view in the museum's sales gallery.

"A First Look" is the theme of the first such exhibit by MSH patients at the museum, said sales gallery director Pam Kinsey. "This has never been done here before, but we are looking forward to making it an annual event because of its tremendous success. It has really been wonderful," she said.

The exhibit, which will be featured until November 5, includes 173 pieces of artwork created by almost 40 patients. The work represents all mediums including acrylics, drawings, water colors, pastels, sculptures, murals, quilts and both individually designed and custom designed crafts.

"Included is a wide variety of art which may be something as simple as a pinch pot ashtray to something as complicated as a tediously braided clay bowl," said MSH art instructor Evelyn Carpenter.

"What is so appealing about the work is the honesty," Ms. Kinsey said. "Nothing is contrived, and that is what really reaches people."

MSH Occupational Therapist Joyce Titus said the staff of the Department of Rehabilitation Services, Occupational Therapy Division works with the patients daily to bring out their skills and abilities in various areas. Under the Occupational Therapy programs, several therapeutic projects help mentally ill individuals find a way to express themselves through artwork "which may bring out their individual talents or which may expand or improve their attention spans, coordination or many other personal attributes," she said.

Ms. Carpenter said the public

display creates an outlet to improve the patients' self enhancement and pride and it gives them an opportunity for community interaction. "It also gives the public a chance to view and enjoy the creativeness and talent presented by many of our patients," she said.

In addition, she said the display helps educate the public about the hospital, its programs and mental illness in general.

"There are many people who have interpersonal problems, but are very talented," she said. "These type exhibits can change the public perception of the mentally ill."

Ms. Kinsey said the museum strives to offer the public "an educational experience" and attempts to incorporate all aspects of artwork from a diverse category of artists. In turn, the exhibits offer wider exposure to the individual craftsmen and artists, she said.

"We are as serious about selling the artists as we are about selling their work," she said.



ART EXHIBIT—Mississippi State Hospital Director Joe F. Blakeaney and Rankin County Senator Barbara Blanton examine artwork by MSH patients on display at the

Mississippi Museum of Art. The theme of the exhibit is "A First Look," and can be viewed at the museum until November 5.

Serendipity Art Show: 'When I paint, I can be proud of who I am'

The ceramic sunflower, nubby with seeds, petals flickering like rays of the star that inspired its name, hangs to the right of my kitchen window, in view whenever I wash dishes, grind coffee or watch leaves flutter from the air conditioning exhaust.

Its gold isn't the bright, cheery yellow of nature's own, but a rich and burnished hue. It makes me think of a flower that's weathered some storms but is determined to shine. I bought it at a Serendipity art show more than a decade ago and to this day wish I'd ponied up for a pair.

Mississippi State Hospital's 16th annual Serendipity Art Show and Silent Auction is Thursday at the hospital's Whitfield campus. Intriguing art for a bargain, —I try to never miss it. But there are other elements, too, from its boost to artists' self-esteem and avenue for self-expression to the way this show reaches out to the community and chips away at the stigma of mental illness.

The best of creative output in the hospital's art programs—handmade paper,



Greg Jensen/The Clarion-Ledger

Ronny Rowland of Byram is exhibiting his watercolor *Cowboy Bob* during Mississippi State Hospital's 16th annual Serendipity Art Show and Silent Auction.

pencil drawings, ceramics, pastels, paintings, crayon batik and more — is sold by silent auction, with a significant portion of

proceeds going to individual artists' accounts. "I think this year really is our biggest show ever," said Evelyn Carpenter, art services supervisor. More than 300 works by patients, residents or individuals served in the community, from children to adult seniors, will be featured.

Watercolors by Derek Johnson, 67, a resident at Jaquith Nursing Home, are among them. A maze of geometric shapes in radiating bands of color builds splashy designs with cool titles like *A Different Slant* or *Five Moons of Saturn*.

"It's really just duplication, squares... nothing to it really," said Johnson. It reminds him of monotonous work he used to do on an assembly line or cleaning. Jobs he didn't mind because he "did work and got paid." Johnson once mentioned the paintings among the few things he saw through to completion, said artist Tony DiFatta, one of five instructors in the hospital's art services.

