



MENTAL OUTLOOK

A Publication of Mississippi State Hospital Spring 2012 Volume 21 Number 1

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NURSE AFFILIATION PROGRAM PROVIDES EDUCATIONAL OPPORTUNITY TO STUDENTS ACROSS THE STATE



Hundreds of visitors come to Mississippi State Hospital each year, but not all of them are coming to visit patients or volunteer their time to those served at the hospital.

The hospital has proved to be a valuable training ground for students in all types of fields – medical students, nursing students, and even high school students who are simply thinking about studying a health-related field once they graduate. Close to 1,000 nursing students alone come to the campus each year as part of their clinical rotations in nursing school.

“We’re actually affiliated with a lot of associate degree, BSN programs, and licensed practical nursing programs across the state,” said Tonya Smith, director of the Nurse Affiliation Program at MSH. “We have one school that comes from Louisiana. Holmes Community College from Grenada comes, and we have Northwest Community College from Oxford and Senatobia, so we have schools coming from across the state.”

Mississippi College assistant professor of nursing Susan Richardson has been coming to MSH with her nursing students for more than two decades. Her students have had a psychiatric rotation before coming to the hospital, but even so, she said their time at the hospital is invaluable.

“When they get here, they understand how much is offered here, all the comprehensive treatment,” Richardson said. “We’re on the unit a lot, and we spend time with patients and develop relationships with them. When they leave here, they have a better understanding of mental illness.”

“When they graduate and go to work, they’re not scared or fearful to work with people who are actively ill because they’ve had experience, and they’ve developed relationships with patients here,” she said.

There are currently 20 nursing schools that have an affiliation with Mississippi State Hospital for their psychiatric nursing clinical rotations. During those rotations, some nursing student groups commute to the hospital each day, but some will actually stay on the campus in the dorms on Building 65.

“Each semester, the students will have different clinicals and they have to get so many hours specializing in each area,” Smith said. “All of the schools have a psychiatric clinical. Some of them come here for one day, some come for three days, and we do have some schools that actually stay on the campus for a week.”

Holmes Community College in Grenada was the group that was stay-
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MENTAL OUTLOOK

MISSISSIPPI STATE HOSPITAL

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MISSION

Mississippi State Hospital facilitates improvement in the quality of life for Mississippians who are in need of mental health, chemical dependency or nursing home services by rehabilitating to the least restrictive environment utilizing a range of psychiatric and medical services which reflect the accepted standard of care and are in compliance with statutory and regulatory guidelines.

VISION

We will be a customer-driven organization.

CORE VALUES

Respect - Teamwork - Trust
Communication - Commitment

MEMBER OF

Mississippi Department of Mental Health
American Hospital Association
Mississippi Hospital Association
Southern States Psychiatric Hospital Association

ACCREDITED BY
The Joint Commission

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A LETTER FROM THE DIRECTOR...

Welcome to the spring issue of Mental Outlook. As usual at this time of year, we are getting ready for a busy season. At Mississippi State Hospital, we have two big events in the spring. First up is the Farmer Jim Neal Golf Event. This year's tournament, the 11th annual, will be Friday, April 13 at Whisper Lake Country Club in Madison. Our volunteers and sponsors work incredibly hard every year to make sure we have a fantastic event, and

this year will be no exception. I would like to thank everyone for their contributions. BankPlus, Valley Services, and Johnson Controls are our major sponsors this year. BankPlus and Valley have sponsored this event for a number of years; Johnson Controls is a new major sponsor this year, and we're thrilled to have them join us. Anyone who would like to enjoy a great day of golf and contribute to a worthy cause can find more information about the tournament later in this issue.

I would also like to invite everyone to join us on Friday, May 4 for the 30th Annual MSH Day. That's our own community festival we have each spring right here on the beautiful MSH campus. There will be plenty of fun, food, games, and entertainment for everyone, but it's also more than that. May is National Mental Health Month, and this gives us a great opportunity to reach out to our communities and provide education about mental illnesses and about how we are working to improve services for Mississippians who live with mental illnesses.

