



# MENTAL OUTLOOK

A Publication of Mississippi State Hospital Winter 2012 Volume 20 Number 4

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## LAKESIDE SCHOOL CELEBRATES GRADUATION



Students and teachers at Lakeside School and Oak Circle Center shared a special day on Tuesday, October 18 when they participated in once-in-a-lifetime event of one of their students.

Meghan Love, a student at Lakeside School, earned her General Education Diploma after many months of work and preparation, and her friends, teachers, peers, and other Mississippi State Hospital staff members were there to celebrate with her as she walked across the stage and entered a new era in her life.

“This is a once-in-a-lifetime thing,” said Jill Breland, one of Love’s Lakeside School teachers. “To see someone graduate and see them off to college, it’s an exciting thing.”

Just as graduates at schools across the country do every year, she is getting ready for what’s next. She’s enrolled at Hinds Community College and will be starting classes there in January. When she completes her general studies there, the plan is to attend Mississippi University for Women.

“Because of the support I’ve received from Mississippi State Hospital,

this has become my reality, and not just a dream,” Love said. “For me, this is the first step to be able to help other people like me.”

She likely already made an impact on the students who attended her graduation ceremony. Those who were there heard her speak, along with MSH Director James G. Chastain, who gave the commencement address. Love told of her own struggles in life, and Chastain spoke about the achievement she has been able to make, and how her perseverance would pay off. First, though, Chastain congratulated her personally on earning her diploma.

“Notice I didn’t say congratulations on receiving your diploma,” he said. “That suggests it was given to you, like a gift. I said ‘earn,’ because you have earned this. It’s not easy.”

He spoke of the pride that individuals feel when they have worked hard, especially when things don’t come easy. He also said the really big achievements in life sometimes require help from others, and it can be humbling to realize how many other people out there want to help you and see you succeed.

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# MENTAL OUTLOOK

## MISSISSIPPI STATE HOSPITAL

James G. Chastain, FACHE,  
Director

Kathy Denton  
Director, Public Relations Department

### PRODUCTION

**Editorial**  
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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

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The Joint Commission

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## A LETTER FROM THE DIRECTOR...

Welcome to another edition of Mental Outlook. With 2011 behind us, we realize that we have a lot to look back on with pride. This fall alone played host to several events we would like to share with you. In October, a young lady served at Oak Circle Center achieved a milestone in her life when she earned her GED and graduated from high school. It was something she never thought she would be able to do at one point, but she has now

moved on to college and is living proof that people can and do recover from mental illnesses and live successful lives.

In November, Mississippi State Hospital participated in the annual NAMI awareness walk. This year's event was an outstanding success, and the best-attended walk they have had yet. Hundreds of people came from across the state to participate, and I'm glad and proud of all those who shared their stories. They are further proof that recovery is possible.

Looking forward, we are already planning events for the new year. You can read about the Legislative Appreciation Breakfast that will be Feb. 7 in the coming pages. This is the time to say thank you for the support we receive from the Mississippi Legislature. They offer the support our dedicated employees need to provide vital care to our patients, residents, and clients. I appreciate their service, and I hope you do as well. Also remember we'll be honoring our Employee of the Year on Feb. 3, and I hope you can join us. Thank you.

Sincerely,

James Chastain

Friends of MSH, Inc.  
would like to say

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to our

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“Today is also a day to think about what lies ahead and what you’ll do next,” Chastain said.

Although undecided, Love says one career possibility is to become a social worker who specializes with juveniles. In the past, she’s also wanted to study culinary arts and become a pastry chef, so the future isn’t set in stone yet.

“Even if I don’t become a social worker, I plan on becoming an advocate for girls like me,” she said. “I plan to make things better for them.”

Whatever she ends up doing, Chastain gave her some advice to help her along the way. It is the same advice he said he plans to give his son upon his high school graduation in May.