"I've stuck with this more than I've stuck with anything else," Johnson agreed.

"This is the fifth show for Ronny Rowland, 54, who participates in the hospital's Community Services program and relishes the way making art makes him feel. "I

DETAILS

- **What:** Serendipity Art Show and Silent Auction.
- **When:** 11 a.m. to 6 p.m. Thursday.
- **Where:** Mississippi State Hospital at Whitfield, Building 71 Conference Center.
- **Information:** (601) 351-8018; visit www.msh.state.ms.us to view sample artwork.

feel like this helps make up for a lot of shortcomings I've had, a lot of failures. When I paint, I can be proud of who I am."

His navy T-shirt is emblazoned with a flag and bald eagle; a cross dangles from a chain. He had hoped to use money from the auction, first scheduled earlier in the month but postponed by Katrina, to travel to New Mexico to see off his son, who's in the Air Force, before he was deployed to Iraq. Rowland's mother loaned her credit card; his goal is to make enough money to pay her back. It's not a plea for charity or higher bids, he cautioned. "Every dollar will be a blessing."

A born-again Christian and recovering alcoholic, Rowland has bipolar illness.

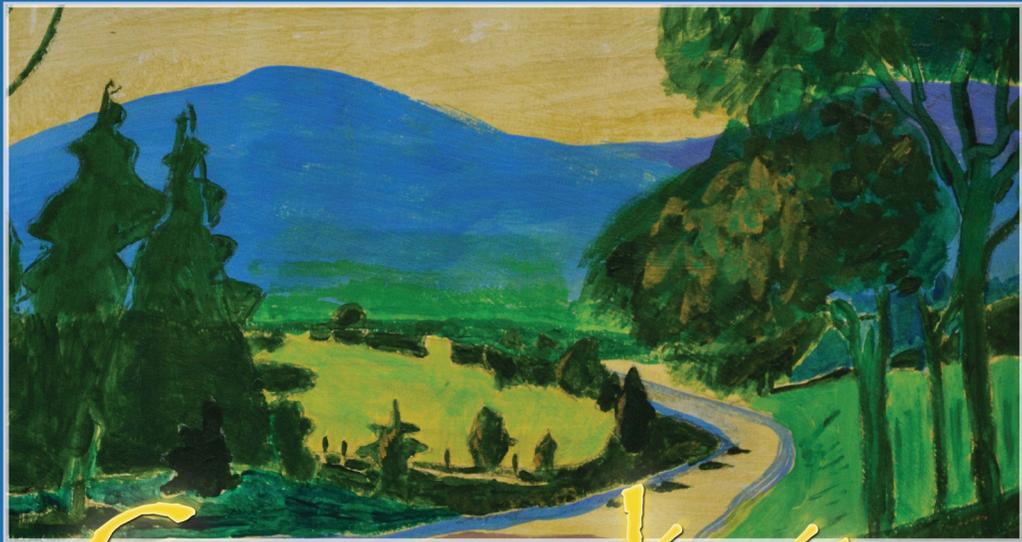
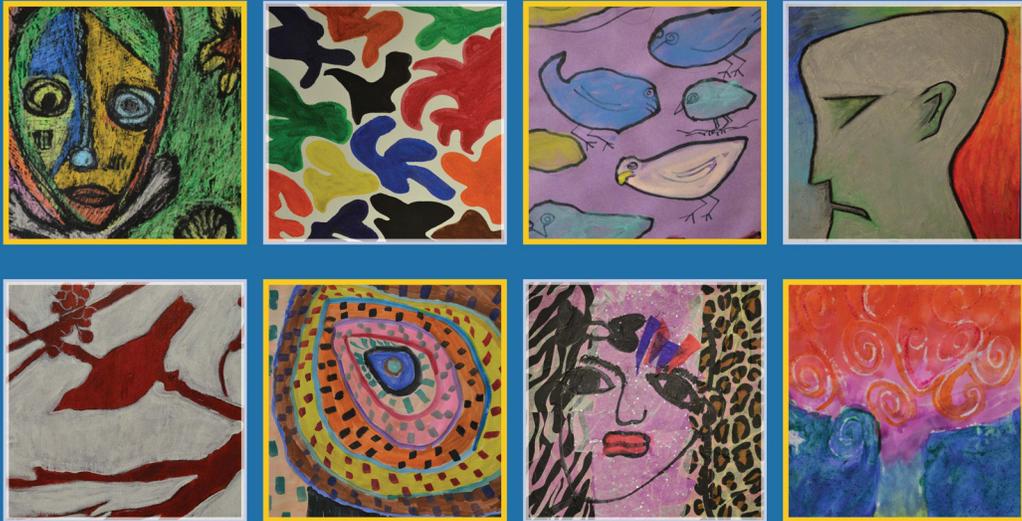
He likes to create art in his La-Z-Boy, painting for hours at a stretch, working fast to fix the chain of thoughts before they're gone. Rowland's description of the character in his *Cowboy Bob* portrait centered across a host of details—thinking of his past and maybe his future, perhaps sad or confused but mostly happy to be healthy, long hair, no horse, can't swim, with a lot to learn in life but never too old to do that—until it's obvious there's a lot of him in that well-worn face he painted.