There are several other stories you may find interesting in this issue. One is about the Nurse Affiliation Program at the hospital. Mississippi State Hospital has been providing educational opportunities for nursing students for many years now, and this story is a small glimpse at how we are able to contribute to their education. Another story is about the advocacy efforts we have made over the last year as we launched a series of awareness videos on YouTube.

I hope you enjoy reading the rest of the stories, and don't forget to join us for the 11th Annual Farmer Jim Neal Golf Event on April 13th.

Sincerely,

James Chastain

Friends of MSH, Inc. would like to say

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ing on the campus during the first week of March. The school has been a partner with MSH for years.

“This is an opportunity for the students to finally put into practice what they’ve learned in the classroom,” Holmes Community College nursing instructor Cherie Pettit said. “They can go to a community mental health center, but it just does not bring the experience home like coming to Mississippi State Hospital, where they can see different mental illnesses in different phases of severity.

“It helps them understand mental illness a lot better.”

She and her colleague, Ginger Meriwether, said an inpatient setting was the only place to get a true clinical picture of mental illnesses and their treatments.

“This needs to be here, because they may go their entire two or four years in school and never see a psychiatric patient,” Pettit said.

For many students, the trip to MSH during the psychiatric rotation is their first experience with an inpatient psychiatric setting, and often their first personal experience with an individual living with mental illness.

Just to introduce them to the hospital, its history, and mental illness treatment throughout the years, each group’s stay usually begins with a viewing of the 150th anniversary video that was produced when Mississippi State Hospital hit that milestone in 2005.

“Each group comes in, and we do an orientation. For a lot of students, this is their first time on campus, so we start out by going over rules and regulations, what we expect of them, and going over clinical guidelines,” Smith said. “Then we schedule them to go on tours of their clinical buildings, and they spend quite a bit of time on the buildings.”

Many students don’t know what to expect; the stigma of mental illness has convinced many of them that they would meet frightening people with extremely erratic, maybe even violent, behavior.

“I tell the students I want them to be open to mental illness,” Smith said. “One way of understanding mental illness is to understand the background. When they go on the buildings, they can actually talk to the staff and learn about the treatments to those illnesses. They get to see what our staff does to help treat those illnesses.”

Nursing students who come to the campus also visit the museum on Building 23 and learn some about the history of mental health treatment in the state and how things have changed throughout the years.

During one recent tour, several Mississippi College students said they were impressed by how different inpatient settings and psychiatric patients were from many mainstream depictions of them. Student Kaylan Norman said she believes there are many public misconceptions people have about the mentally ill.

“People may automatically think they can’t learn, or they can’t do this, or they can’t do that,” she said. “But as we saw on the unit, there are a lot of intelligent people who have a serious mental illness, and I feel



like that’s a misconception that a lot of people have.

“In a lot of cases, medication can change their life, and help them to have a sense of self, and I feel like everybody deserves that.”

During their time at the hospital, some students will create a “process recording,” during which they will sit down with patients, talk to them, and build a rapport. The process is an exercise for the students, who record their interactions and note all verbal and non-verbal communication that takes place during the exchanges, but it is enlightening as well.

“I think it’s very influential for them. Some of them who had a negative outlook before have said they will consider psychiatric nursing. Because this is really their first time dealing with psychiatric patients, they don’t know what to expect. They come in with a fear of the unknown, and after their experience here, they would like to be here to see what happens in that patient’s treatment,” Smith said.

“It has a good impact on bringing more nurses into psychiatric nursing, but also bringing more mental health awareness and helping erase that negative stigma that is associated with mental illness.”

All in all, the experience is one Smith believes is invaluable to young students seeking to further their understanding in their chosen field. They take back not just first-hand encounters with patients, but the ways hospital members interacted with them, the treatment that was provided, and the attention given to patients in need.

“I think that just changes their whole outlook on mental health. They know it’s not just about giving patients medication, but how important it is to be a part of the patient’s treatment team, to help that patient through therapeutic communication, and to help them cope with their illness,” Smith said.

