



# MENTAL OUTLOOK

A Publication of Mississippi State Hospital

Fall 2012 Volume 21

Number 3

## Highlights

Healthcare Hero  
Page 4

Charlie Hardy Retires  
Page 4

Santa Day  
Page 6

## MISSISSIPPI STATE HOSPITAL CONTINUES MOVE TO PERSON DIRECTED PLANNING



Continued Treatment Services Team – Pictured are (l to r) Dr. Kay Desai, Kim Miller, Gwendolyn Bell, Gerthania McGee, Dr. Fred Hall, and Chris Allen.

After an initial series of presentations earlier last summer, departments and divisions across Mississippi State Hospital have continued to meet this past fall for their transitions to person-centered/person-directed planning.

MSH employees again met in groups led by Dr. Linda McDowell, a professor in the University of Southern Mississippi's College of Education and Psychology. They met in both large groups from multiple departments and in small groups of individual teams to discuss action plans they have developed and the ways they have begun to implement the ideas into their work here at the hospital.

“With the person directed recovery training, we have received a positive reinforcement for our efforts,” said Dr. Kay Desai, who works on female Continued Treatment Services. Definitely, we are looking forward to increasing collaboration with our community partners as more resources are made available to us during this training. We hope to continue to bring some brightness back to our patients’ lives with our efforts. “

These workshops are all in line with the Department of Mental Health’s move to a recovery-based model of care that includes person-centered/person-directed planning. It’s a new way of thinking for the department and for Mississippi State Hospital, and those ideals are being implemented across the hospital’s various services.

That new way means looking at the individuals as a whole – their mental health, their physical health, and everything else in their life. That includes their living arrangements, their relationships with their families, their jobs, and their roles in their communities. It means working individually with every patient, getting to know them, letting them make decisions about their care, and to identify strengths and weaknesses and ways the patients and providers can work to keep patients on the path to recovery.

Staff members from Continued Treatment Services said they have been working under many of the same tenets of person-directed planning even before they were calling it that. Team members worked together, identified barriers to discharge and other issues, adopted specific plans for individuals as they were needed, and worked to find the most appropriate placement possible outside of Mississippi State Hospital. The meetings have helped them to identify some of the challenges they are specifically facing. On the female Continued Treatment unit, patients tend to be older, they are chronically ill, and there are cognitive issues as well.

One thing they have determined to do is to get direct care employees involved in their planning and training. They are often the first employees to see and interact with patients. They can provide valued input on the individuals they work with, and the doctors and social workers on the team can pass along skills and information they have been learning through the person-centered/person-directed training.

continues on page 3



# MENTAL OUTLOOK

## MISSISSIPPI STATE HOSPITAL

James G. Chastain, FACHE,  
Director

Kathy Denton  
Director, Public Relations Department

### PRODUCTION

**Editorial**  
Adam Moore, Editor

**Design**  
Ken Patterson, Graphic Artist

Steve Walker, Photographer

### 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

Mental Outlook is published quarterly by Mississippi State Hospital, PO Box 157-A, Whitfield, MS 39193, (601) 351-8000. ©2009. All rights reserved. (601) 351-8018, Fax (601) 351-8364 info@msh.state.ms.us



## A LETTER FROM THE DIRECTOR...

Hello, and welcome to the newest issue of Mental Outlook. We've entered a new year, and we have a lot to look forward to. At Mississippi State Hospital, we'll be starting off the year with our Legislative Appreciation Luncheon. Hosted by Friends of Mississippi State Hospital and Friends of Hudspeth Center, this appreciation event has been held for more than 20 years as a breakfast. This year's will be on Tuesday, January 29 at Galloway

United Methodist Church, and it will be held at noon. Our hope is that by moving the time to later in the day, even more of our friends and supporters will be able to join us in sharing with our legislators just how much we appreciate their support and dedication to the Department of Mental Health.