Rowland recalled the A-pluses for art he got in high school and the self-satisfaction of "one of the greatest achievements I had. Even then, I would pray to the Lord to help me become a famous artist one day. Then all of a sudden I'm not famous, I may not ever become famous, but I met Tony and he's kind of famous...."

"The Lord has seen fit through the years that our paths crossed. It's just amazing how God works. With his help, my work is getting some recognition through these shows."

Serendipitous, some might say.

Contact Staff Writer Sherry Lucas
(601) 961-7283 or slucas@clarionledger.com.



Serendipity

Celebrating **25** years

The 25th Annual Serendipity Art Show & Silent Auction will feature a variety of artwork created by participants of Mississippi State Hospital's Art Programs.

The artwork will be sold by silent auction.
Bidding will end at 6:00 pm.

For more information, call the Public Relations Department at (601) 351-8018

Thursday, September 4, 2014
11:30 a.m. - 6:00 p.m.
Mississippi State Hospital
Whitfield, Miss.



'THINK RECOVERY' HIGHLIGHTS PERSONAL SUCCESSES

BY ADAM MOORE

As people across the country prepare to recognize National Recovery Month in September, Mississippi State Hospital and the Department of Mental Health are continuing to "Think Recovery."

DMH has been releasing monthly videos that celebrate recovery and the strides made by those living with mental illnesses or substance abuse issues as part of its "Think Recovery" campaign that highlights the components of recovery – a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

The Department of Mental Health has created a page on Vimeo, an online video sharing service, to release these stories. It can be found at www.vimeo.com/102844828. This month's video shares the personal success story of Alandra Jones, a young man who dealt with adversity from a very young age.

"Tragedy started when I was 11 years old," Jones says in the video. "I found out my father died, and I never knew him. The first time to ever see my father was at his funeral. Through that time, things were kind of rough."

Jones goes on in this video to share how he attempted suicide multiple times and was treated at inpatient behavioral health programs. When he came home, however, it was difficult for his grandmother to care for him, and he felt like he didn't really have a home to come back to.

"I felt like I was pushed to the side, like I wasn't cared about, and I started to get into trouble," he said.

Jones caused disturbances at school, ran away from home, and even ran away from a group home at one point. He began to take part in gang activities and started using drugs.

"Anything to take my mind off all the bad things going on with me," Jones said.

But then he met someone who helped him to get his life back on track. He got his first job, a position at a restaurant, and things started to look up for him.

**RECOVERY IS
UNIQUE TO EACH
INDIVIDUAL AND
CAN TRULY ONLY
BE DEFINED BY
THE INDIVIDUALS
THEMSELVES**

"Just looking back lets me know, 'man, you went through something for a reason,'" he said.

Recovery is unique to each individual and can truly only be defined by the individuals themselves, but Jones said he now knows what recovery means to him – pulling yourself up no matter what you're going through, doing what you need to do to succeed. His story is of course personal to him, but he is just one of many who have succeeded in living a life of recovery from mental illnesses and substance abuse.

The individuals who shared their stories know the value of their lived

experiences and want to inspire hope in others by sharing their personal stories. Please share the links to these stories with your family, friends, and colleagues in order to bring attention to recovery, which not only benefits the individual, but the entire community.