First, he told her to set a high standard for herself and work hard to achieve that standard. Second, he said to treat everyone with respect, as that’s the way to earn respect yourself. He then gave her one more piece of advice.

“As you go through life, smile a lot,” he said. “Laugh, and choose to be happy. If you do that, you’ll be the person everybody wants to see coming towards them.”

Her teachers and others at Oak Circle Center and Lakeside School are



proud of what she has accomplished, and sure she will continue to do well.

“This is what we want,” Lakeside School Principal Dr. Kathy Ford said. “Every discipline works together to help our patients, to set goals and help them to reach them. When they’re successful, we’re successful. We truly hope our other patients can be inspired by her.”

## 2012 FRIENDS LEGISLATIVE APPRECIATION BREAKFAST

### YES! Make my reservation!

I have enclosed \$\_\_\_\_\_.00 for \_\_\_\_\_ reservation(s) at \$12.00 per person.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

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Phone Number (\_\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

## SANTA DAY, VOLUNTEERS MAKE THE HOLIDAY SEASON COME ALIVE AT MISSISSIPPI STATE HOSPITAL



Dozens of staff, volunteers, local officials and other community leaders spread holiday cheer at Mississippi State Hospital when they donned Santa Claus costumes and presented gift bags to every patient and resident on Thursday, Dec. 22.

The annual Santa Day celebration brought to a close the holiday season at the hospital, which was marked by a parade, musical programs and holiday parties all across the campus. Volunteers come from all across the state to make donations and host Christmas parties, while staff members work hard to create individualized gift bags for the more than 1,000 patients, residents and clients served in the community.

Many groups have been coming for years. They are individuals, families and groups. Some groups are from churches, but others are from service and civic clubs. Many have made it their own holiday tradition that has been passed on through their friends and families, with younger generations picking up the tradition when the older ones aren't up to making long road trips.

Ricky Johnson and his wife Garnett came up from the Mississippi Coast on Thursday, December 9 to deliver a van that was filled with bags of holiday food and gifts for patients and residents. Together with their friend Silas Smith, the three had also visited East Mississippi State Hospital in Meridian the day before to drop off another van load.

The gifts had been collected through the Ocean Springs and the Pascagoula Chambers of Commerce, but Johnson said he and his wife had another reason for making the trip.

"We have some guys in our church who have been driving up here for 20 years, but they're getting older and can't really come up this way

anymore," Johnson said. "Somebody asked me in '09 if I would drive up here, and I've been doing it ever since.

"We're going to try to make it another 20 or 30-year thing, and come up here every year," he said.

Both Chambers of Commerce in Ocean Springs and Pascagoula sent word out through their individual members, newsletters, and notices in local newspapers that they were collecting donations to take to East Mississippi State Hospital and Mississippi State Hospital.

"People just respond to that, and at the last minute, they get a great response," Johnson said, saying it was uplifting to see the spirit of giving that was present for this donation effort.

Even the van they loaded with gifts and drove up here was a donation from a local dealership.

"The community and the churches are coming together as one to give back to the people who we know need it," he said.

It's all of those people who have been giving back who helped make Christmas for those being served at the hospital.

While most people get to spend the holidays with their friends and families, many patients at the hospital don't have family who are able to be with them during the holidays. For some, the gift bags and donations they receive through the Christmas House and Santa Day could be the only gifts they receive.

During the month of December, MSH staff members were busy buying

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gifts, sorting donations and creating personalized gift bags for patients and residents. In addition to gifts and monetary donations, volunteers have also given their time to help organize and complete the gift bags.

“It takes the efforts of all of our staff and so many of our volunteers to help create a memorable Christmas season for our patients, residents and clients,” Volunteer Services Director Sheila Shows said.

“We can’t say how much we appreciate their service, but more importantly, we know how much the patients appreciate it, and it’s all because we have so many people who are willing to give their time and their service during the holidays.”







