



ASPIRE

HOPE

SAFETY

RECOVERY

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MSH CUTS ENERGY COSTS VIA IN-HOUSE PROJECTS



Back row (Left to right): Craig Kittrell, Jimmy Stephens, Kirk Carver, Craig Martin. (Front row, L-R): Sonny Raymond, Tommy Bodker, Pete Chase.

In an effort to lower operating costs and reduce the hospital's carbon footprint, Mississippi State Hospital's Physical Plant Department is giving the hospital an energy makeover through a variety of in-house projects ranging from installing energy efficient LED lighting to upgrading HVAC (heating, ventilating and air-conditioning) motors.

The first project was upgrading street lights across campus. Old metal ha-

lide bulbs were replaced with more energy efficient LED bulbs. LED bulbs use less power (watts) relative to the amount of light generated (lumens) and also help to reduce greenhouse gas emissions by saving energy. The reduced yearly savings are 30,748 kilowatt hours (kWh). The annual savings in energy are \$2,245 with a payback period of 1.2 years. This is a 69 percent energy savings over the old lights.

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VISION

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. To provide a comprehensive, person-centered and recovery-oriented system of care for individuals served at Mississippi State Hospital.
2. To ensure patients and residents receive quality services in safe settings and utilize information/data management to enhance decision making and service delivery.
3. To provide administrative oversight and management to effectively and efficiently administer services.

CORE VALUES

Respect – Relationships - Accountability -
Teamwork - Diversity

MEMBER OF

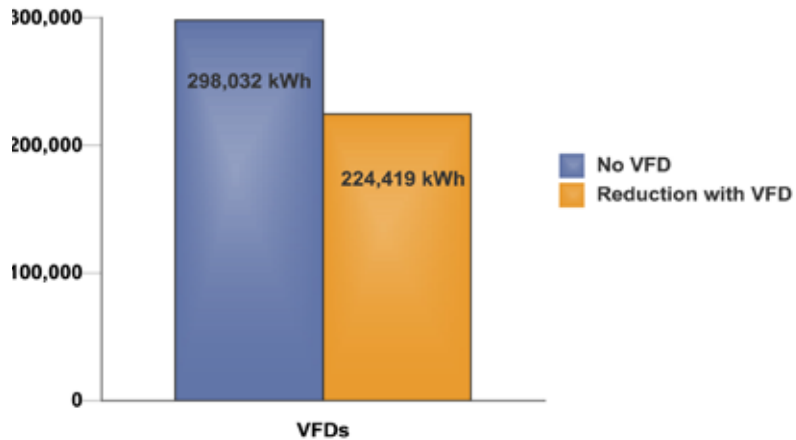
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VFDs kWh Reduction



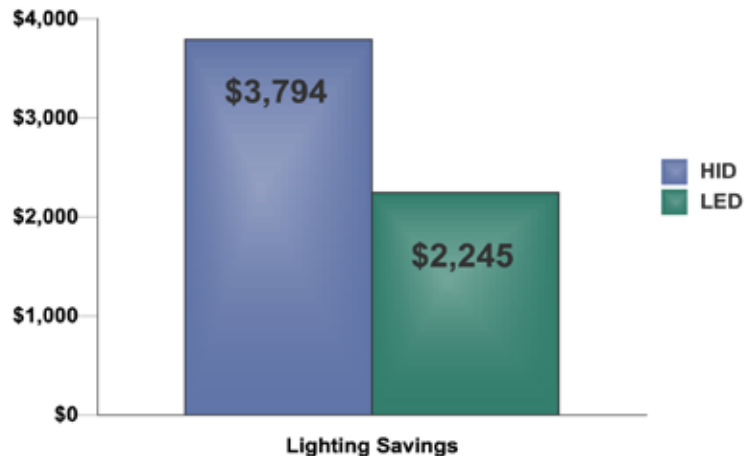
With minimal 10-year depreciation, the lights operate many times longer than HID lights. Since the LED bulbs last much longer than before, there is also a significant reduction in maintenance cost as they do not need to be replaced as often, meaning in-house staff can be used more efficiently. The project maintenance savings are \$900 per year.