If you or someone you know is in need of services and supports, call the DMH 24 hour-a-day, 7 days a week at 1-877-210-8513 or visit www.dmh.ms.gov. For more information about Think Recovery, visit www.dmh.ms.gov/think-recovery.

BLOCK PARTY OFFERS UP SUMMER SOCIALIZING

BY TIM DURR



Staff members include, left to right: Allen Johnson, behavioral health specialist; Dr. Jenise Khonke, psychology supervisor; DConstance Woodard, social worker; Marcus Bailey, service administrator; Melissa Spencer, a behavioral health technician; and Michelle Guy, behavioral health specialist.

As the dog days of summer wind down, the staff and patients on MSH's Male Receiving Unit recently gathered for an end of summer block party that featured food, fun, games, and lots of excitement.

Melissa Spencer, a behavioral health technician on Male Receiving, said in addition to providing entertainment, the block party had many other benefits for patients.

"It makes the patients feel good to get off the building and venture out into the sunshine and fresh air," Spencer said. "These types of activities give them a sense of normalcy and show how much we care."

Marcus Bailey, service administrator for Male Receiving, served as DJ.

"This is a great event because it helps to promote social skills and teaches the patients how to interact

with other people," Bailey said. "This provides a natural environment for them to enjoy the end of summer."

"We need to do this more often," said MHT James Sorrell as he watched his patients dance and have a good time. "Nobody wants to stay inside all the time, and this gets them off the building. They enjoy being out here."

Recreation Therapist Angie Ware said she recognized a change in her patients' behavior.

"The block party has allowed these guys to become socially involved when typically they would be more withdrawn," said Ware as she dealt cards for a card game between the patients. "We are pleased to be able to do this for them. They are enjoying it, and it is our job to make sure they are cared for and that their experience here is filled with quality

activities."

In addition to the regular games that were played, the block party also allowed patients to participate in some ROPES course activities.

"The ROPES course helps promote teamwork," said behavioral health specialist Allen Johnson. "It helps with problem solving and gives them a sense of accomplishment."

Spencer said she feels the patients benefitted tremendously from the block party.

"The social skills they exhibited today are skills they can take with them once they leave the hospital," she said. "It was a great day for all."



Angie Ware, recreation therapist



Michelle Guy, Behavioral Health Specialist and Corey Myers, teacher (holding red parachute). Bruce Detotto, Dual Recovery Counselor, (white shirt on other side of net).



Marcus Bailey, Service Administrator for Male Receiving



Bruce Smith (left), ATT, male receiving and Joseph Jenkins (right), recreation therapist, male receiving.

What is Rapid Improvement

As Rapid Improvement Events continue at the hospital and MSH employees continue to make use of Kaizen Action Sheets, here is a refresher for how Rapid Improvement Events and Kaizen can be used effectively in the workplace.

Kaizen Events Defined

- An accelerated improvement activity that takes place in the workplace
 - Focused on speed and agility
 - Aimed at producing significant process improvements
 - Rapid and narrowly targeted
- Kaizen Events are all about changing now for immediate improvement
- Can be used for improving any part of an operation: field, factory, office, hospital, clinic, etc

If you haven't been involved in a Rapid Improvement Event or your unit or department is not using Kaizen Action Sheets, you may very well do so in the future. Here are some things to keep in mind if you are taking part in a Kaizen event.

Questions to Ask Before, During and After

When	Comment or Question
Before	<ul style="list-style-type: none">• Thank participants for dedicating their time and energy to the event• Participants are empowered and trusted to find a Leaner process to improve their service delivery• The facilitators are 100% confident in the participants. Let them know what obstacles are faced
During	<ul style="list-style-type: none">• Facilitators and Lean Leaders are there to help. Let them know any problems that are encountered.• RIEs and Kaizen events should identify processes to make jobs easier while saving a lot of time. Facilitators and leaders of these events should also ask what resources will be needed for the make that happen.• How else can leaders help employees to make results happen during this event?• Employees and participants in the event can count on receiving support when they present their findings
After	<ul style="list-style-type: none">• After several days of hard work, participants will have done a tremendous job of mapping processes, finding and eliminating the waste, and making changes. Thanks goes to everyone who participates