

Mississippi Profile

WINTER 2013

Information Publication from the Mississippi Department of Mental Health

MS School Set for April 9 - 12

In an effort to help educate Mississippi's addiction, treatment, and prevention professionals the 6th Annual Mississippi School for Addiction Professionals, hosted by the Mississippi Department of Mental Health's (DMH) Bureau of Alcohol and Drug Services, will be held April 9-12 at the Hattiesburg Convention Center.

"We provide a learning experience where professionals or nonprofessionals can come together to learn from innovative individuals who are leaders in the field of substance abuse treatment and prevention," said Jerri Avery, DMH Director of the Bureau of Alcohol and Drug Services. "The MS School is an excellent way to educate people on the best practices available to produce the best outcomes for those we serve."

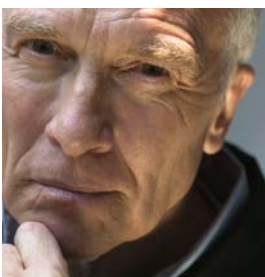
The MS School for Addiction Professionals will offer exciting plenary sessions, special events and a variety of courses in prevention, intervention and treatment, all of which are designed to enhance the skills and knowledge of each participant. The MS School offers many courses that address contemporary topics to help professionals remain abreast as to the latest trends in their areas. The MS School is open to treatment professionals, service providers, educators, parents, nurses, social workers, school counselors, law enforcement, faith based organizations, concerned citizens and others.

Keynote presenters include: Tonier "Neen" Cain, "Dealing with Trauma and the Road to Recovery;" Dr. Brian Sims, "Trauma Informed Care: The Road to Recovery," Jonathan Cloud, "The Neuro-Science of Aggression," Marshall Fisher, "Current Trends in Prescription Drug Abuse," Dr. David Mee-Lee, "Helping People Change: What You Can Do To Make or Break the Therapeutic Alliance," Becky Vaughn, "Healthcare Reform," and Penny Norton, "Prescription Drug Abuse: A National Public Health Crisis."

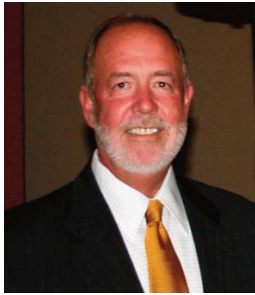
More than 23 million people, aged 12 or older, needed treatment for a substance use disorder in the United States in 2007, and in Mississippi alone, 183,000 people and their families are affected by this disease. Each year, the alcohol and drug residential treatment centers in Mississippi certified by DMH's Bureau of Alcohol and Drug Services, provide residential treatment to more than 6,000 Mississippians suffering from substance abuse and dependence problems.

For more information about The Mississippi School for Addiction Professionals, contact 601-359-1288 or visit <http://www.themsschool.ms/>. If you or someone you know is in need of treatment, call the DMH's Helpline at 1-877-210-8513.

Supporting a Better Tomorrow... Today



Executive Director's Message



With the start of a new year, comes the start of a new Legislative Session. This year is extremely important for the public mental health system as we continue our move to a community-based system of care. In FY14, DMH is requesting a total general funds increase of \$8,148,012 to be used for the following:

In an effort to move Mississippi's Public Mental Health System forward and provide care options for individuals with developmental disabilities and mental illness in their communities, DMH is requesting additional funding (\$1,675,000) for Fiscal Year 2014 to support activities in the agency's Strategic Plan. If appropriated, these funds will be used to begin implementation of a five-year plan to continue expanding community-based services and supports. This includes: 1) Adding 100 Home and Community Based Waiver IDD slots beginning in FY14 and continuing for the next four years. For FY14, the cost is \$975,000. 2) Establishing a quality management council (detailed description on page 6) to assist DMH with identification of trends and patterns among all DMH certified providers. For FY14, the cost is \$200,000. 3) Developing a program of education and information for individuals and family members of the target populations regarding community integration and available services. This includes education on Person-Centered Planning, integrated services, recovery, etc. for providers, community partners, DMH staff, families, caregivers, and individuals served. For FY14, the cost is \$500,000.

DMH is requesting \$2,973,012 for Medicaid match. DMH is also requesting \$3.5 million for East Mississippi State Hospital in Meridian to continue providing services at the currently level and avoid cuts to the following services: closure of one 20-bed unit for chronic, treatment resistant females; closure of one 20-bed unit for chronic, treatment resistant males; reduction in force of approximately 90 positions. These units represent the most difficult patients to place in the community.

