

Mississippi Profile

FALL 2012

Information Publication from the Mississippi Department of Mental Health

Think Recovery Campaign Launched

Ask your friend or neighbor if they have been touched by substance abuse or mental illness in any way and the answer is almost always – ‘yes.’ Substance abuse and mental health issues are serious public health problems in Mississippi. In 2011, an estimated 199,000 Mississippians needed treatment services for alcohol and drug use and more than 165,000 people for a mental health issue.



During September, Mississippi joins the nation in celebrating National Recovery Month. Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Recovery is unique to each individual and can truly only be defined by the individual themselves. What might be recovery for one person may be only part of the process for another. Supports and services help people with mental illness and substance abuse issues in their recovery journeys.

“Being involved in the community has given me hope,” said Amanda Clement, a Mississippi Certified Peer Support Specialist. “I’ve come a long way, going from dark days to successes, hopes and dreams. There is nothing like living in recovery.”

To celebrate recovery, the Mississippi Department of Mental Health (DMH) and the Mississippi Peer Support Specialist Network is 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.

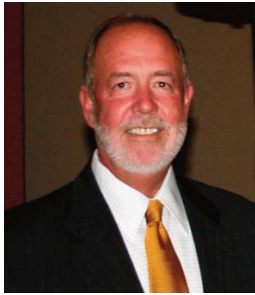
Stephanie Stout says the road to recovery hasn’t been easy, but it has given her freedom like she’s never known. “It has given me the opportunity to find out who I am and realize that I am enough just the way I am. I am able to work daily with others who have those same feelings of hopelessness and see them have a transformed life. I wake up each morning smiling just because I am alive and am allowed to have another day,” said Stout, a Mississippi Certified Peer Support Specialist.

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Supporting a Better Tomorrow... Today



Executive Director's Message



Often, we read articles in the newspaper about mental illness that perpetuate stigma. Many times, media outlets focus on the negative and don't highlight the positive recovery stories. During National Recovery Month in September and Mental Illness Awareness Week, October 7 – 13, the Mississippi Department of Mental Health's goal was to educate the public about recovery.

We are very excited about our partnering with the Mississippi Certified Peer Support Network to develop the Think Recovery campaign. The goal of Think Recovery is to celebrate recovery and educate DMH Certified Providers and the general public. Mississippi's Certified Peer Support Specialists worked with DMH to develop this campaign by providing input on pictures, wording and sharing their personal stories.

You can make a difference in someone's recovery by simply treating people with mental health needs with respect and dignity, as you would anybody else. I encourage you to support people with mental health problems by helping to develop community resources. You can also teach your children about mental health. Help them see that these illnesses are like any other illnesses and can be treated.

Listen to people who have mental health needs to learn how their lives have been affected and listen to their stories of recovery. Remember these are your friends, family, co-workers, church members, and neighbors. Support job opportunities for people who have mental health needs. Having work increases quality of life and provides a meaningful day. Encourage your friends and family to talk about any problems they may be facing.

By supporting your loved ones, you are showing them you care and breaking down barriers. I hope you enjoy this edition of *Mississippi Profile* and learning more about Think Recovery.

Sincerely yours,

Edwin C. LeGrand III
Executive Director

Mississippi Profile



Fall 2012

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The Mississippi Profile is devoted to providing the public with information about services provided or administered by the Mississippi Department of Mental Health. It also strives to increase public awareness and knowledge about mental illness, mental retardation/developmental disabilities, substance abuse, and Alzheimer's disease and other dementia to improve health and quality of life.

This publication is free of charge to persons interested in mental health, intellectual and developmental disabilities, substance abuse, Alzheimer's disease and other dementia, the Mississippi Department of Mental Health, or the individuals it serves. It is the policy of the Mississippi Department of Mental Health to comply with federal and state laws assuring equal opportunities of employment and services.

The editor reserves the right to edit all materials printed in this publication. Send requests for items to be included in the newsletter and other inquiries to:

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Think Recovery Campaign Launched

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Personal stories of recovery and community integration are highlighted throughout the Think Recovery campaign.

