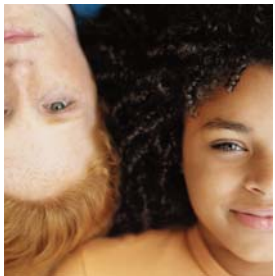


Mississippi Profile

SPRING 2014

Information Publication from the Mississippi Department of Mental Health

EMSH Groundbreaking and Ribbon Cutting



Supporting a Better
Tomorrow... Today



Already in 2014, East Mississippi State Hospital (EMSH) has received Joint Commission Accreditation, opened and held a ribbon cutting for a new Dietary Building, and has hosted a groundbreaking ceremony for a new Receiving Unit as well as de-commissioned three buildings on the main campus that have served the mental health needs of Mississippians for six decades.

On April 17, the Board of Mental Health and a large contingency of DMH staff, state legislators, city and county officials, representatives of the East MS Business Development Corporation, and community guests were on hand to cut the ribbon for the new Dietary Building.

Along with the ribbon cutting for the Dietary Building, a ground-breaking for a new 60-bed Receiving Unit took place. The one level building will be 40,000 square feet and will include offices for support staff. A separate mechanical building of approximately 5,000 square feet will be a part of this expansion and it will serve the new Receiving Unit and additional buildings planned for the site. The approximate cost of the project is \$14 million and completion is expected by the end of 2015.

As new buildings continue to go up at EMSH, (a new Laundry opened in February 2013) old ones will come down. The MS Department of Archives has deemed that three buildings on EMSH's campus have no historical significance and can be torn down.

Executive Director's Message



When I began my career with the Mississippi Department of Mental Health in 1974, I had no idea I would still be here more than 40 years later.

I have been blessed beyond measure to have enjoyed a long and rewarding career working with wonderful people to help improve the lives of Mississippians with mental illness, substance abuse disorders, and intellectual and developmental disabilities. I am very appreciative of the support and opportunities the Board of Mental Health and my colleagues have afforded me over the years.

I have witnessed many transformations of the public mental health system during my years with the agency. The mission of the Mississippi Department of Mental Health will always be very significant to me. The people our agency supports will remain important to me and I will continue to support them and DMH.

While I look forward to enjoying my retirement, I will deeply miss all of the friends I have made through the years. I want to thank you for your support and friendship these many years. It is good to know I will carry many friends into this next phase of life.

Sincerely yours,

Edwin C. LeGrand III
Executive Director

Mississippi Profile



Spring 2014

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Executive Director

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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.

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Edwin LeGrand Announces Retirement

After more than 40 years of public service, Edwin C. LeGrand, III, is planning to retire. Having served as the Executive Director of the Mississippi Department of Mental Health (DMH) since 2007, he will be departing on June 30, 2014. LeGrand is a long-term DMH employee, having started his career more than 40 years ago as a direct care worker at North Mississippi Regional Center (NMRC) in Oxford.

LeGrand also served as Deputy Director of DMH for four years. He served as Director of the Bureau of Mental Retardation and was the Director of the Hudspeith Regional Center in Rankin County from 1982-1995. He began his career with DMH in 1974 at NMRC, where he served in many capacities, including Personnel Director/Assistant Director and Director of the Education Department. He received his Bachelors and Masters degrees from the University of Mississippi.

"Mr. LeGrand's years of service rising through the ranks from direct care services to administrator roles gave him the unique breadth of experience and knowledge to superbly manage this diverse and multifaceted agency," said Dr. Jim Herzog, Chair of the Board of Mental Health.

Since LeGrand began serving as Executive Director, he has focused on expanding community-based services and concentrating on a recovery-oriented system of care. Under his leadership, DMH improved access to crisis stabilization services. An individual can now receive services on a voluntary basis before they decompensate to the point of meeting commitment criteria. He has consistently worked towards breaking down barriers and increasing the public's understanding that mental health is an essential part of overall health. He reminds Mississippians every chance he gets that people should seek treatment for substance abuse and mental health with the same urgency as they would any other health condition.