Before we leave 2012 behind though, I would like to look back at one thing in particular. In December, Mississippi State Hospital was visited by surveyors from the Joint Commission for its tri-annual re-accreditation survey. During their time here, the surveyors made numerous compliments about the care they observed. They were genuinely impressed with and appreciative of the care, collaboration, and teamwork they saw here. The surveyors' comments and their findings indicate they are confident that we consistently do the right thing and do the right thing well. I appreciate that, and I know the individuals we serve appreciate it even more.

Sincerely,

James Chastain

Friends of MSH, Inc. would like to say

*Thank You* to our  
CORPORATE SPONSORS.



Johnson  
Controls



BankPlus™

Valley  
Bringing Fresh Ideas to the Table™

Dr. McDowell said she expects to be studying and developing training materials for direct care workers early this year, so she will be able to present more information about that in future meetings.

The Community Services team has also been working for months with the same goal of implementing more person-centered/person-directed planning. One thing they have been doing since the beginning is self-advocacy training – teaching clients to speak for themselves, ask questions, and try to have collaborative discussions with their treatment providers. Staff members there also have pulled together information from the Substance Abuse and Mental Health Services Administration to put together a booklet they printed to share with others.

“A person-directed service/care model requires that as healthcare provider we partner with consumers in a different way than we have before,” Community Services Director Dr. Cynthia Johnson said.

“Person-directed planning puts the focus on the recipients of our services and not on the healthcare system and the providers.”

Groups from Community Services and Continued Treatment Services were present this past fall to hear from Melody Worsham, a Certified Peer Support Specialist (CPSS) and chairperson of the Mississippi Peer Support Specialist Network. Worsham has been a consumer of mental health services for 30 years, having been diagnosed with schizophrenia in her 20s. She said she has seen big changes in the mental health field over the years.

As a CPSS, she has completed an intensive, 34-hour course through the Department of Mental Health and is available to provide a wide range of supports, including advocacy, education, crisis support, and much more, to individuals who are receiving services. They assist those individuals in achieving their personal recovery goals, personal responsibility, empowerment and self-determination.

“One of the big things is hope,” Worsham said. “We all have to have hope. It makes me feel good that I call the shots in my life.”

She shared that one of the ways she and the Mississippi Peer Support Specialist Network help inspire that hope in others is in their motto – “It’s not about what’s wrong, it’s about what’s strong.” In other words, focus on a patient’s or client’s strengths and help them to do the same thing. That’s how Worsham herself said she has aided her own recovery; she has a degree in sociology and is good at working with other people and communicating, so she fits naturally into the role of a peer support specialist.

There are currently 39 Certified Peer Support Specialists throughout the state. They are providing a critical understanding of what creates recovery and how to build environments conducive to recovery, because they work from the perspective of “having been there.” Through their experience with recovery, they lend unique insight into mental illness, substance abuse, and intellectual and developmental disability and what makes recovery possible.

Worsham said she is currently working on a directory of Certified Peer Support Specialists who are available throughout the state. Once com-

pleted, it will be easily available and offer a resource that can be used when individuals are transitioning from an inpatient program to the community. Service providers and DMH programs will be able to refer their patients to peer specialists who may be in their region, and those specialists will be one more way to help those individuals stay in recovery. “There is no such thing as a hopeless cause,” Worsham said. “It does not exist. Being diagnosed with a mental illness does not take away our hopes and dreams.”



Community Services Team – Pictured are (first row, l to r) Ashley Anderson, Kim Pitre, Melita Breen (second row, l to r) Abi George, Jennifer Bailey, Cassandra Butler, (third row, l to r) Shanika Lee, Donnia Bowles, Jennifer Giambrone, (fourth row, l to r) Ester Jiles, Larry Travis, (fifth row, l to r) Xavier Spann, Cynthia Johnson, and Charles Williams

## MSH POLICE CHIEF JAMES BLACKWELL NAMED 'HEALTHCARE HERO'

Mississippi State Hospital Police Chief James Blackwell was honored by the Mississippi Business Journal on Friday, October 26, as he was named one of the publication's 2012 "Healthcare Heroes."