Holmes nursing instructor Ginger Meriwether said the experience helps erase the stigma many students have regarding mental health before their time at Mississippi State Hospital.

“The first day they’re here, many are nervous about talking to a patient,” she said. “By the time we leave, they’re talking to a whole unit.”

FRIENDS OF MISSISSIPPI STATE HOSPITAL SHARES THANKS, STORIES OF LIFE CHANGE WITH LEGISLATORS



About 200 people gathered at Galloway United Methodist Church on Tuesday, Feb. 7 to thank Mississippi legislators for their support of the Department of the Mental Health.

Forty-six legislators attended the annual Legislative Appreciation Breakfast, hosted by Friends of Mississippi State Hospital (MSH) and Friends of Hudspeth Center. The volunteer organizations are composed of employees, family members of those served, and community leaders who work to improve awareness of and raise funds for their respective facilities. With a large number of new legislators taking office for the first time, the breakfast, now in its 24th year, also gave those individuals a chance to share how they had been personally impacted by the services offered through the department.

MSH Director James G. Chastain thanked the legislators on behalf of two groups of people – the staff members who work at the Mississippi Department of Mental Health and the families who are in need of mental health, substance abuse and intellectual and developmental disability services.

“I can assure you that all of those individuals and their families are very appreciative of the support you give our services as members of the legislature,” Chastain said. “They appreciate it more than they’re able to say.

“I always tell people that we’re very fortunate as Mississippians to have a legislature that’s made of ladies and gentlemen who demonstrate through their legislation that they truly care about the quality of the health care services delivered in Mississippi.”

Chastain then introduced one of two guest speakers for the breakfast, Chris Marcell. President of the Gulf Coast affiliate of the National Alliance on Mental Illness, Marcell spoke about how his life had changed after being diagnosed with mental illness.

“There was a time when I could not take care of myself or sort out sound directions in life,” Marcell said. “During the severe stages of mental illness that I have experienced, I could not have found the journey of recovery without family encouragement, spiritual faith, and state-funded medical residential treatment.”

Marcell said he at first resisted treatment, not understanding he was sick. But he also said he ended up greatly benefiting from the inpatient and residential treatment he eventually received.

“Having a bed available when I needed it most was crucial,” he said. “In this case, God has done for me what I could not do myself. I have a correct diagnosis and effective medication through the state system.”

He is working on returning to the life he once had, and said he not only has hopes for his career now, but an additional role as a volunteer and advocate that he called challenging and fulfilling.

The next guest speaker was Wes Miller, whose son Micah was served through the Early Intervention Program at Hudspeth Regional Center as a young child. Wes painted for the legislators and other guests a picture of his son, now a young man, and how his family began noticing devel-

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opmental delays when he was just a toddler. Many doctors told the Millers many different things, including that Micah would never be able to socialize.

His family took Micah to Hudspeth Regional Center, the intermediate care facility for individuals with intellectual and developmental disabilities that is located near Pearl in Rankin County. There he also received services through the Community Services Program.

“Without the assistance of Hudspeth Center, we wouldn’t have had a son who got a job at age 16, or who became an Eagle Scout at age 17,” Wes Miller said.

Micah has gone on to earn the very first occupational diploma from Jackson Public Schools, buy his own car, graduate from Hinds Community College twice, become a blue belt in karate, study photography and become a homeowner, among other accomplishments.

“We wanted to make sure Micah has the best life he can possibly have,” Wes Miller said. “That couldn’t have happened without Hudspeth Center and the Department of Mental Health.”

Micah shared a few sentiments himself before the event was over.



“My life might have been very different if I had not received assistance from organizations like the Department of Mental Health,” Micah said. “I thank God every day and don’t take my blessings for granted.”

“Today is a great day.”

PATIENTS AND CLIENTS USE THE WEB TO TELL THEIR OWN STORIES

With the help of willing patients, clients and others who have received services through the Department of Mental Health, Mississippians over the past year have gotten a chance to hear first-hand how the state’s public mental health system of care has provided for those in need.