“We all possess the fundamental and inherent value to be accepted and treated with respect and worth,” said Ed LeGrand, Executive Director of the Mississippi Department of Mental Health. “We want individuals to restore, rebuild and reclaim control of their lives by increasing their resilience and focusing on their strengths.”

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. People should seek treatment for substance abuse and mental health with the same urgency as they would any other health condition. Recovery not only benefits the individual, it benefits the entire community.

“I had to change the way I felt, the way I thought, and learn how to live life for the first time,” said Jonathan Tittle, a Mississippi Certified Peer Support Specialist. “I thought it would be impossible but I have found a new way to live. I realized there is so much more to recovery than just not using drugs or alcohol. I was able to work on myself, work on the fears I had, and learn to experience feelings and emotions rather than cover them. I have regrets, but I do not regret the things I went through to make me who I am today.”

Each month over the next year, DMH Certified Providers will receive an e-mail from DMH encouraging them to highlight a specific Component of Recovery and activities/ideas on how to make that possible. In September, all DMH Certified Providers received a Think Recovery toolkit. Included in the toolkit were 11 posters, one for each Component of Recovery, which can be displayed at their office. Also included are 10 success stories from Mississippi Certified Peer Support Specialists, which can be highlighted each month. The Community Integration brochure focuses

on the importance of community, health, home and purpose; and includes ideas on how all Mississippians can support community integration. The Think Recovery press release can be included in newsletters, provided to staff, and also provided to local media outlets.

The Mississippi Peer Support Specialist Network are first degree family members and/or people living in recovery with mental illness, substance abuse, and intellectual and developmental disabilities that provide support to others who can benefit from their lived experiences.

If you or someone you know is in need of services and supports, call the DMH's 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.



Suicide Prevention in Mississippi



Suicide prevention efforts in Mississippi are making a difference. Out of the 333 reported deaths by suicide in 2011 in Mississippi, 34 of those deaths were young adults who felt so hopeless that they decided to take their own lives. In 2010, 40 young adults took their own lives. In 2009, 50 young adults took their own lives.

One of the Mississippi Department of Mental Health's (DMH) goals is to bring attention to youth suicide during National Suicide Prevention Week, September 9 – 15. Suicide can be prevented especially if people understand the facts, warning signs and know how to get help.

By arming Mississippians with knowledge about warning signs, we hope to make an impact among the youth in our state.

"We believe that knowledge can empower the young adults in Mississippi," DMH Executive Director Ed LeGrand said. "With increased understanding, people will be more likely to reach out for assistance as they begin to see symptoms either in themselves or their friends. This will allow our entire mental health system throughout the state to better serve those who are emotionally disturbed."

Warning signs are especially important for family and friends to remember. Warning signs include: withdrawal, personality and mood changes, problems concentrating, problems at school, lost of interest in activities, feelings of hopelessness, and changes in

eating and sleeping habits. Young adults often give indirect verbal clues that they are considering suicide. They may make statements such as: "You will be better off without me" or "Pretty soon you won't have to worry about me."

While adults may become quiet or depressed, many times teenagers seem irritable or aggressive when they are having thoughts of suicide. Another sign families often miss is when a teen becomes cheerful after a period of depression. While this may seem like a good thing, it could be that they have made a decision to attempt suicide and feel relieved or at peace because they are no longer struggling to make a decision.

Many parents think their child would never consider suicide; however statistics show this just isn't true. In Mississippi, suicide is the 3rd leading cause of death among young adults. The MS High School Survey for the Youth Risk Behavior (2011) reported that 13.3% of students seriously considered suicide in the past 12 months, and 10.4% of students made a plan about how they would commit suicide in the past 12 months. 8.5% of students reported an actual attempt (1 or more times) to commit suicide in the past 12 months. 3.1% suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

Talking about mental health and supporting loved ones can help break down barriers that can cause some people not to seek treatment. If you know someone who is talking, writing or thinking about suicide acknowledge the problem, let your friend or family member know that you care and want to help and tell someone. Shattering the silence around suicide is the first step to preventing suicide.

If you or someone you know needs immediate help, contact the National Suicide Prevention Lifeline at 1-800-273-TALK.

For more information about youth suicide prevention, contact DMH at 1-877-210-8513 or www.dmh.ms.gov. DMH offers educational materials and presentations on the topic of youth suicide prevention.