Chief Blackwell was one of 40 people the newspaper recognized for making an outstanding contribution to the field of healthcare whose contributions have increased the well-being of the community. Chief Blackwell has been director of the Mississippi State Hospital police since 1975 and is known by his officers and staff as a strong leader with a passion for law enforcement and the hospital.

The Healthcare Heroes were chosen from six categories: animal care, nurse, physician, professional, volunteer, and first responder. No matter their chosen profession, there is at least one thing in common for all of those selected as a Healthcare Hero – no matter their professional field, they go above and beyond to provide care for their patients and work hard to make their communities better places.

Honorees in the First Responder category, including Chief Blackwell, were individuals serving in the military, as emergency medical technicians, paramedics, firefighters and police selected for their professional achievement and community involvement in the line of duty.

Chief Blackwell has given his life to public service. After completing military service as an MP stationed in Germany and Maryland in the 1960's, he returned to Mississippi and began a career in law enforcement at Mississippi State Hospital in 1975.

His dedication to duty also extends to the surrounding community and the families and individuals we serve throughout the State. Chief Black-



Chief James Blackwell is pictured here with his wife, Lily, as he receives his 2012 Healthcare Heroes award.

well makes himself available to all law enforcement agencies in the state to provide resources and referrals in handling psychiatric emergencies in their communities. He meets regularly with local chiefs of police and the Rankin County sheriff, where they review, report and develop strategies for dealing with common law enforcement issues in the county.

He has dedicated his career to developing and maintaining a high standard of safety and a rapid response to identified needs. He truly takes to heart the policeman's motto to "protect and serve".

## CHARLIE HARDY, A FAMILIAR FACE AT COMMUNITY SERVICES, RETIRES AFTER 33 YEARS

When staff members and clients at Opportunity House came back after the start of the new year, they had to do so without someone who has been a familiar face around Community Services for more than a decade.

Opportunity House Director Charlie Hardy retired at the end of December after 33 years with Mississippi State Hospital. While he's known by many on the MSH campus for his work at Opportunity House, he started out working on the main Whitfield campus, fresh out of college with a degree in psychology.

"I had recently graduated from college and I wanted to get some experience. Psychology being my background, I said well, I'll just go to State Hospital to get started. I got there, I liked it, and I've been here ever since," he said.

He was hired as what was known at the time as a GSE, or general service employee. He held that position for a while before becoming a shift supervisor, later becoming a unit coordinator before next moving on to become a division director in the long-term treatment service.

Working in the mental health field was something he said he had known he wanted to do for quite a while. While he ended up attending a couple of different colleges, he both started and finished his degree in Jackson State University. First studying biology, he switched his major to psy-



chology before long.

"There was something about the mind," he said. "Something intrigued me about the subject and I was just interested in it. I thought that I could apply some of those skills at Mississippi State Hospital, so I went there and I really liked it."

continues on page 5

After three decades, Hardy said one of the things that stands out during his time is the improvement in the quality of care he's seen delivered both on the main hospital campus and in Community Services.

"The hospital is accredited, and it was not accredited when I first started," he said. "There's more training now, more resources to work with, and I have seen a lot of good changes in my time."

Opportunity House itself has changed quite a bit during his years. One big change has occurred just over the past year, as it has transitioned from a clubhouse model to a curriculum-based program.

As a clubhouse, it was member driven; members ran it in its entirety and made decisions with assistance from staff. As a curriculum-based program, there are now set guidelines that clients have to follow. Those participating in the program have to participate in the curriculum aspects.

"I thought it would be a big challenge, but it has not. The individuals have been real receptive and it's all going well," Hardy said. "It's a good change because it focuses on their recovery, their hopes, their wants, their dreams, and it's all about them."

That change has been in line with the move towards a person-directed model of care that puts more decisions in the hands of the individuals being served. While it may be a change in the way Opportunity House is being run, Hardy said he and others had been familiar with recovery concepts because they have been used at Opportunity House for several years now.

"A lot of the recovery stuff we'd been doing at the clubhouse because they made decisions, they planned the trips, and they signed up for work.

So I guess we were a little bit ahead of the game because we've been doing that anyway," he said.