The department began around this time last year producing a series of advocacy videos that were eventually posted online on the popular video

sharing site YouTube, letting former patients, clients and those served through the community speak about their own experiences in dealing with mental illnesses and intellectual or developmental disabilities (IDD).

“This is a way we can give a voice to those individuals who are so often not heard,” Mississippi State Hospital Public Relations Director Kathy

Denton said. “It’s not just an opportunity to share information about our services, but it’s an outlet for some people to share how they have overcome the unique challenges they have faced in their lives.”

That includes not just patients and clients, but their family members who have had to deal with difficulties themselves in providing for their loved ones. In addition to Mississippians living with mental illness and IDD, the series of videos also included interviews with those who have struggled to overcome substance abuse addiction.

Mississippi State Hospital Public Relations Department staff travelled across the state last year to interview and record these unique stories. They were placed online throughout the winter and spring – a crucial time to bring awareness to the Department of Mental Health as the Mississippi Legislature was crafting a difficult state budget in a time of declining revenues and available funds.

The same can be said this year, as lawmakers once again will face difficult choices as they work to create a budget that meets the needs of all state agencies. During this time, it is important for those individuals who have been impacted by the public mental health system to share their stories.

The stories shared on Mississippi State Hospital’s YouTube channel feature different people talking about their specific situations – substance abuse, IDD or families caring for a loved one who struggled with mental illness or IDD.

“Our son was diagnosed with a mental illness at the age of 21,” says Debbie Waller in one video. “We thought we could take care of him.

We did this for four years.”

Now, though, she mentions how her son is living in the community, in a group home with an independent setting. She asks viewers to help protect Mississippi’s Public Mental Health System by calling their legislators and voicing their support.

After last year’s elections, there are a large number of new legislators who may not be fully aware of all the state’s mental health resources. These videos can help develop an understanding of what a significant impact readily-available mental health services can make in the lives of those who need them.

“Twelve years ago, I was a patient at North Mississippi State Hospital, where I received care for crippling depression and overwhelming anxiety,” says Lori Dickerson of Tupelo in one video.

“As a result of the care I received at that hospital, and continue to receive from the Region 3 Mental Health Center and the Batesville Crisis Center, I have been able to return to my career as a registered nurse working in a local hospital.

“I have been able to take my life back from the grips of the crippling depression that was so dark that surrounded me. Because of the services of the public mental health system in Mississippi, I was able to return to my life, and it feels great,” Dickerson said.

The rest of the advocacy videos can be viewed by visiting <http://www.youtube.com/user/MissStateHospital>.

MARCUS BAILEY PROMOTED AS MALE RECEIVING TREATMENT MALL EXPANDS

Marcus Bailey began his career at Mississippi State Hospital as a recreation therapist on the male receiving services. Today, he’s actually the director of that unit.

After serving several years as an evening and night administrator, he was promoted late last year and now oversees the operations on a unit that revamped its programming less than a year ago and now covers everything from physical fitness to recovery and WRAP groups. That’s a far cry from the employee who first came to work in 2001 on the unit he now oversees.

“That’s just one of the sheer coincidences of it all,” Bailey said.

But the transition makes sense once Bailey’s background is known. He is a 1992 graduate of Mississippi Valley State University, with a bachelor degree in physical education and recreation. He later earned a master degree in physical education from the University of West Alabama, and prior to coming to MSH, he spent some time at JPS, where he was a limited service teacher who also coached track and field, football, and soccer.

“The push for me was just that I like to help people and serve others,” Bailey said. “Coming out here to be a rec therapist was just an opportunity to work with patients and learn. Once I got here, not knowing what to expect, I just kind of fell in love with the place.”



As a rec therapist, his job was to show patients the therapeutic value of recreational activities, whether that hobby is a playing a game like basketball or something less physical.

“We don’t think of our hobbies, even the staff here, as far as how important they are in regard to keeping your balance in life,” Bailey said. “A rec therapist has the physical fitness component, exposing patients to how physical fitness can help in long-term recovery.