## FRIENDS OF MSH AND HUDSPETH SPONSOR 24th ANNUAL LEGISLATIVE BREAKFAST



Shortly after returning to Jackson for the 2012 legislative session, lawmakers will be greeted with an annual tradition courtesy of Friends of Mississippi State Hospital Friends of Hudspeth Regional Center.

Set for Tuesday, February 7, 2012, the Friends of MSH Legislative Breakfast will be at 7:30 a.m. at Galloway United Methodist Church in Jackson. In its 24th year, the breakfast is an annual tradition to which all legislators are invited. It gives MSH employees, volunteers and supporters a chance to thank state legislators for their continued support of the hospital and Department of Mental Health.

“The support the Department of Mental Health receives in the Legislature is what enables our services to be offered to patients and clients throughout the state,” Friends of MSH President Bill Bobbs said.

Former Friends President Gladys Jackson and former MSH Director James Stubbs began the tradition of the Legislative Appreciation Breakfast more than two decades ago, and members throughout the years have continued to do so as a way of thanking the many legislators who support the hospital and the Department of Mental Health in legislative session after legislative session.

“This is just a small measure of our appreciation for their continued support of our most vulnerable citizens,” Bobbs said.

A non-profit charity organization dedicated to promoting the work of the hospital and informing the public about mental illness, Friends of MSH is active throughout the year. Members help enhance the quality of life for MSH patients by offering a variety of programs and events for patients, Jaquith Nursing Home residents and individuals served in the community.

The organization dedicates 100 percent of its funds to support hospital patients, residents, and employees. Campus events like the annual fireworks show are sponsored by Friends, as are educational programs and recognition events for both patients and hospital employees.

For more information, contact Sheila Shows at (601) 351-8377, or complete the reservation form on page 3 and return it to: Friends of MSH, P.O. Box 75, Whitfield, MS, 39193.

Staff members of the hospital, Jaquith Nursing Home and DMH employees are all invited to attend the Legislative Appreciation Breakfast, as are all members of Friends.



## MSH JOINS NAMI TO WALK FOR THE MIND OF AMERICA

Dozens of walkers from Mississippi State Hospital joined with others from across the Jackson area, and even the whole state, when they came to Winner's Circle Park on Saturday morning for the National Alliance on Mental Illness "Walk for the Mind of America."

An annual awareness and advocacy event, the walk drew people from all across the state, all with the goal of educating the public about mental illness and the needs of those living with mental illnesses. Those who attended the walk included not just those who receive services for their illness, but their friends, family, and others who understand the importance of mental health education as well.

"An alliance. That's what we are. An alliance is what? A common goal," said David McIntyre, NAMI Board President. "That's the walk emphasizes – our common goal of where we're headed."

McIntyre said that there is a central theme that many religions, service groups, and individuals all over the world can identify with – service to your friends, family and community.

"That's what NAMI is. We are an alliance. We are to provide love and support to those people who are in need. All of our programs are designed to support the dignity and respect to each of those people that we serve.

"That's what NAMI is about. That's what our walk is about. It's a group of individuals who walk in a path together to show our respect for our fellow man no matter what problems they have."

This year's walk was a huge success, with more than double the number of pre-registered participants than last year. An estimated 300 people came to the walk to show their support. Of those, 33 were from the MSH Community Services team.

NAMI supporters began their show of support the day before the walk, gathering at the State Capitol on Friday evening for a candlelight vigil to help raise awareness for not only the walk, but the issues facing those who live with mental illnesses.

Mental illness is much more prevalent than many people realize; One in five adults, or approximately 57 million Americans, experiences a mental health disorder in a given year. Many Americans simply don't realize that mental illnesses include not just major disorders like schizophrenia, but also illnesses like depression and anxiety.

Unfortunately, many people do not seek medical help for their problems because of the negative attitudes people often associate with mental illness. That's part of the reason for NAMIWalks – to educate those who don't know, and to encourage those who need help and show them that help is out there.