The decision to leave wasn't made lightly, and it's something he said he will truly miss. But that doesn't mean he's exactly leaving it all behind. "I love what I do. It's extremely hard to leave. I've done this for so long and it's what I know, but I have a venture that's along these lines."

He's planning on taking some time off, but in a year or so, Hardy said he would like to open a personal care home.

"My greatest reward is to see them when they come into Community Services, and then to see how they are when they leave. A lot of times someone will come in real shy, they won't talk, and you'll be amazed at the transformation you can see. People will start working and taking on jobs and taking on responsibility."

"I'd just like to say I've enjoyed working at Mississippi State Hospital. There have been challenging times, but that's just the way life is, and I don't regret one second of it."

Even though he still plans to visit and see his friends and coworkers, he will still be missed in Community Services.

"It has been great working with Mr. Hardy. He has had a dramatic impact on the lives of so many people in Community Services, staff members and individuals in recovery alike," Community Services Division Director Dr. Cynthia Johnson said.

"He will be missed. All of us in Community Services wish Charlie all the best on his future adventures."

## 'FRIENDS' GROUPS TO SPONSOR LEGISLATIVE APPRECIATION LUNCHEON

Supporters of Mississippi State Hospital and Hudspeth Regional Center will start the new year off with a show of appreciation for Mississippi legislators.

The volunteer groups Friends of Mississippi State Hospital and Friends of Hudspeth Regional Center are hosting a Legislative Appreciation Luncheon on Tuesday, January 29 at 12 p.m. in the Fellowship Center of Galloway United Methodist Church in Jackson. The 25th annual appreciation event, it is being moved to a luncheon from its usual breakfast time slot, but the goal is the same – to let legislators know just how much their support of these Department of Mental Health programs is appreciated.

"It is the support of our friends in the Legislature that enables services to be offered to patients and clients throughout the state," Friends of MSH President Joel Ross said. "We can't thank them enough for their continued support of the Department of Mental Health. This is just a small measure of our appreciation for all they do to help some of our state's most vulnerable citizens."

The appreciation event began with former Friends President Gladys Jackson and former MSH Director James Stubbs. They envisioned a breakfast in Jackson as a simple way to get legislators together and thank them for their support while they were gathered in the capital



for the legislative session. The tradition has continued throughout the years as generations of Friends members have continued to host the meal as a way of thanking the many legislators who support the public mental health system.

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.

The Friends of Hudspeth Center (FOHC) organization promotes public interest in Hudspeth Regional Center and the understanding of individuals with intellectual and developmental disabilities. The Friends of Hudspeth Center encourages volunteer support of the facility through various businesses and organizations. Further, the FOHC raises funds for projects at Hudspeth Regional Center which will improve the quality of life for the individuals served in 25 counties in Middle Mississippi.

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.

For more information, contact Sheila Shows at (601) 351-8377, or visit the MSH web site at [www.msh.state.ms.us](http://www.msh.state.ms.us).

## SANTA VISITS MISSISSIPPI STATE HOSPITAL FOR 'SANTA DAY'



More than 20 volunteers delivered gifts as Santa Claus at Mississippi State Hospital in the annual Santa Day event on Friday, Dec. 21. They posed for a group shot before heading out on the MSH campus to deliver gifts to every patient at the hospital.

The holidays came to a close at Mississippi State Hospital in a great way – with each and every individual being served receiving a special visit and a holiday gift on Friday, Dec. 21 as the hospital celebrated its annual “Santa Day” event.

Two dozen volunteers dressed up in the traditional red Santa Claus outfit to deliver gifts to Mississippi State Hospital patients, Jaquith Nursing Home residents, and clients at the MSH Community Services division. The annual event is the culmination of the holiday season at the hospital, which has included a parade, a Christmas musical, and around a thousand volunteers visiting throughout the months of November and December to host more than 100 events for patients, residents and clients.

“I thank each of you for taking the time to come here today,” MSH

Director James G. Chastain told the volunteers. “This is a busy time of year for everyone, and we are all appreciative that you chose to volunteer your time with us.

