



ASPIRE

HOPE ♦ SAFETY ♦ RECOVERY

OCT. 2017
VOL 4 ISSUE 8

PAINT IT PURPLE AT MSH
PAGE 3

EMPLOYEE OF THE MONTH
PAGE 4

SERENDIPITY BRINGS DELIGHT TO VISITORS AND ARTISTS ALIKE

BY MIKE CHRISTENSEN

Serendipity happens every year in early September for Susan Richardson. She counts on it.

A professor of nursing at Mississippi College, Richardson has never missed the Serendipity art show and silent auction at Mississippi State Hospital. She's been to all 28 – and she's always delighted by what she finds.

"Absolutely," she said. "I look forward to it. I bring my nursing students every year, and they are always amazed at what they see.

"I have some of the art in my classroom, and I talk to my students about it. ... I know (Art Services) is such an important program at the hospital. I told one of the patients we visit that I had bought one of her pieces. She was so excited that I got it. It means so much to them (the patients and residents). It helps their self-esteem to create something that someone else finds value in."

Serendipity happened this year on Sept. 7. All of the work is created by MSH patients and Jaquith Nursing Home residents who are taking part in the hospital's Art Services program.

The show attracted more than 450 attendees, including many off-campus visitors.

"We had steady traffic throughout the day," said MSH Art Services Director Evelyn Carpenter, who started Serendipity. "We had some new people come in this year, and we had some who come every year and look forward to Serendipity."



There were 259 pieces in the show by more than 130 different artists. These works included paintings in various mediums, crayon batik, pencil drawings and ceramics.

Most of the pieces were sold, Carpenter said. Proceeds from the sales go directly to the artists.

The work displayed in the show is created by individuals from across the hospital's services, including adults and children. For many, it is an important part of the therapeutic process as it gives them a chance to express themselves through their artwork.

The artists eagerly anticipate the arrival of Serendipity each year, Carpenter said. Participation in the art program remains strong, and every participant has work displayed in the show.

MSH's art instructors are Carpenter, Ron Lindsey and Ceci Whitehurst.



MSH CONDUCTS REPAIR AND RENOVATION TOUR FOR STATE OFFICIALS

Mississippi State Hospital recently hosted a Repair and Renovation Tour for representatives from the Public Property Committee of the state Legislature and the Department of Finance and Administration's Bureau of Building, Grounds and Real Property Management.

In attendance were Senator David Blount; Representatives John Read, Tom Weathersby and Nolan Mettetal; Legislative Budget Office Analyst Lee Anne Robinson; DFA Executive Director Laura Jackson; Deputy Assistant Directors Brian Pugh and Glenn Kornbrek; Bureau of Building Director Calvin Sibley; Assistant Director Mario Smith; and Senior Construction Administrator Randy Turner.

Department of Mental Health Executive Director Diana Mikula, Deputy Executive Director Steven Allen and Director Bureau of Mental Health Marc Lewis also took part in the tour.

MSH Director James Chastain conducted the tour, which included a visit to Building 39, a Continued Treatment Services unit. Craig Kittrell, MSH Director of Support Services, did a PowerPoint presentation that included a pre-planning request for funds regarding the Forensic Services unit on Building 43.

Repair and renovation projects were also proposed



Building 39 is a Continued Treatment Services unit

for anti-ligature hardware upgrades on four buildings; upgrades to campus HVAC systems on seven buildings; and window replacement/upgrades on five buildings.

The Forensic Services project is for the pre-planning of renovation or replacement to the existing building, which was built in 1955 and contains only 35 beds. The project would provide the improvements needed in the safety and security of the environment of care of the forensic service.

The relatively small bed capacity of the current facility is also a significant factor contributing to delays in conducting evaluations of defendants throughout the state.

The hardware upgrades project would replace certain fixtures in patient occupied areas for buildings 23 (children and adolescent), 90 (female

receiving), 201 and 203 (male receiving) with anti-ligature fixtures.

A recent survey by the Joint Commission for the Accreditation of Hospital Organizations cited fixtures such as doors, door knobs, door hinges, faucets and flushometers as not being of the type that would prevent ligature attachments.

The HVAC project will replace outdated and obsolete air handlers and chiller equipment.

The window project will retrofit or replace windows to meet new energy conservation and security standards while preserving the historic character. The current windows provide little energy efficiency. The condition of the window system is poor with missing glaze, cracked glass and sash hardware that is failing.

WEST NILE VIRUS DESERVES YOUR ATTENTION

BY MIKE CHRISTENSEN

Your chance of contracting a severe case of West Nile Virus is small. But it's not a risk you should take lightly. Just ask Brandi Lee.

The Brandon physical therapist was diagnosed with West Nile three years ago. She still doesn't feel fully recovered.

"It's a beast," Lee said at a West Nile Virus Update session held at Mississippi State Hospital on Sept. 21.

The mosquito species that transmits West Nile, *Culex quinquefasciatus*, is abundant in Mississippi. As of mid-September, there were 53 reported cases of West Nile in the state and two deaths.



"And the season's not over," said Hunter Deerman, an Entomologist at the Mississippi Department of Health who specializes in mosquitoes.