Pat Montgomery, a family member in NAMI's Family-to-Family Program, has a son who was diagnosed with schizophrenia at age 17. Her family had already been through a lot of challenges after the loss of another son, and she said she thought she was prepared for this new challenge.

"I thought, oh this is going to be a cinch. We'll take care of this be-



cause we have good medicines now. I was not prepared for what happened. For three years, we had no relief from symptoms," she said.

"I thought that I was doing pretty good, until I walked into my first NAMI support group meeting and realized that I was so filled with guilt, even though I had tried to make up for everything I could," Montgomery said.

As she held back tears, she said that NAMI was essential in helping her find the resources she needed to help get her son and her family on the road to recovery. With such a large turnout this year, the NAMI walk will help other people find the same support that Montgomery and her family have found.

The walk began in 12 communities across the country in 2003. This year, more than 80 communities across the country had a walk taking place in them, representing all but five states. The walk program has quickly become the single most effective tool that NAMI advocates can use to meet their own objectives. NAMIWalks raises much needed funds that fuel the organizations grassroots efforts while raising its visibility in the community in order to ensure that those who can benefit from NAMI services can find them when they are needed. MSH Public Relations Director Kathy Denton was recognized as the Honorary Champion of this year's walk. She spoke briefly at the candlelight vigil on Friday night.

"As an employee of Mississippi State Hospital for the past 29 years, I have been lucky to witness tremendous strides in the treatment and services of mental health," she said. "NAMI represents a vital link in that chain of treatment and support in the community."

She said many individuals served by the hospital rely on NAMI for continued education, treatment and support. She also said that wouldn't be possible without the courage and resiliency of those who share their own experiences to help others.

"NAMI members and volunteers are the true champions of this walk and this event," Denton said.

# 2011 Employees of the Month



Ida Anderson



Sondra Anthony



Anita Bailey



Anthony Ballard



Marie Bingham



Laura Brown



Dana Byrd



James Byrd



Archie Charleston



Shaquita Clark



Phillip Cothorn



Bobby Dawson



Micah Dennie



Jenny Graves



Mackinzie Griggs



Pam Howell



Tykela Jenkins



Monica Lee



Nigel Lee



Mae Helen McFarland



Deloris "Dolly" Meyer



Anthony Oliver



Arbella Penquite



Jenny Pittman



Melonda Quinn



Cheryl Robertson



Barbara Sample



Lottie Scales



Mike Shaw



Elaine Shoto



Carmen Sweezer



Gloria Taylor



James Triplett



Elaine Williams



# JNH

Jaquith Nursing Home

## HAPPENINGS

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### A SURPRISE ANNIVERSARY GIFT FOR A JNH EMPLOYEE

A nurse on Jefferson Inn got a surprise anniversary gift a couple of weeks ago, but it wasn't from her husband.

Instead, Amy Carpenter was surprised when Jefferson Inn resident Ethel Whittington-Hayes presented her with a small black book, almost like a photo album, but instead of pictures it was filled with cut-outs and sayings from cards, newspapers and magazines that all express her congratulations and happiness for Carpenter's and her husband's wedding anniversary.

"This is just beautiful," Carpenter said. "I had not been expecting this at all, but it is just so nice and so beautiful."

Originally from Indianola but now a resident of Brandon, Carpenter has worked at the hospital for five years. She doesn't even work on the same building as Whittington; they had only met when Carpenter was pulled over from Building 29 to Building 33. But they had spoken and gotten to know each other enough for Carpenter to have given Whittington a photo of her family. In fact, that photo is what led to the surprise gift.

"I had no idea she knew when my anniversary is," Carpenter said. "I thought I had just mentioned it one time and it stuck with her."

Instead, it was actually Carpenter's husband who had let Whittington know. A contract nurse, he got called in to work on B-33 one day when he saw a photo that he recognized – his wife and son. After talking with Whittington, he learned how much she enjoyed it when his wife worked on her building. He just happened to mention that their anniversary was coming up.