The second project the Physical Plant Department undertook was the installation of variable frequency drives (VFDs) in the HVAC systems on the Hendrix Treatment Center buildings. By default, the electric motors that power HVAC units typ-

ically run at full speed, meaning the average HVAC system uses the same amount of energy regardless of how high or low a building's thermostat is set. VFDs circumvent this problem and allow HVAC systems to use less energy by automatically adjusting the speed of electrical motors to match the demand for heating, cooling and ventilation.

“Running an HVAC system without VFDs is like driving a car with the throttle pressed all the way down and then controlling the speed by pushing on the brake,” said Craig Kittrell, MSH’s Director of Support Services.

Street Lighting Retrofit



The hospital is averaging 2,450 kWh per day of savings. This translates into over \$32,000 in savings per year, and even greater savings are expected as we enter into the cooler months.

These upgrades alone save the hospital over \$35,000 a year with a

payback of one year for the upfront investment. We are continuously striving to be good stewards of the tax dollars given to Mississippi State Hospital, Kittrell said.

Kittrell, who has a master's degree in Public Administration from Belhaven University, has served on the Entergy Mississippi Board of Direc-

tors and is a big proponent of conservation.

"We are excited to reach this goal, but the work doesn't stop there," he said. "There are still energy conservation measures we can implement to continue to reduce energy consumption further."

TRS EVENTS



Therapeutic Recreation Services put on a number of events during Breast Cancer Awareness Month, including the Paint the Building Pink contest on Oct. 4; a softball game on Oct. 6; a fitness walk on Oct. 7; and the Fall Festival at the Campground on Oct. 27.

MH/IDD JOINT CONFERENCE

JAMES C. STUBBS VOLUNTEER AWARD 2016: BRIDGET LOWERY

Bridget Lowery, former President of the Friends of MSH, Inc., Board of Directors and long-time Friends supporter, received the James C. Stubbs Volunteer Award at the Mental Health/Intellectual and Developmental Disabilities Joint Conference in Biloxi in late October.

The James C. Stubbs Volunteer Award honors a person who has demonstrated a continuing interest and effort in providing volunteer and advocacy services to citizens of Mississippi with mental health needs and/or intellectual or developmental disabilities. The award is named in memory of James “Jimmy” Carlton Stubbs. Stubbs’ career in mental health began in 1950, when he served as staff assistant for the Board of Trustees of Mental Institutions, the state’s predecessor to the Mississippi Department of Mental Health.

The winner of the Stubbs award is selected from nominations submitted by behavioral health professionals and community mental health programs throughout the state.

Lowery is a Vice President at BankPlus and serves as the Branch Manager of the Downtown Brandon office. She is also a board member for both the Pearl Chamber of Commerce and the Rankin County Chamber of Commerce.

She became involved with Mississippi State Hospital through the Rankin County Chamber of Commerce Leadership program in 2007. When hearing about the Department of Mental Health’s “What a Difference a Friend Makes” cam-



MSH Director James Chastain and Bridget Lowery.

paign, she became an advocate for mental health. Her leadership group made the campaign their project for the Leadership program. This effort also evolved into statewide PSA’s featuring local drama students as well as continuing efforts to promote the Shatter the Silence campaign.

Since 2008, Lowery has continued to be an avid supporter of MSH and the Friends organization. She was named Volunteer of the Year in 2012, has served for the past two years as Friends President and has served as a board member of that group for three years. She is very active in the Christmas program at

the hospital and each year solicits patient gift drives through her community and schools. As a member of the Rankin County Chamber, she also continues to encourage active involvement of the Adult and Youth Leadership classes at MSH.

Through Lowery’s efforts, hundreds of youth and adults have had the opportunity to gain valuable knowledge about how to help someone they love who may be experiencing problems, as well as learn about services offered by MSH and the Department of Mental Health.

BRADLEY A. SANDERS SERVICE AWARD 2016: DR. ROBERT MADDUX

Dr. Robert Maddux, Clinical Director at Mississippi State Hospital, received the Bradley A. Sanders Service Award at the Mental Health/Intellectual and Developmental Disabilities Joint Conference in Biloxi in late October.

The Bradley A. Sanders Service Award honors a person who has made outstanding contributions in the field of behavioral healthcare management in Mississippi. The award is named for Bradley Sanders, who worked in state government for more than 30 years, much of that time in the field of mental health services.

The winner of the Sanders award is selected from nominations submitted by behavioral health professionals and community mental health programs throughout the state.