LeGrand has been instrumental in the transition of people with intellectual and developmental disabilities to the community. LeGrand's goal has always been to help people restore, rebuild and reclaim control of their lives by increasing their resiliency and focusing on their strengths.

"Mr. LeGrand has been an irrepressible advocate for mental health in Mississippi for many many years,"

said Dr. Herzog. "The Board has been so appreciative of his unflagging efforts in sustaining the highest quality of services and diligently working to serve the citizens of Mississippi. He has been remarkable in his ability to secure funding in difficult economic times and then masterfully managing financial and personnel resources. He can answer any question about services, funding or policy in a succinct yet informative way that communicates a genuine caring of those receiving or providing services."



In addition to his extensive experience at DMH, LeGrand has continued to be active in numerous professional organizations, including the Mississippi Certified Public Managers Society, Mississippi Chapter of the American Association on Intellectual and Developmental Disabilities, and Mississippi Chapter of the Association of Mental Health Administrators. LeGrand was elected by his colleagues in state government three times as the State Agency Representative on the Board of the Mississippi Public Employees' Retirement System.

LeGrand currently serves on the Mississippi Department of Rehabilitation Services Board. He is also a graduate of the Stennis Institute of Government. LeGrand holds several professional licenses and certifications including: Certified Public Manager, Licensed Nursing Home Administrator, Licensed Mental Health/Mental Retardation Administrator, Certified Mental Retardation Therapist, and Certified Mental Health Therapist.

Currently, LeGrand resides in Rankin County with his wife Shelly.

"Mr. LeGrand will be sorely missed, but his legacy of leadership, vision and passion for mental health in Mississippi will continue for years to come. We on the Board are happy for him to be able to step away to enjoy retirement which he richly deserves," said Dr. Herzog.

We Will Miss You!



"Mr. LeGrand has always put the well-being of the people we serve and DMH staff at the forefront," said Diana Mikula, DMH Deputy Director. "Under his leadership, DMH developed the succession planning and leadership development program, Focus. Focus allows our staff the opportunity to learn more about DMH and sharpen their skills. Mr. LeGrand has always been a strong supporter of educating staff and providing opportunities for growth and development to ensure our staff provide quality care to the people we serve."

"I have known Ed for 34 years," said Matt Armstrong, Bureau of Intellectual and Developmental Disabilities. "He has been a genuine friend of mine as well as a respected boss. Anytime I have come to him with a concern about a person needing supports, he has always done the right thing. I value his life-long determination to have individuals in the community with all the necessary supports to enable them to live a more independent and fulfilling life. Ed LeGrand you will be missed."



"Mr. LeGrand has been one of the most influential people in my career," said Steven Allen, Director of Boswell Regional Center. "His ability to call everyone he meets by their name every time he sees them is truly a gift. If given an opportunity to help someone in need, he never failed. I am proud to have known Mr. LeGrand for the past 25 years and truly appreciate his leadership, guidance, support, and friendship. Through the years two things have always remained the same, his love for his fellow man and the ability to always have a great day!"



Violence and Trauma and Healing Workshop set for May 31

DMH in partnership with Weems Community Mental Health Center, NFusion X, East Mississippi State Hospital and the Bradley Sanders Adolescent Complex Center present, *"Violence, Trauma and Healing: The Impact on Children and Families."* The workshop will be held on May 31, at Prince of Peace Christian Fellowship in Meridian from 9 a.m. – noon. Registration will begin at 8:30 a.m.

The prevalence of trauma and its impact on the lives of families and communities is well documented. The relationship between traumatic childhood experiences and physical health, emotional health and social outcomes in adult life is at the core of the landmark Adverse Childhood Experiences (ACE) Study.