“There is also the leisure and diversional role of recreation in finding therapeutic ways to spend free time in something that brings pleasure to their lives. It’s finding constructive ways to spend time instead of something destructive.”

In January 2004, Bailey saw an opening in evening administration. He thought it was a great opportunity, even though he was at first reluctant to apply since working the 4 p.m. – 12 a.m. shift would mean missing those crucial hours with his family as his wife got off work and his children got out of school.

He was actually less reluctant to switch over to the night shift, 12 a.m. – 8 a.m., since it meant he would have the evenings free to spend with his wife, six daughters, and other church activities in which he is involved. He made the switch to night administrator in June 2005, and continued in that position until last year.

During that time, as administrator during the evening and night hours, he represented the MSH director and division directors with on-site visits to all work areas, evaluated staff work performance, heard and resolved complaints and took necessary administrative action. Evening and night administrators also evaluate and adjust staffing and enforce policy and procedure to ensure safety for patients and staff.

“I was there for six years, and I lived off of three hours of a.m. sleep and three hours of p.m. sleep,” Bailey said. “That was the regimen for six years, so it is definitely exciting to be offered this position.

“I always knew I wanted to apply for the position, it was just the question of if the opportunity would come. Honestly, the unit directors who preceded me have all been good, quality individuals who are well qualified that I definitely have a high level of respect for. I just didn’t know how the winds of change would blow.”

Dr. Joseph Griebler, the previous unit director, moved to the Psychology Department last year, giving Bailey the chance to apply. That also meant he got to continue with the treatment mall program Griebler and staff began implementing on the male receiving service last year.

Bailey said he can’t overstate enough the job that was done in creating the treatment mall on Male Receiving. There were five tracks of programming modules already in place when he arrived, though they all have some similarities.

The WRAP – Wellness Recovery Action Plan – has been a part of the programming on Male Receiving since before the treatment mall was put into place. The concept of recovery, that every person living with a mental illness can recover and live a normal life, is central to the treatment mall.

The physical exercise portions of the treatment mall help instill in patients the importance of fitness. There are group sessions where they discuss current events, helping make patients aware of topics that could affect them in the community. They also meet to talk about goals and accountability, helping to inspire patients in the prospects of their long-term recovery.

In the time since Bailey began to oversee the unit, the programming has expanded. The staff has begun creating some additional programming tracks to address more particular issues patients may be facing, helping to provide as much individualized care as possible.

One new track is for individuals with some cognitive difficulties who also have chemical dependency issues. Another track is for those who are high functioning cognitively, but who have a mental illness along with chemical dependence issues. Still another new track of programming is for patients with a history of aggression who also have chemical dependency issues.

The last new programming track is for those individuals who have been receiving long-term care. These individuals may have participated in much of the treatment mall programming already, so this track has a focus on community integration, letting patients have outings to the community for sightseeing, shopping, and meals.

“They also have physical fitness component, a leisure awareness component that’s provided by the recreation department, and our certified WRAP instructor, Corey Myers, does a session with them twice a week,” Bailey said.

Bailey again emphasized the importance of his coworkers in aligning the programming to address the needs of patients at the hospital.

“Everyone has been very knowledgeable about their domain of care, and it’s been very helpful in getting me adjusted to my new role. I couldn’t talk about any of this without giving them commendations for helping me get established here,” Bailey said.

Service Outcome Division Director Paula Kleeb said she has confidence in Bailey as he moves forward in his new role.

“We’re thrilled that he is doing such a great job,” Kleeb said. “He has a rich history at Mississippi State Hospital and has proven himself over the years. We look forward to working with him in the years to come.”

11TH ANNUAL FARMER JIM NEAL GOLF CLASSIC IS APRIL 13



Friends of Mississippi State Hospital is getting ready to enter the second decade of the Farmer Jim Neal Golf Classic.

The 11th annual golf tournament and fundraiser will be Friday, April 13 at Whisper Lake Country Club in Madison. Golfers will be teeing off in support of Friends of MSH, a non-profit group dedicated to educating the public about mental illness, the work of the hospital and enhancing the quality of life for MSH patients and residents. This tournament is their largest fundraiser of the year.

