



MISSISSIPPI STATE HOSPITAL

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MISSISSIPPI STATE HOSPITAL CELEBRATES NATIONAL RECOVERY MONTH

WHITFIELD—Dozens of Mississippi State Hospital employees and clients gathered at the Community Services Opportunity House on Friday, Sept. 28 to celebrate National Recovery Month, a national observance that educates Americans on the fact that those with a mental illness and/or substance use disorder can and do live healthy and rewarding lives.

The event aims each September to recognize the achievements made by those in recovery from these conditions, spreading the positive message that good mental health is essential to good overall health, that prevention works, treatment is effective, and people can and do recover.

Participants at Opportunity House on Friday morning had a full slate of activities, starting with a brief statement from Dr. Jennifer Giambrone, who read a proclamation from Jackson Mayor Harvey Johnson recognizing National Recovery Month.

“Recovery is an individual’s unique and ongoing process or journey to have a meaningful and productive life,” she read.

While there were fun games and activities planned, one of the most poignant aspects of the celebration was a banner that had been prepared and draped across one of the tables. In big purple letters painted across it, it said “What Recovery Means to Me.” Throughout the morning, Community Services clients and employees walked over to the banner and wrote their own thoughts and feelings about what recovery meant to them.

Some of the comments were as simple as one single word, while other people wrote more of their thoughts out, but the feelings behind them were obvious with each statement written on the banner; they all reflected the hopes for a peaceful future in which the writers’ lives were happy, healthy, independent and fulfilling.

“Opportunities” was one single word written in large print across the face of the banner. “Recovery means my life,” said another one. “A new lifestyle. A change for a better future,” read one other prominent statement.

While people were coming and going, taking their time to visit the banner and write their thoughts, others were enjoying the celebration and having a fun time with their friends and peers. They enjoyed the nice fall weather with games, snacks, lunch and some even some dancing.

While everyone at the Community Services Recovery Day celebration was able to have fun celebrating their recovery, substance abuse and mental health issues are still serious public health problems in Mississippi. Last year, an estimated 199,000 Mississippians needed treatment services for alcohol and drug use and more than 165,000 people for a mental health issue.

To celebrate recovery, the Mississippi Department of Mental Health (DMH) and the Mississippi Peer Support Specialist Network are launching the public awareness campaign *Think Recovery*. Over the next 11 months, all DMH certified providers will be encouraged to educate their staff on the 10 + 1 Components of Recovery.

These components include: Self-Direction, Individualized and Person-Centered, Empowerment, Holistic, Non-Linear, Strengths-Based, Peer Support, Respect, Responsibility, Hope, and Resiliency.

Behavioral health is an essential part of overall health. Most people don't think twice about seeking treatment for diabetes, asthma, high blood pressure or other health conditions. Mississippians should be encouraged to seek treatment for substance abuse and mental health with the same urgency as they would any other health condition.

If you or someone you know is in need of services and supports, call the DMH 24 hour-a-day, 7 days a week at 1-877-210-8513 or visit www.dmh.ms.gov. For more information about *Think Recovery*, visit www.dmh.ms.gov.

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.

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PHOTO ATTACHED:

NATIONAL RECOVERY MONTH – Mississippi State Hospital Community Services celebrated September's National Recovery Month on Friday, September 28. During the recognition, participants were encouraged to write their own thoughts about what recovery means to them on a banner that will be displayed at Opportunity House, an MSH Community Services program.