This workshop will offer trauma informed approaches to promote healing from trauma at the individual, family, and community level. Upon completion of the workshop, participants will be able to: 1) Describe Trauma Informed Care and identify principles/behaviors of those with traumatic histories; 2) Discuss the impact of trauma on a community; 3) Discuss strategies to begin the healing process.

There is no fee for the workshop. Immediately following the workshop will be a presentation, *"Faith, Trauma and Healing."* This presentation is targeted for leaders in the faith-based community only.

For more information, contact Paige Johnson at pjohnson@weemsmh.com or call (601) 482-4467.

Alzheimer's 2014 Day at the Capitol



Mississippi's Alzheimer's Awareness Day at the Capitol was held on March 25. Organizers unveiled a preview of the 2015-2020 Mississippi State Strategic Plan for Alzheimer's Disease and Other Dementias. The Plan is a collaboration between the Mississippi Department of Mental Health Division of Alzheimer's Disease and Other Dementia, the Alzheimer's Association Mississippi Chapter, The MIND Center at the University of Mississippi Medical Center, the Department of Human Services Division of Aging and Adult Services, and a myriad of professionals and caregivers from across the state. Displays from collaborative partners were set-up in the Capitol Rotunda throughout the morning and featured both copies of the Plan Preview, as well as resources specific to each organization.

Miller Retires from MS Adolescent Center



After more than 25 years of service in the field of intellectual and developmental disabilities Shirley Miller, Director of Mississippi Adolescent Center, has announced her retirement. Miller, who has served as the program director since 2009, has been with the Mississippi Department of Mental Health (DMH) for 25 years, having spent several

years prior as a special education consultant and a training specialist for the Mississippi Parent Advocacy Center.

Through the years Miller has served in many different roles within DMH including Staff Development Instructor and Assistant Director of Early Intervention Programs at Hudspeth Regional Center, Director of Early Intervention Services at DMH Central Office, and Acting Director of the Bureau of Intellectual and Developmental Disabilities at DMH Central Office.

"I have enjoyed my time working for DMH," said Miller. "You don't stay on the job with the same employer for over 25 years and not enjoy the work, your colleagues and the people you serve. It has been an honor and a pleasure to be associated with an agency that the

people we serve and support come first."

A native Mississippian, Miller graduated from Mississippi State University and holds a Master's in Public Policy and Administration. She is a Licensed Mental Health/Mental Retardation Administration, Certified Intellectual/Developmental Disabilities Therapist, and Early Intervention Specialist. She is a graduate of the Mississippi Certified Public Manager Program, State Executive Development Institute, and the DMH Accelerated Leadership Development Program, Focus.

Miller is a member of the Board of Directors for the Arc of MS, vice-chairperson for the Mississippi Special Education Advisory Panel, chairperson for the State Interagency Coordinating Council for Early Intervention, member of the Board of Directors for the Very Special Arts of Mississippi, NACC delegate for the MS Council on Developmental Disabilities, chairperson of the American Association on Intellectual and Developmental Disabilities, and chairperson for the Hinds/Rankin Foster Grandparent Advisory Board.

Miller lives in Hinds County with her husband of 34 years, Wes. She has two sons, Micah and Aaron; daughter-in-law, Minerva; and two brothers, Carl A. Jones and Richie Jones.

MS Adolescent Center Celebrates 15 Years

The Mississippi Adolescent Center (MAC) in Brookhaven celebrated its' 15th anniversary on April 11.

MAC opened in 1999 as the Juvenile Rehabilitation Facility. Due to the changing trends in mental health and the needs of the population of Mississippi, the focus of the program and the name was changed to reflect the transformation of need.

MAC was licensed as an Intermediate Care Facility for Individuals with Intellectual and Developmental Disabilities in 2011. MAC is dedicated to providing comprehensive services to adolescents with intellectual and developmental disabilities that need a specialized setting in which their behavior, education

and socialization skills are fully developed. The outcome is to return the adolescents to their community with the skills necessary to lead a productive life.