Whittington loves doing arts and crafts. Her room is filled with more projects she's done, she likes to write and color, and her building is filled with the large puzzles she's completed. She knew right away she wanted to do something for Carpenter.



She put a little bit of everything into the book she made for Carpenter – some humorous, wedding-themed cartoons, some feel-good sayings, and some congratulations on the anniversary.

"I couldn't make my mind up," she said.

When she was done, Whittington had someone else go get Carpenter so she could surprise her. Carpenter was a little surprised to be getting called over to another building by another staff member, and said she had no idea what was going on.

"I didn't know if I was in trouble or not," she said with a laugh. "We came upstairs, but when I got there, she brought me this, and I started crying. She said she wanted to give me this for my anniversary, and I cried a little bit more."

Whittington spent a whole day working on the book, something that flatters Carpenter when she thinks about it.

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“Most of us don’t even have a whole day to spend on ourselves, much less to spend on someone else,” Carpenter said.

But Carpenter had always wanted to be able to help other people with her life. She’s wanted to be a nurse for as long as she can remember.

“My mom being a nurse, and the fact that I love taking care of people, made me want to be a nurse,” Carpenter said. “I just always felt the need to take care of people, even animals. I don’t

care what you are. If you’re not feeling well, I just want to get you back up and running.”

That attitude is something that the residents must pick up on after they spend a little bit of time with her. But as Carpenter shared a hug with Whittington, she told her exactly why she had originally taken such a liking to her.

“You always listen to me,” Whittington told Carpenter.

## JAQUITH NURSING HOME SUPPORTS WALK TO END ALZHEIMER’S



Pictured are Jaquith Nursing Home employees, along with their friends and family, who participated in the 2011 Walk to End Alzheimer’s on Saturday, Oct. 1. The team raised more than \$1,000 to donate to the Alzheimer’s Association.

More than 30 people joined the Jaquith Nursing Home team on Saturday, Oct. 1 as they walked in the Alzheimer’s Association “Walk to End Alzheimer’s” at The Renaissance in Ridgeland.

After weeks of recruiting team members and raising funds, the JNH team was able to raise more than \$1,000 to contribute to the Alzheimer’s Association’s efforts to defeating the disease, which is the sixth-leading cause of death in the United States, and the fifth-leading cause of death for Americans older than 65. The walk, held annually in the fall in nearly 600 communities nationwide, is the Alzheimer’s Association’s biggest fundraiser of the year. Since 1989 it has brought out millions of people to join the fight against Alzheimer’s disease.

Working at a long-term care facility, employees of Jaquith Nursing Home often see the effects of the disease up close and personal. Because of that experience, their family and friends joined them to help make up the walk team.

“Alzheimer’s Disease is so heart-wrenching for both family members and caregivers,” JNH team leader Holly Haralson said. “We serve many people who have this dreadful disease here at Jaquith Nursing Home. I am so grateful for everyone’s dedication for this year’s event. Our efforts will not go unnoticed and we will continue to fight for a cure.”



## JAQUITH NURSING HOME'S HARALSON APPOINTED TO PARK AND RECREATION BOARD

Holly Haralson, Director of Recreation Services for Jaquith Nursing Home, has been selected to serve on the University of Mississippi Park and Recreation Management Advisory Board.

The University of Mississippi Park and Recreation Management Advisory Board brings together professionals from public, commercial, and not-for-profit sectors that represent the recreation and leisure service fields. It provides the opportunity for its members to have valuable input on issues pertaining to academics and the world beyond campus.

"I am humbled by the nomination and election to be a PRM Advisory Board Member," Haralson said. "I look forward to serving with fellow recreation professionals and former professors.

"As a student, I served on the board as a liaison and member at large. My role as a Certified Therapeutic Recreation Specialist (CTRS) would be to bring knowledge and information about geriatrics to be considered for the current curriculum of classes."