Boswell Regional Center Opens Museum

Boswell Regional Center (BRC) is, and has been, a place of historical significance for not only the state and the Simpson County area, but also for those who resided there.

On May 19, eight former patients met and reminisced about their time at the Preventorium and on the varied significance of the events there in their lives.

With four decades of care were represented by these former patients, and each told of different issues surrounding their need to come to the Preventorium.

A reunion for Mississippi's Preventorium patients is expected to be held every two years, said organizer Judy Burchfield Rowe.

Further to bringing the Mississippi State Sanatorium and Preventorium's history to life, artifacts and narratives from by-gone days are now being housed in a museum located on the grounds of BRC. A ribbon cutting and opening ceremonies were held on May 24.

As part of the ceremony, a time capsule, hidden in a cornerstone of the Masonic Pavilion, was opened with representatives from the Masons of Mississippi on hand.

Reprinted with permission from Peggy Kelly, Simpson County News.



Pictured above are Boswell Regional Center staff and visitors cutting the red ribbon for the Mississippi State Sanatorium Museum. The Museum is filled with memorable items from the Sanatorium and the Preventorium.

One of the many items is a bread slicer. This unique piece of equipment has slicing knives that were run by electric motor. The whole loaf was fed manually into the blades by means of the feed bar.

The switchboard is another interesting piece of history. The Western Electric Switchboard is one of the switchboards manufactured in the first decades of the 1900s. The switchboard was recently featured on the cover of the Simpson County Phone Book.

In one area of the museum is a wall filled with many examples of modern firefighting equipment including an old-fashioned fire extinguisher.

To schedule a visit to the Mississippi State Sanatorium Museum, contact Boswell Regional Center at 601-867-5000.



Pictured is David Tedford, Director of Boswell Industries, touring the museum. Tedford has been employed at BRC since 1985.

Hinds County Announces CIT Training

The National Alliance on Mental Illness and law enforcement agencies in Hinds County gathered at the State Capitol on July 12 to announce a new training for law enforcement officers.

The group announced a coalition of NAMI, the Hinds County Sheriff's Department, the University of Mississippi Medical Center, the Department of Mental Health and others that are implementing their own Crisis Intervention Team. Deputies who become certified in the CIT program will be able to respond to crises involving individuals who are showing signs of mental illness. This program involves the mental health community, including consumers and advocates, in the training.

The hope is that when officers do encounter an individual in need of help, they can keep that person out of jail and actually get them the help that is needed. As the CIT program kicks off, the beginning rounds of training will be focused on training officers responding to calls, but subsequent training will be geared towards training officers who will be going into the jail to see prisoners.



Partners hold press conference at State Capitol to announce CIT training in Hinds County.



Eight Hinds County Sheriff's Deputies and two UMMC Security Officers comprised the first Hinds CIT graduating class on July 20. Pictured are: Sheriff Tyrone Lewis, Darrel Norwood, Ian McMillen, Fred Williams, Quintin Powell, Keith Roberts, Eric Sumeral, David Cox, Chief Deputy Chris Picou, Samatha Thomspn, Janie Myles, and Charles Douglas.

The second Hinds CIT class took place on October 8 - 12.

Legislative Forum Highlights Alzheimer's Disease



Members of the Mississippi Legislature participated in a Legislative Forum at the Mississippi Department of Mental Health's Division of Alzheimer's Disease and Other Dementia's 13th Annual Conference on Alzheimer's Disease and Psychiatric Disorders in the Elderly on August 22 in Olive Branch. The more than 500 conference attendees had an opportunity to ask questions related to Alzheimer's disease and other mental health issues. The panel consisted of Representative Cecil Brown, Representative Nolan Mettetal, Representative Forrest Hamilton, Representative Johnnie Stringer, Senator Terry C. Burton, and Congressional Representative Walt Starr from Congressman Nunlee's office. The forum was moderated by special guest, Joe Franco, Associate Director of Advocacy for the national public policy office of the Alzheimer's Association. A formal report from the Forum will be drafted and available for review this fall. Also pictured is Kathy VanCleave, Director of the DMH Division of Alzheimer's Disease and Other Dementia.