“We’re thrilled that the Farmer Jim Neal Golf Classic is now entering its second decade,” Friends of MSH President Bill Bobbs said. “It’s taken a lot of hard work and support from our volunteers and sponsors to get us to this milestone.

“We’re fortunate to have the support of a community that understands the needs faced by so many people, and that’s what makes this tournament special. All of the funds raised will help Friends of Mississippi State Hospital as they strive to educate the public and provide for those in need.”

The charity event is named in honor of “Farmer” Jim Neal, a former radio personality in Jackson who was popular across the state. On the airwaves for decades, he was a strong advocate of community service, volunteerism and charity. In addition to his radio work, Neal was a member of the Mississippi Legislature for 20 years.

During his career, Neal was an enthusiastic supporter and champion for Friends of MSH, and he sincerely cared for the patients and residents at Mississippi State Hospital and Jaquith Nursing Home. He passed away in 2006, but the golf tournament named in his honor continues on with the support of his family.

There will be two tee times for the event, a morning flight at 8 a.m. and an afternoon flight at 1 p.m., and there is still time for players to register. The individual player’s fee is \$125, but there are several levels of sponsorship available.

The following sponsorships are available:

- Tee Sponsor – a contribution of \$250. Sponsor receives a tee sign at the tee box.
- Par Sponsor – a contribution of \$650. Sponsor receives one team (4 players)/2 mulligans per member; a tee sign at the tee box; and recognition at the tournament and in the program.
- Birdie Sponsor – a contribution of \$2,000. Sponsor receives two teams (8 players)/2 mulligans per player; a booth display; a tee sign at the tee box; and recognition at the tournament and in the program.
- Eagle Sponsor – a contribution of \$3,500. Sponsor receives two teams (8 players)/2 mulligans per player; a booth display; recognition in MSH’s anti-stigma campaign booklet (5,000 circulation); a company/individual vinyl banner; a banner on MSH’s website; a banner in MSH’s 2012 quarterly newsletter *Mental Outlook*; a cap logo; and recognition at the tournament and in the program.

Winners will be recognized at the end of the tournament, and prizes will also be awarded to winners of longest drive and closest-to-the-hole competitions. One lucky person will receive the chance to shoot for \$1 million.

For more information or to sign up for the tournament, call Sheila Shows at (601) 351-8377.

MISSISSIPPI STATE HOSPITAL NAMES 2011 EMPLOYEES OF THE YEAR



Mississippi State Hospital recognized all of its 2011 employees of the month in February, but three of them walked away with top honors after being named the 2011 employees of the year.

One employee from each of the hospital's service areas was named Employee of the Year. Nigel Lee of Jackson was named the Direct Care Services Employee of the Year, Marie Bingham of Jackson received the Support Services Employee of the Year and Sondra Anthony of Pearl is the Clinical Service Employee of the Year.

Patrick House, the Brandon native who competed on the NBC show "The Biggest Loser," was the keynote speaker for the event. House won the 10th season of the weight loss competition after dropping 181 pounds – 45.3 percent of his total body weight. He shared with everyone there some of the ways he has changed since making such a dramatic commitment to living a healthier life.

"You have to shift your approach," he said. "Let go of the guilt and the negative feelings. Find your inner motivation and have realistic expectations. Use your problem solving skills and decide yourself to pay it forward each and every day."

Since appearing on The Biggest Loser, he's traveled across the country as a speaker and has begun promoting LEAN ON ME, a program that encourages children in making healthier choices not just in regards to nutrition and exercise, but in their relationships with friends and family as well.

"I want to challenge each and every one of you today to join me in taking that first step and living a healthier lifestyle," House said. "When you



live the difference, you can see the difference, you can feel the difference, and you'll be proud you made that decision."

The MSH Employee of the Year program is sponsored by Friends of Mississippi State Hospital, Inc., a non-profit organization dedicated to educating the public about mental illness and the needs of the mentally ill.