The purpose of the PRM Advisory Board is to support the goals and mission of the Park and Recreation Division, to advise the program coordinator and department chair on matters related to



enrollment, curriculum, and degrees relevant to the profession and accreditation, to secure contributions for the PRM Student Endowment Scholarship Fund, and to assist in awarding scholarships to qualifying students.

Haralson has been employed at Jaquith Nursing Home, located on the grounds of Mississippi State Hospital, for four years. She is a resident of Pearl, Miss.

## LEWIS APPOINTED TO REPRESENT AMERICAN HOSPITAL ASSOCIATION

The Board of Trustees of the American Hospital Association (AHA) has appointed Jaquith Nursing Home Director Marc Lewis as its principal representative to The Joint Commission's Professional and Technical Advisory Committee for the Long Term Care program.

As such, he will represent the interests and policies of the nation's hospitals and health systems to the Joint Commission, an independent, not-for-profit organization that accredits and certifies more than 19,000 health care organizations and programs in the United States. Joint Commission accreditation and certification is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting certain performance standards. This appointment is for a two-year term beginning, January 1, 2012 and ending December 31, 2013. The Professional and Technical Advisory Committee serves a formal advisory function, reviewing all policies, procedures and standards that will be used in the accreditation process.

The AHA is the national organization that represents and serves all types of hospitals, health care networks, and their patients and communities. It is made up of 40,000 individual members and nearly 5,000 hospitals, health care systems, networks and other providers of care. Through its efforts, AHA ensures that members' perspectives and needs are heard and addressed in national health policy development, legislative and regulatory debates, and judicial matters.



## JAQUITH NURSING HOME RESIDENTS GET IN HALLOWEEN SPIRIT

Jaquith Nursing Home residents had a great time this October with one of the highlights of fall around the campus.

The annual pumpkin decorating contest was once again a big hit, with residents and staff members going above and beyond to turn a bunch of garden variety pumpkins into patriotic soldiers, mummies, monsters, and even a show of support for Breast Cancer Awareness Month.

Building 46 won the most creative award in the annual contest, with elaborate skull and crossbones carved into a pumpkin to match the warning that was placed on the front door. Residents dressed up as pirates to warn off anyone coming around the building, but people were attracted anyway to the elaborate spread of food that included such snacks as little ships made out of deviled eggs.

Building 40 won the award for most resident involvement. Residents there turned a pumpkin into a very detailed skull with a devilish grin, along with a slightly-less scary mummy to go along with it.

Building 29 took home the award for the best pumpkin presentation. In homage to Jefferson Inn Administrator Doril Sanders's military service, residents there gathered some Army uniforms and made an "Administrator Sanders Military Pumpkin." To top it off, they were able to get their own uniforms to wear, and presented Administrator Sanders Military Pumpkin a certificate of achievement.

Building 33 and Building 90 also had lighthearted themes. Both of them put up scenes of a favorite fall pastime – football. Building 90 set up a scene with a New Orleans Saints football helmet and a Green Bay Packers helmet getting ready to go head-to-head with each other. Building 33 made up a whole football player, but instead of a helmet, their pumpkin was turned into a

giant football that sat on top of their player.

Building 41 went the creepy route, with a pair of pumpkins that got turned into both Frankenstein's monster and his bride. Buildings 48 and 31 followed suit with the creepiness. Their pumpkin ended up as part of a giant spider web in "Adams Inn Spider Den."

Residents and staff of Madison Inn, Buildings 28 and 34, came up with a unique way to use their pumpkins. Instead of making up a frightening decoration, they used theirs to take a stand against cancer.

October is Breast Cancer Awareness Month, and residents and staff took the initiative to have their own awareness walk. They made sure that anyone who wanted to participate could, with staff helping push along those residents who use wheelchairs to get around. To tie things together with the Halloween and pumpkin decorating theme, they decided to go with the theme of "Madison Inn Screaming Out Breast Cancer."



B-40 - Most Resident Involvement



B-46 - Most Creative



B-29 - Best Presentation