Maddux began his career at Mississippi State Hospital as a staff psychiatrist before moving on to hold several different positions at providers in the community. He spent more than 20 years as clinical and medical director for Millcreek Psychiatric Residential Treatment Center in Magee. He returned to MSH in 2008 as a staff psychiatrist on Oak Circle Center, the hospital's child and adolescent unit. He remains on the cutting edge in his field and works to constantly promote and implement best and promising practices throughout Mississippi. He has supported and promoted the development and implementation of programs that have improved treatment and care of patients and clients statewide.

Maddux is now serving in several roles simultaneously. He is a consulting psychiatrist for Region 8,



Bradley Sanders (left) and Dr. Robert Maddux.

a staff psychiatrist at MSH's Male Receiving Unit, and serves as both Clinical Director for the hospital and as the Medical Director for the Department of Mental Health.

The 28 years of service and his commitment to serve in numerous roles simultaneously are testaments to the dedication Maddux has to improving the lives of people who have mental illness and intellectual or developmental disabilities. He is respected by his peers for his knowledge, experience and the support he shares.

PAINT THE BUILDING PINK CO



Mississippi State Hospital was pretty in pink on Oct. 10. Recreation Services held a Paint the Building Pink Show award, decorating its front deck for a "Healing Beyond Supportive Theme, B-63 Most Creative and B-46 Original" that participated.

BUILDING CONTEST



4. As part of Breast Cancer Awareness Week, Therapeutic
k Contest. Building 69, Jaquith Inn, received the "Best in
begins with Hope and Faith" theme. B-34 was judged Best
ity. Recreation staff would like to thank all of the buildings

ANDERSON HONORED AS HEALTHCARE HERO

BY MIKE CHRISTENSEN

Felicia Anderson, Director of Accreditation and Licensure at Mississippi State Hospital, was selected by the Mississippi Business Journal as one of its Healthcare Heroes for 2016. She and the other winners were honored at a special breakfast and awards ceremony held on Sept. 29 at the Old Capitol Inn in Jackson.

Anderson led MSH's preparation for the Joint Commission survey last year, which resulted in the hospital receiving its accreditation for another three years. She was cited by the surveyors for doing a "terrific job" in preparing hospital and JNH staff for the survey.

Most state governments, including Mississippi's, recognize Joint Commission accreditation as a condition of licensure and the receipt of Medicaid reimbursement.

"It was truly an honor to be one nominated for the 2016 Healthcare Heroes award," Anderson said. "But to be one of the finalists selected, I am humbled and excited to represent my profession and my employer in helping individuals we serve achieve mental wellness by encouraging hope, promoting safety and supporting recovery while using resources efficiently. As Accreditation and Licensure Director, it is my role to assure compliance of this mission for our patients and residents."

MBJ's annual Healthcare Heroes program honors outstanding men and women in the health care industry whose contributions have increased the well-being of the community. Honorees are recognized from nominations made in six categories: Animal Care, First Responder, Nurse, Physician, Professional



and Volunteer.

Anderson was chosen in the Professional category, which honors health care workers other than doctors and nurses, such as administrators, researchers, technicians and professors. As MSH's Accreditation and Licensure Director, Anderson "facilitates compliance with all required regulations and hospital policies and procedures (and) provides input for regulatory compliance for agency operations."

Anderson started at MSH on May 4, 2015. A Chicago native, Anderson moved with her family to Jackson when she was 10 years old. She attended Provine High School and majored in history and education at Mississippi College. After teaching for a period, she went back to school and received a degree in hospital administration and then a Masters of

Business Administration from Belhaven University. She is currently working on a doctorate through Walden University in Minnesota.

Before coming to MSH, Anderson was senior director at a critical access hospital in Tallulah, La., and prior to that worked as a department administrator at University of Mississippi Medical Center.

Mississippi Business Journal's special Healthcare Heroes edition was scheduled to be published in November.

HOW TO CONTACT YOUR LEGISLATOR

FROM DEPARTMENT OF MENTAL HEALTH

The 2017 Legislative Session will begin on Jan. 3, 2017. The Department of Mental Health would like to make sure all of its employees are aware of the legislative process and are as involved as they would like to be. Remember that it is your right as a citizen to speak to your legislators and let them know your opinions and your feelings about the directions our state government is going.