"Our motto is Helping Shape the Future," said Shirley Miller, MAC Director. "We help shape the future with high quality standards, community involvement and a commitment to excellence. Our commitment to the future of our adolescents is seen in the by provision of quality services that include but are not limited to behavioral intervention, communication skill building, independent living skills, prevocational skills and transitional skills."

May is Mental Health Month

Blood pressure, glucose levels, cholesterol, and body mass index are all things we mention when we talk about being healthy. We often forget that mental health is an essential component of overall health and well-being. The fact is our overall well-being is tied to the balance that exists between our emotional, physical, spiritual, and mental health. Good health involves not only caring for our body, but also our minds.

While conditions like depression are common - roughly 1 in 4 Mississippians have a mental health condition - they are extremely treatable. During Mental Health Month in May, the Mississippi Department of Mental Health (DMH) is spreading the word about how good mental health and good physical health go hand in hand. Mind Your Health - this year's theme - calls attention to strategies and approaches that help all Mississippians achieve wellness and good mental and overall health.

What is mental health? If you were to ask your office mate, spouse or neighbor, they may respond that it is a "state of mind," "being content with life" or "feeling good about yourself." Simply put, mental health is the ability to cope with daily life and the challenges it brings. When a person has "good" mental health, they deal better with what comes their way. By contrast, "poor" mental health—such as feeling overwhelmed by stress—can make even day-to-day life difficult.

Poor mental health can also significantly harm a person's physical health. For instance, research shows that stress is closely linked to high blood pressure, heart disease and obesity. It also shows that people who feel depressed or chronically stressed may have a greater risk of physical illnesses.

The good news is there are many healthy choices and steps that individuals can adopt to promote and strengthen mental health—and overall health and well-being. A healthy lifestyle can help to prevent the onset or worsening of depression, anxiety and other mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions.

"Most people don't think twice about seeking treatment for diabetes, asthma, high blood pressure or

other health conditions," said Ed LeGrand, DMH Executive Director. "People should seek treatment for substance abuse and mental health with the same urgency as they would any other

health condition. It's important for us to break down barriers and understand that mental health is an essential part of overall health."

Staying healthy and focusing on overall wellness is essential to recovery. 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. DMH continues to focus on recovery through collaboration with the Think Recovery campaign and the Mississippi Peer Support Specialist Network. The Mississippi Peer Support Specialist Network members 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.

"Good mental health includes assisting individuals to obtain opportunities to engage in social activities, make friends, and contribute to society, and that is where Peer Support Specialists do their best work," said Melody Worsham, President of the Mississippi Peer Support Specialist Network. "Through advocacy and mentoring, we support so many who feel like they don't have a voice. As of today, the Mississippi Peer Support Specialist Network is not even one year old, and we have already seen the benefits of our presence throughout the state."

May is Mental Health Month was started 64 years ago by Mental Health America to raise awareness about mental health conditions and the importance of mental wellness for everyone.

For more information about Mental Health Month, visit www.dmh.ms.gov.



CMRC Cookin' for Mental Health

Central Mississippi Residential Center (CMRC) hosted its 2nd Annual Cookin' For Mental Health BBQ Event on March 22. This event included a Memphis Barbecue Network (MBN) sanctioned contest in which professional BBQ teams who place have the opportunity to compete in the nationally-recognized Memphis in May BBQ Competition in 2015.

"The purpose of this event is to bring attention to mental health in a non-threatening way," said Dr. Debbie Ferguson, CMRC Director.

Fourteen teams from across the nation competed during the event. A team of 50 MBN judges scored the teams. The coveted title of Grand Champion was awarded to Red Hot Smokers, a team from Olive Branch, Mississippi, while the local favorite Diamond D from Newton won first place in the ribs division. The trophies for this contest are made by individuals receiving services at CMRC.