The preferred feeding target for *Culex* mosquitoes is birds. Humans – and horses – con-

tract the virus from incidental transmission. Eighty percent of infected humans will display no symptoms, and most of the other 20 percent will have only mild symptoms.

Lee, the daughter of MSH Employee Health Director Ann White, was one of the unlucky



PAINT IT PURPLE AT MSH

World Alzheimer's Day, Sept. 21 of each year, is a day on which Alzheimer's organizations around the world concentrate their efforts on raising awareness about Alzheimer's and dementia.



ones who developed a severe case of the illness. It started with an unrelenting headache, then fever and a rash, pain all over, muscle weakness and fatigue. After multiple trips to various doctors over several months time, Lee was finally diagnosed with West Nile via a blood test.

"It was a relief to know there was a reason for all this," she said, "but my journey was just beginning."

There is no cure or even specific treatment for West Nile, nor is there a vaccination against it. Symptoms can be treated, but the recovery process is slow and requires much diligence and tenacity, according to Lee. "I never gave in to it," she said. Lee, diagnosed in 2014, estimates she is about 70 percent

back to normal.

"I wish there was more education about it and that people took it more seriously," she said.

The most vulnerable population is people age 50 and older. It can take 3-15 days for symptoms to appear, and most will be mild. For this reason, West Nile is probably underdiagnosed, Deerman said. Death is extremely rare.

"The No. 1 question that I am asked is, 'What can I do to keep from getting West Nile?'" Deerman said. "The first thing I tell everybody is breeding site prevention."

Anything that holds stagnant water can be a

breeding site for mosquitos: old tires, a bird feeder, a discarded child's toy. "It's insane, the places mosquitos can lay eggs," Deerman said.

Deerman also advises taking personal protection measures: stay inside during peak mosquito times (generally dusk to dawn), keep doors closed and screens in good repair, wear repellent with DEET.

Lee, speaking from her first-hand experience, stresses being aware of West Nile symptoms.

"Don't ignore them," she said. "If you have them, get in front of somebody who'll listen."

CONGRATULATIONS AUGUST EMPLOYEES OF THE MONTH



Direct Care
Rosevelt Jackson,
IPS, B-43, B Shift

Rosevelt Jackson has been named Mississippi State Hospital's September Employee of the Month for Direct Care.

Jackson, a Jackson native, is a Mental Health Technician in the Forensic Services unit. He attended Florence High School and Hinds Community College and has worked at MSH for over 13 years.

"Rosevelt is a hard-working and dependable member of our B shift staff here on Building 43," said Elizabeth Stampley, who made the nomination. "He always exhibits a willing and pleasant attitude toward patients and staff. ...

"Rosevelt is very willing to help with any task that is asked of him. He is well-liked by patients and takes an interest in their well-being that is just a reflection of his good nature."



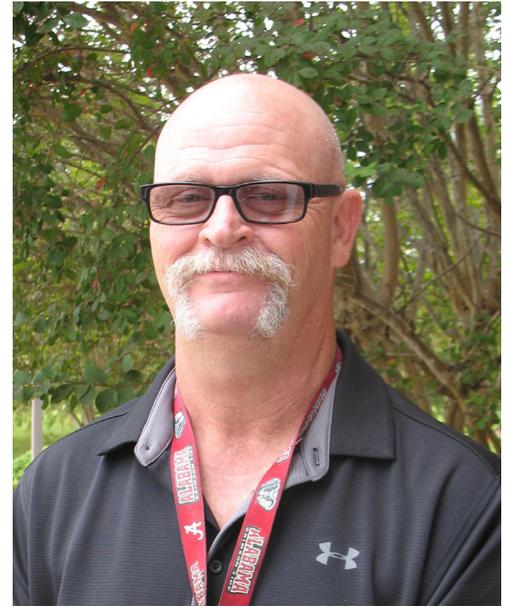
Clinical Service
Kassandra Gardner,
IPS, B-203, A Shift

Kassandra Gardner has been named Mississippi State Hospital's September Employee of the Month for Clinical Service.

Pinola native Gardner is a Behavioral Health Specialist working in Male Receiving on Building 201. A Mendenhall High School and Jackson State alumna, she has been employed at MSH since 2007.

According to MHT staff on her building, Gardner "helps bathe patients, feeds them, helps them with their rooms, with observations, stuff she doesn't need to do."

"This is truly high praise for the teamwork and relationships Ms. Gardner establishes and maintains with staff," said Jenise Kohnke. "These actions also demonstrate her dedication to patient care which (is) above and beyond her regular duties. Ms. Gardner is a shining example of an individual who is consistently behind the scenes doing more than is asked of her."



Support Services
Tommy Symon,
Maintenance, B-89, A Shift

Tommy Symon has been named Mississippi State Hospital's September Employee of the Month for Support Services.

Symon, a Brandon resident who grew up in Demopolis, Ala., is an Electrician in the Maintenance Department. He has worked at MSH for over six years.

Symon responded to a work order for an electrical issue in Dr. Robert Maddux's office, determined the problem and promised to return the next morning with co-workers to fix it. That was supposed to be a day off for Simon, but he returned and the job was completed.

"I commend Mr. Symon for his dedication to MSH and his department to go the extra mile. He went above and beyond what was required giving 100 percent plus," said Cindy Varner, who nominated Symon.