Additional funds will be requested in future fiscal years to continue the efforts to expand the capacity for community-based services. These additional funds will help the State move forward with more community placement of individuals through expanding services provided by community service providers.

We appreciate your continued support in these efforts. I hope you have a blessed New Year!

Sincerely yours,

Edwin C. LeGrand III
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.

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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MSH and HRC Hosts Legislative Luncheon

More than 150 volunteers, supporters, and employees of the state's public mental health system gathered at Galloway United Methodist Church on January 29 for an annual show of appreciation to Mississippi's legislators.

Hosted by two volunteer organizations, Friends of Mississippi State Hospital and Friends of Hudspeth Center, the appreciation luncheon honored and thanked the state's legislators for their support of the Department of Mental Health each legislative session. The volunteer groups are both active throughout the year promoting understanding of mental health and intellectual and developmental disabilities, but they take time early each year to thank Mississippi's legislators, whose support helps the Department of Mental Health provide services to residents across the state.

The legislators in attendance had the opportunity to hear firsthand from several Mississippians who have been positively impacted by the services available through DMH. Shane Garrard, Director of Treatment at Fairland Treatment Center in Clarksdale, spoke about his struggles with chemical dependency and how he once received treatment at the center where he now works.

"I didn't start using substances because of anything my mom or dad did. I had the most loving, caring, extended family. There was no reason for me to be an addict," Garrard said. "It didn't seem like a big deal. I'd have fun, hang out with friends, and smoke some marijuana. The only problem was I just couldn't stop. My friends stopped and became productive members of society. I didn't."

When he finally realized he had to get clean, Garrard said he didn't want to leave the treatment center because he only knew people who abused substances. So he took a job at the treatment center, eventually becoming a counselor and then moving on to finish his bachelor's degree and obtain his master's degree.

"I love working in the mental health system," he said. "It gives me my fire and it gives me my hope. I know when I'm working with those hard-to-work-with people that I'm working with myself. I was that person, but there is hope behind that."

Legislators also heard from Jane Smith, a teacher with the Rankin County School District, and Patrick Graves, a client served through Hudspeth Regional Center. Smith has worked with Graves in a transitional program called Phase II that helps individuals with intellectual and developmental disabilities develop social, recreational and job-related skills that aid in the successful transition to the working world.

"One of my students I had the great privilege of teaching is Patrick Graves," Smith said. "He's a great worker, has developed great work skills and self-esteem. Most importantly, Patrick is happy, he has friends, and he's a productive member of society."

Graves shared his story, making sure to note the accomplishments he has been able to achieve through the help of programs like Phase 2 and Hudspeth Center. He noted that he has his own job, his own apartment, his own bank account, and more.

"With the help of Phase 2, I got my own job, which helped me gain more skills, and now I can do anything I want to do in life," he said.



Pictured (l to r) Jane Smith, Rankin County School District; Patrick Graves, speaker; Shane Garrard, speaker; James Chastain, Director of Mississippi State Hospital; and Mike Harris, Director of Hudspeth Regional Center.

DMH Offers Mental Health First Aid

In response to recent shooting tragedies in the United States, Mental Health First Aid (MHFA) has become a hot topic in Washington and Mississippi. DMH will use some of the final British Petroleum grant monies to certify a cadre of trainers in MHFA.

These certified trainers will be available to provide education through workshops to community leaders such as pastors, teachers, and civic groups, along with families and friends interested in learning more about mental health issues. Funds from the DMH Behavioral Health BP Grant Program have already provided valuable services, programs, and informational materials in many of the communities in Mississippi affected by the BP oil spill. MHFA training will enhance the progress that has already been made.

With knowledge, comes understanding. Communities that have a better understanding of mental health issues are shown to have less stigma around mental illness. Hopefully with more community understanding, those who suffer from mental illness will be receive assistance and support they need rather than eschewed by our schools, churches and the general public.

DMH will have certified trainers of MHFA in both the core and the youth versions. Certification training is tentatively set for May 2013.

What is Mental Health First Aid?

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illness, substance use disorders and behavioral disorders.

Mental Health First Aid is offered in the form of an interactive 12-hour course that presents an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Those who take the 12-hour course as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

Both versions of MHFA includes content on mental health problems such as depression, anxiety disorders, schizophrenia, bipolar disorder, eating disorders, self-injury, and substance use disorders. In addition, crisis situations covered include suicidal behaviors, acute stress reaction following trauma, panic attack, acute psychotic behavior and drug overdose.

Is It Effective?