We have had employees ask in the past how they can identify and reach out to their legislators. There are a few ways you can do this:

- If you happen to know who your legislators are, you can find their contact information at the Mississippi Legislature web site at www.legislature.ms.gov. You'll see a menu near the top of the page that has a button labeled "Legislators." You can hover over that to find your senators and your representatives.
- If you do not know who your legislators are, there are some online tools that can help you identify them:
 - Visit www.openstates.org. You can enter your address in a text box at the top of the page or browse by state. Entering your address will show you who your legislators are. Clicking their names will also give you their contact information.
 - Empower Mississippi is another site that will identify your legislators. You can reach it by using your computer to visit www.empowerms.org/do-you-know-your-legislators/. Once again, you can simply enter your address to identify and get contact information for your legislators.
 - The Electric Power Associations of Mississippi have a legislative roster available on their web site and as a smartphone app. Search for "Mississippi Legislative Roster" in your phone's app store or visit ecm.coop/roster on a web browser for their guide.

With the 2017 Legislative Session approaching, it is important to know how to effectively communicate with your legislators if you do decide to contact them.

During session, legislators are very busy and often don't have time for long phone calls or in-person conversations. The best way to contact them is through letters or email. If you choose to contact your legislator this session be sure that you are contacting the legislator who represents the district you live or work in. DMH has been discussed often in the off season, which only means it will continue to be discussed during session.

When you contact legislators be sure to clearly tell them what you want them to know, but be brief with your message and make sure you are prepared before you send it. Always be honest, accurate and timely with the information you send a legislator.

One thing to remember is that you should not use any state time or resources if you do reach out to your legislators. You will need to contact them on your own time, on your own phone, and through your own personal email address or stationery. While we appreciate our employees' willingness to get involved, it must be done as a private citizen, not as a representative of any state agency.

One final thing to remember is something to remember in all of our professional interactions – always remain polite and courteous. Both state employees and legislators are public servants, and the Legislature has been supportive of our agency's community expansion efforts over the past several years. Please make sure to thank any legislator you speak to for their support, and for taking the time to hear your concerns.

DHOSSCHE CITED IN JOURNAL ARTICLE ABOUT ECT AND AUTISM

BY MIKE CHRISTENSEN

Dr. Dirk Dhossche, a Psychiatrist at Oak Circle Center, was interviewed and quoted as an expert source in a recently published article about the use of electroconvulsive therapy for autistic children.

The article, How 'shock therapy' is saving some children with autism, was written by Apoorva Mandaville and was published Oct. 26, 2016, on Spectrum's web site, spectrumnews.org.

Dhossche, originally from Belgium, has been a consultant at Mississippi State Hospital's child and adolescent unit since 2012 and is on staff at University of Mississippi Medical Center.

ECT, a somewhat misunderstood procedure outside of the medical community, is widely used, most often for treatment of bipolar disorder or depression, the article notes. "In the past few years, some psychiatrists have stumbled upon a new purpose for the therapy: calming the brains of children with autism who ... would otherwise pinch, bite, hit and harm themselves, perhaps fatally."

Catatonia, a psychomotor disorder that affects a person's ability to move in a normal way, also has been shown to be responsive to ECT. A person with catatonia can be mute and motionless or highly agitated. The Spectrum article notes that the world's leading expert on catatonia and ECT is Dr. Max Fink.

Dhossche is a protégé of Fink's, having trained with him at Stony Brook University in New York, and is credited in the article with "solidifying the link between autism and catatonia."



"Catatonia as it occurs in all types of patients, including in autistic patients, is my specialty," Dhossche said.

Mandaville writes:

"In 2001, Dhossche moved to the University of Mississippi, where he is now medical director of the child psychiatry inpatient unit. Shortly after his move, he saw a 9-year-old boy who had for months stayed mute and bedridden, and was not eating or drinking — all criteria for catatonia. After exhausting various treatment options, including benzodiazepines, Dhossche suggested using ECT. The response was nothing short of 'spectacular,' Dhossche says. 'This boy started speaking again, eating again, walking again.'

"Even though the boy didn't have autism, some of his characteristics even prior to the catatonia remind-

ed Dhossche of autism. 'This was my first realization that actually, autism and catatonia, they seem to overlap at some point,' he says. Repetition is a hallmark of catatonia; by that token, the echolalic speech and repetitive movements — including self-injurious behavior — characteristic of autism could be seen as catatonic. ...

