



MISSISSIPPI STATE HOSPITAL

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MISSISSIPPI STATE HOSPITAL NAMES 2011 EMPLOYEES OF THE YEAR

WHITFIELD—Mississippi State Hospital recognized all of its 2011 employees of the month last week, 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.

MSH, a facility of the Mississippi Department of Mental Health, was founded in 1855 and 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. The hospital is accredited by the Joint Commission.

PHOTO ATTACHED: Pictured are (l to r) Mississippi State Hospital (MSH) Director James Chastain, Patrick House, MSH 2011 Direct Care Services Employee of the Year Nigel Lee, 2011 Support Services Employee of the Year Marie Bingham, 2011 Clinical Service Employee of the Year Sondra Anthony and Friends of MSH President Bill Bobbs.