“Our goal is to make Christmas fun and enjoyable for everyone who is in our care at Christmas time. We could not create this joy and fun without your help.”

Santa Day comes to Mississippi State Hospital each and every year, but only after plenty of other holiday events have taken place on the campus. The holiday season officially begins December 1, when decorations go up around the campus, but it unofficially begins even earlier than that. Groups begin coming in November to host holiday parties and dinners for patients and residents, and they continue their visits for the rest of the year.



Joel Ross, President of the volunteer organization Friends of Mississippi State Hospital, presents a commemorative gift to Senator Hillman Frazier and Steve Wells, both longtime supporters and participants in Santa Day. The gifts were handmade by a resident of Jaquith Nursing Home, located on the hospital campus, and one was given to everyone who volunteered as Santa. Pictured are (l to r) Joel Ross, Mississippi State Hospital Director James G. Chastain, Sen. Hillman Frazier and Steve Wells.

This year, there were 110 holiday parties hosted at the hospital, with 1,767 volunteers attending those parties. Those volunteers also helped to prepare the 1,000 gift and fruit bags that were delivered on Santa Day.

In addition to the parties, there were several events to get everyone in the holiday spirit. A Christmas parade was held on the campus on Friday, Dec. 7. It included everything from local high school marching bands and classic cars to floats that demonstrated the theme of “Christmas Around the World.”

A musical Christmas program was also performed, courtesy of Carpenter’s Wood, a musical group from William Carey College. They sang a variety of songs, including traditional Christmas hymns and contemporary songs.

The Community Services Division had their own celebration at Opportunity House, coming together for food and fellowship the week before Santa Day. At the program, clients shared original poetry, sang songs, and were presented with certificates of recognition and appreciation for their achievements and accomplishments throughout the year. Community Services staff members served the Opportunity House members lunch, and one member handed out the certificates to his peers in the program. Two clients read their own original poetry and two others led the entire group in some classic Christmas songs.

At Santa Day, the volunteers who delivered gifts as Santa were also presented with a token of appreciation before heading out on the campus to deliver gifts. They received a Christmas decoration handmade by

a resident of Jaquith Nursing Home as a simple token of appreciation for their time and service.

The first two gifts this year were presented to two special guests – Senator Hillman Frazier and Steve Wells. These two volunteers were some of the first who participated in Santa Day, and they have faithfully continued to show their support through the decades, attending nearly every single year.

There were plenty of others who were attending for the first time or who were coming back for the second or third year in a row.

“I came out here for Santa Day three years ago, and I wanted to come back,” said volunteer Daniel Elliott. “Just seeing the smiles on everyone’s faces is priceless. To see hope and joy on someone’s face, even if it’s just for five minutes, is a great thing.”

An employee of BancorpSouth, Elliott spent Friday morning dressed up as Santa Claus, and he brought his family with him. His son, Carter, entertained the volunteers and their assistants with traditional holiday music he sang and played on guitar and piano, and his wife and daughter came to share in the experience as well.

“We have really enjoyed being here and being part of this,” Elliott said. “We hope to be able to do this many, many more years.”

# 2012 Employees of the Month



Leslie Allen



Gwen Bell



Joseph Bilbro



Nancy Bingham



Michelle Blakely



Melita Breedon



Lorraine Brister



Stacey Carter



Siriphorn Chotivihayathanin



Patsy Clark



Lisa Collins



Kenneth Dixon



Laura Drain



Evelyn Harrison



Ronald Hodge



Brenda Holder



Sherry Holloway



Edna Jackson



Glenda Johnson



Janet Jones



LaShonda Kidd



Zeno Mangum



Sarah Newsome



Stephanie Oscar



Tonja Porter



Jeremy Sandifer



Tonya Smith



Christopher Thomas



Patricia Thomas



Jerry Thrash



Christina Torti



Demetria Walls



Sirrinthia Watson



Freddie Webb



Tina Welborn



Mazelean Young

## Employee of the Year Program

Friday, February 1, 2013, 1:00 pm

Building 38, Auditorium

Mississippi State Hospital