" 'The reward of diagnosing catatonia is that it's treatable,' says Dhossche. 'Not with the easiest type of treatment, not the most popular one, but that's just unfortunate at this point.'

"Because of his publications on the topic, parents come to Dhossche from as far away as California or Texas — two states that have banned ECT in children under a certain age. But the numbers are still vanishingly small. In total, he says, he has treated perhaps 10 children with autism.

“One thing Dhossche has noticed among the children he has treated is that the catatonia seems to appear after a stressful event of some sort. One 14-year-old boy with autism from Texas, for example, developed unusual finger movements and grimacing expressions after a particularly severe episode of bullying at his school. ‘It often starts with an incident, with an event, and then it gets

worse,’ says Dhossche.”

The full article on autism and ECT can be found at spectrumnews.org.

Spectrum is regarded as a leading source of news and expert opinion on autism research. Its mission statement: “We provide comprehensive news and analysis of advances in autism research. Through our

work, we hope to catalyze new collaborations and perspectives on autism. We sift through the steady stream of autism papers and highlight the most noteworthy. Our deeply reported news articles explain the context and impact of each finding. We also turn to experts in the field for their opinions on trends or controversies in autism research.”

HARDY SALUTED DURING SAINTS’ HALL OF FAME WEEKEND

BY MIKE CHRISTENSEN

Larry Hardy, MSH Campground Coordinator and a former New Orleans Saints star, was recognized by the NFL team in pregame ceremonies on Oct. 30. The Saints introduced all of their alumni who attended their Hall of Fame Weekend game against Seattle at the Mercedes-Benz Superdome.

Hardy, from Mendenhall, was MSH’s 2015 Employee of the Year for Support Services.

He played in 101 games for the Saints over eight years (1978-85) and caught 71 passes for 960 yards and seven touchdowns.

Drafted by the Saints out of Jackson State University in 1978, Hardy was a Dallas Cowboys fan growing up. “I became a Saints fan after they drafted me,” he said, “but going over to Dallas and playing against the Cowboys was a pretty big thrill.”



CONGRATULATIONS OCTOBER EMPLOYEES OF THE MONTH



Direct Care
Stacy Lewis,
IPS, B-203, B Shift

Stacy Lewis has been named Mississippi State Hospital's October Employee of the Month for Direct Care.

Lewis, a Direct Care Supervisor on Building 203, has worked at MSH for seven years. A Pearl resident, she attended Bailey Magnet School.

"Mrs. Lewis displays qualities that are an attribute to MSH," said Kimberly Holifield, who made the nomination. "She is pleasant, responsible, prompt and manages patients and staff with dignity and respect."

"Mrs. Lewis is reliable and always willing to assist in any way possible to meet the needs of the organization."



Clinical Service
Bruce Parker,
IPS, B-45, A Shift

Bruce Parker has been named Mississippi State Hospital's October Employee of the Month for Clinical Service.

Parker, Charge Nurse on Building 45, Continued Treatment Services, has worked at MSH for 24 years. The Byram resident is a graduate of Pisgah High School and Hinds Community College.

"Bruce is a great supervisor and co-worker," said LaTonya Thomas, who made the nomination. "He leads by example instead of just giving out orders. ... He is very compassionate when it comes to the patients."

"Bruce goes above and beyond his duties as a charge nurse," said Ashley Lilley, who also nominated Parker. "Although he has enough paperwork, etc., to do he is never too busy to get out on the floor and help."



Support Services
Diva Coleman,
Fiscal Services, B-21, A Shift

Diva Coleman has been named Mississippi State Hospital's October Employee of the Month for Support Services.

Coleman, a Braxton resident, is a Cashier on Building 21, Fiscal Services, and has been employed at MSH for 11 years, previously working in Transportation. Coleman is an alumna of Hinds Community College and Copiah-Lincoln CC and currently attends Jackson State University.

"If one term to sum up Diva's work ability could be used, it would be multi-tasking," said Franklin Moore, who nominated Coleman. "Diva has the unique ability to not only do several things at once but do them well, which is a rare talent. ... Diva has a tough job, not only attending to her duties but contending with all the different personalities both on the buildings and in Transportation on a day-to-day basis."

"When it is all said and done, we want her to know how much we appreciate her and all that she does."