Four major studies of the effectiveness of the MHFA program have been completed, and numerous articles have been published from these studies. Findings indicate that there is a marked increase in the mental health literacy of participants, and the overall effectiveness of the program has been consistently validated by the rigorous evaluation. MHFA has been mentioned by the President and Congressional leaders in the wake of several national tragedies that were apparently perpetrated by individuals who suffer from mental health problems. Although no amount of training can guarantee that horrible acts won't happen; research suggests that the more knowledge our communities have about early identification and intervention the more hope we can have for possible prevention.

Mental Health First Aid was created by Professor Anthony Jorm, a respected mental health literacy professor, and Betty Kitchener, a nurse specializing in health education. The Mental Health First Aid Program is conducted in Australia by Mental Health First Aid TM (MHFA) Australia, a national non-profit health promotion charity focused on training and research.

The National Council for Community Behavioral Healthcare, the Maryland State Department of Health and Mental Hygiene, and the Missouri Department of Mental Health worked with the program's founders to bring Mental Health First Aid to the U.S.

IDD Waiver Public Listening Sessions

Mississippians had several opportunities to provide input about the renewal of the Intellectual Disabilities/Developmental Disabilities Waiver (ID/DD Waiver) during five public listening sessions held across the state in December and January.

The sessions took place in Jackson, Gulfport, Oxford, Hattiesburg, and Greenville. The purpose of the sessions was to obtain feedback from people who receive services, their family members, ID/DD Waiver providers, advocates and other interested parties. Approximately 95 people attended the sessions.

The ID/DD Waiver provides individuals with the supports necessary to live successfully at home and in the community. Information gathered during the five listening sessions is being used by state staff to refine and expand ID/DD Waiver services to be more

responsive and more flexible in meeting the needs of eligible individuals.

Some of the questions and comments included issues surrounding the recruitment of additional ID/DD Waiver service providers, increases in rates for service providers, supports that will be available for people leaving the Regional Programs, and individual questions about how changes to the services might impact a specific individual's situation.

The request for the ID/DD Waiver renewal must be submitted to the Centers for Medicare and Medicaid services by April 1, 2013.

IDD Day at the Capitol Set for March 27

Join the Mississippi Department of Mental Health in celebrating March as Intellectual and Developmental Disabilities (IDD) Awareness Month at the annual IDD "Day at the Capitol" on March 27 at 1:30 – 3:30 p.m. at the State Capitol. The goal of the event is to increase the public's knowledge and awareness of individuals with Intellectual and Developmental Disabilities and how they participate and contribute to their communities. Service providers will be available at the event to provide additional information.

"I encourage all Mississippians to learn more about intellectual and developmental disabilities," said Ed LeGrand, DMH Executive Director. "With our partners, we want to support a better tomorrow for individuals with an intellectual or developmental disability by enhancing the public's knowledge of individuals with IDD and how they are members of communities throughout our state."

Intellectual and developmental disabilities cover a broad range of often misunderstood characteristics. An intellectual disability is characterized by limitations in intellectual functioning and difficulties in a variety of

everyday social and practical skills. A developmental disability is attributed to a cognitive or physical impairment that results in limitations in areas such as self-care, language, and mobility.

More than 41,000 fellow Mississippians are affected by intellectual and developmental disabilities



MH/IDD Conference Award Recipients



The recipient of the 2012 Albert Randel Hendrix Leadership Award was Diana Mikula. Mikula is the Deputy Director for the MS Department of Mental Health. The Award is presented to a Mississippian who has demonstrated exemplary leadership in the field of services for persons with mental illness and/or intellectual and developmental disabilities.



The recipient of the 2012 Bradley A. Sanders Service Award was Dave Van. Van is the Executive Director of Region 8 Mental Health Services. The Bradley A. Sanders Service Award honors a person who has made outstanding contributions in the field of behavioral healthcare management in Mississippi.



The recipient of the 2012 Kinloch Gill Memorial Award was Nena Williams. Williams is the Clinical Director for Region 8 Mental Health Services. The Kinloch Gill Memorial Award is bestowed upon a person who exemplifies a commitment to excellence in the field of community mental health and intellectual and developmental disabilities.



The recipient of the 2012 James C. Stubbs Service Award was the MTV Youth Group from Mt. Vernon Church in Columbus, MS. The MTV Youth Group hosted a prom for teens and adults with special needs. The James C. Stubbs Volunteer Award honors a person who has demonstrated a continuing interest and effort in providing volunteer and advocacy services to citizens of Mississippi with mental health needs and/or intellectual and developmental disabilities.