2012 Alzheimer's Conference Award Recipients



Pictured is (l to r) Kathy VanCleave and Patti Edwards, the recipient of the Direct Care Worker of the Year Award. Edwards is the Activities Assistant for the MS State Veterans Home of Kosciusko.



Pictured is the recipient of the Honorary Volunteer of the Year award. Ayla is a service dog who spends much of her time putting smiles on the faces of individuals with Alzheimer's disease.



Pictured are (l to r) Kathy VanCleave, Debbie Edwards, recipient of the Dorris Award for Caregiving, and Mary Nell Dorris, for whom the Dorris Award for Caregiving is named after.

Roberts Named Chair of Board of Mental Health



Ms. Rose Roberts of Pontotoc was named Chairperson for the Board of Mental Health in June.

Roberts is a clinical social work consultant. She received her bachelor's degree from Blue Mountain College and her M.S.W. from Tulane University. Her professional credentials include: Licensed Certified Social Worker, Qualified Clinical Social Worker, Diplomat in Clinical Social Work and the Academy

of Certified Social Workers. She currently serves as a Pontotoc County Commissioner for Region III Mental Health Center.

Among her many honors, Roberts received the New Beginnings International Children and Family Service Board Volunteer Award in 2007 and the Humanitarian Award from the Pontotoc County Chamber of Commerce in 2007.

Herzog Named Vice Chair of Board of Mental Health



Dr. Jim Herzog of Jackson was named Vice Chair for the Board of Mental Health in June. Dr. Herzog is a Clinical Psychologist in private practice in Jackson.

Dr. Herzog received a bachelor's degree in Psychology from Creighton University and a master's and Doctorate in Clinical Psychology from the University of Mississippi. He performed

his internship in the Air Force at Wilford Hall United States Air Force Medical Center in San Antonio, Texas. Upon completion of this, Dr. Herzog returned to Missis-

sippi, where he served as staff psychologist at Keesler United States Air Force Medical Center in Biloxi for three years. During this time Dr. Herzog focused on stress related problems and behavioral health issues, consulting cardiac and cancer clinics.

After leaving the Air Force, Dr. Herzog moved to Jackson and was employed as the staff Clinical Psychologist at the Jackson Mental Health Center, providing therapy, program consultation, and supervision of the outpatient treatment staff. Currently, his practice involves consultation with the Region 8 Mental Health Services, the Department of Vocational Rehabilitation/Disability Services, G. V. Sonny Montgomery VA Medical Center, Catholic Charities, and St. Dominic Hospital, as well as providing individual therapy and assessment with adults, adolescents, and children.

Mark Your Calendars



MH/IDD Conference

October 24 - 26

IP in Biloxi

*Visit www.dmh.ms.gov for
more information.*

DMH Celebrates Day of Diversity

The Mississippi Department of Mental Health (DMH) celebrated the 2012 Day of Diversity on October 11 with a special program full of excellent speakers at the Department of Education Auditorium.

Observed since 2001, the Day of Diversity is a coordinated effort of DMH, regional Community Mental Health Centers, faith-based organizations, local government entities and organizations to invite people throughout the state of Mississippi to join together to dialogue on race relations.

The overall purpose of the event is to bring consumers, staff and family members and citizens of different races and ethnic background together for dialogue to increase understanding and cooperative action in local communities.

First Lady of Mississippi Deborah Bryant and Representative Sarah Thomas inspired the audience to embrace diversity and to evaluate themselves and how they treat others.

Chris Overman moved the audience to tears with his touching and brave story of recovery. Tony Nguyen shared his personal story and described cultural excursion activities for youth which he helps to coordinate as the respite coordinator on the Gulf Coast for Mississippi Families as Allies.

Entertainment was provided by musician Calvin Jones with DMH and Margot Truelson with Ballet Magnificat.



Speakers at the event included (pictured left to right): Ed LeGrand, DMH Executive Director; Albertstein Johnson-Pickett, DMH Children & Youth Services; Chris Overman, NFusion VII; Deborah Bryant, First Lady of Mississippi; Margot Truelson, Ballet Magnificat; Representative Sarah Thomas; and Tony Nguyen, MS Families As Allies for Children's Mental Health.