Teams participate in MBN contests throughout the year to earn a shot at the Memphis in May contest. "This is literally the best BBQ in the world" stated Kyle Dixon, MBN contest representative. "There's a good chance one of these teams will win the World Championship (Memphis in May)."

Beside the barbeque the event included arts and crafts vendors, inflatable jumps/slides, raffle prizes, a drunk driving simulator and live entertainment from the East Central Community College Jazz Band and Singers. All proceeds from the event go to The Friends of CMRC which uses the money to support activities for the residents on campus.

Pictured above are the Grand Champions, the Red Hot Smokers from Olive Branch.



Mississippi Department of Mental Health's Mission
Supporting a better tomorrow by making a difference
in the lives of Mississippians with mental illness,
substance abuse problems and intellectual/developmental
disabilities one person at a time.

DMH Expands PACT Teams

In an effort to continue to expand community-based services, the Mississippi Department of Mental Health (DMH) will be adding at least four additional Program of Assertive Community Treatment (PACT) Teams throughout the state over the next year. Mississippi currently has two PACT Teams which are operated by Life Help Community Mental Health Center based out of Greenwood and Warren Yazoo Mental Health Center based out of Vicksburg.

“Individuals receiving PACT services have access to the level of care they need to maximize their quality of life and achieve their dreams,” said Rosie Washington, PACT Team Leader, Life Help.

PACT is an individual-centered, recovery-oriented, mental health service delivery model for facilitating community living, psychological rehabilitation and recovery for persons who have the most severe and persistent mental illnesses and have not benefited from traditional outpatient services. PACT Teams serve individuals who may have gone without appropriate services. PACT Teams are mobile and delivers services in the community to enable individuals to remain in the community and avoid placement in a more restrictive environment.

“We have a young woman who has made great progress with her treatment because of the PACT Team,” said Charles Stampley, PACT Team Leader, Warren-Yazoo Mental Health Services. “She came to us homeless, sleeping on the couches of various family and friend’s. She had little trust in other females, and would have her guard up each time we visited. Because she had no finances to support herself, she resorted to supporting herself by any means necessary. With several attempts, PACT was able to successfully assist her in obtaining Supplemental Security Income benefits. She currently has maintained her own apartment and has been receiving food stamps. She has developed a very close relationship with one of our female team members, as she could desperately benefit from a positive female role model. She has released her guard with people in general, and has even maintained enrollment in a GED class.”

Mental health is a serious public health problem in Mississippi. In 2013, more than 165,000 people

needed treatment for a mental health issue. Mississippians should seek treatment for substance abuse and mental health with the same urgency as they would any other health condition. Since stigma is one of the reasons many people do not seek help, Mississippi must continue to have conversation on mental health in order to increase understanding and stay focused on the concept of recovery.



PACT Teams center on a recovery-oriented system of care. 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 such as PACT Teams help people with mental illness in their recovery journeys. All PACT Team services are intended to support recovery and fully reintegrate the individual into the community by utilizing peer specialists and incorporating evidence-based and promising practices into individualized service planning.

“Recovery not only benefits the individual, it benefits the entire community,” said Ed LeGrand, DMH Executive Director. “Evidence-based programs such as PACT Teams are essential to keep individuals in the community and help them continue on their road to recovery. We must continue to expand Mississippi’s community-capacity for the individuals served by the public mental health system.”

NFusion Outcomes Show Success

For the past four years, NFusion has offered Mississippi's youth, who are managing their mental health, the services and supports they need to thrive at home, at school, and in the community. Research has shown that more than one in four youth experience a traumatic event by the age of 16. Traumatic events range from a one-time incident such as the death of a loved one to exposure to ongoing experiences such as bullying, child abuse, violence, or economic hardships within families. If you are in the Corinth, Louisville, Meridian or Newton areas, please stop by and see the exciting things happening at the NFusion sites to improve the lives of youth and families in those communities. For more information about NFusion, contact Jackie Chatmon at 601-359-6216.