Glynn Kegley Retires from DMH after 26 Years



After 26 years with the Mississippi Department of Mental Health, Glynn Kegley will be retiring in April. During his tenure, Glynn's knowledge and expertise has been instrumental in DMH's budget process.

Before coming to DMH, Glynn worked for two CPA firms and was named junior partner at one firm. In 1987, Glynn left the firm to become the Director of the Bureau of Administration at DMH, a position he has served in since.

"The Department of Mental Health is a great place to work," said Glynn. "Not that I have not appreciated all the other places I have worked, but when I was at those places, I always kept a resume updated and ready to mail out on a moment's notice. After about three years here, I quit doing that. I believe in the mission of the Department of Mental Health, too, and I believe that the overwhelming majority of the people with whom I have worked do, too. Plus, the chow at the board meetings was always great. I appreciate everyone's good wishes as I begin this next phase of my life."

One way to measure a person's success is by talking to their co-workers. Words of kindness and support for Glynn were overwhelming.

"In all the years I've known Glynn, he has been a champion for the people served by the public mental health system. I will greatly miss his ability to take complicated material and dissect it, explain it, and make it actionable," Ed LeGrand, DMH Executive Director.

"His sharp wit and keen insight into not only financial matters but life itself will be greatly missed," Debbie Ferguson, Director of Central Mississippi Residential Center.

"When I began my work as an administrator, I learned that Glynn had a way with words, both verbal and in writing. His e-mails often had me laughing out loud or searching to look up a word. His board presentations were a mix of humor, straight-talk and always delivered with such genuine sincerity. Glynn is one of the most likeable people I have had the opportunity to meet and the privilege to work with. Our agency has been blessed to have a "numbers" guy like Glynn. He does his best to make sense of a complicated matter, and then has the patience of Job as he tries to explain it to others. I believe his personal character reflects a true and honorable public servant. Glynn, thank you for all you've done for the citizens of Mississippi. You may not have been their clinician or counselor, but the work you have done for DMH certainly has impacted thousands of Mississippians who sought our services. Enjoy your retirement and I hope when you look back on your work with DMH you'll have many happy, poignant and pleasant memories," Dorothy McEwen, Director of South Mississippi Regional Center.

"I wish I could come up with something clever enough and worthy enough (to say) for this great man. He has done so much for DMH, all with a calm and matter-of-fact manner. I believe that everyone will miss his honest and direct feedback," Stacy Miller, Director of Specialized Treatment Facility.

"I enjoy working with people who have a good sense of humor and that's the great thing about working with Glynn - he's the source of at least two really good belly laughs every day," James Chastain, Director of Mississippi State Hospital.

"Glynn will always do the right thing...after he has exhausted all other possibilities! In all seriousness, I've never worked with anyone with as much integrity and candor as Glynn Kegley," Gene Rowzee, DMH Senior Attorney.

"When personal service budget time comes around, I'll miss running to Glynn's office for his help. He is always willing to go above and beyond. But most importantly, I'll never forget his advice on how to peel a boiled egg," Ina Jordan, DMH Central Office Human Resources.

NMRC Visits the State Capitol

Residents at the North Mississippi Regional Center (NMRC) in Oxford had an opportunity to visit the Mississippi State Capitol in February thanks to an invitation from Representative Kevin Buck.

Early last fall, Rep. Buck and Senator Stone took time out of their busy schedules to tour the NMRC campus. Rep. Buck was very impressed with NMRC and the services provided and immediately committed himself to making sure that his fellow legislators learn more about NMRC and similar programs operated by DMH. During their visit, the individuals who participate in the Hopkins Workshop Program presented them with a gift of a hand-made basket. Rep. Buck also visited the NMRC campus for the Friends of NMRC work day in October 2012.

True to his word, Rep. Buck organized a visit to the State Capitol for several of the individuals who participate in the Hopkins workshop. He requested that the individuals bring along some of the hand-made baskets to display, along with other items made by the Hopkins group, to display in the lobby of the Capitol on the day of the visit. After getting set up in the lobby, the group was introduced during the Senate Chamber and then took a tour of the Capitol. Mr. Gerald Cook was introduced during the House Chamber and led the devotion.



“It was a very touching moment and we thank Representative Buck for giving us the opportunity to visit and attend the meetings,” said Edith Hayles, Director of NMRC.

Attending were Buddy Ferrell; Gerald Cook; Rodney Hurt, Director of the Hopkins Adult Workshop; Teresa Washington, Teacher Assistant; Leslie White, Teacher; and B.J. Davis, Director of Public Information.