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MISSISSIPPI STATE HOSPITAL RECOGNIZES NATIONAL MENTAL HEALTH MONTH WITH MSH DAY

BY ADAM MOORE



Mississippi State Hospital held its annual community celebration on Friday, May 2, kicking off the beginning of National Mental Health Month with a beautiful spring day that was enjoyed by hospital patients, employees and visitors alike.

Known as MSH Day, the annual event is held the first Friday of May every year on the hospital's campus. It is a community festival with food, games, live entertainment, and arts and crafts of all types. Visitors enjoyed games like a hole-in-one contest shot over a pond, putt-putt golf, a

football toss and a life-sized, "Angry Birds" style contest.

They also had plenty of chances to purchase handmade arts and crafts, ceramics and jewelry, and more. While it was a fun day, it is also much more than a chance to enjoy a nice spring day. It serves as a recognition of National Mental Health Month, an observance held each May that began more than 60 years ago to help raise awareness about the significance of mental health and the importance of mental wellness.

"Most people don't think twice about

seeking treatment for diabetes, asthma, high blood pressure or other health conditions," Department of Mental Health Executive Director Ed LeGrand said. "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."

Statistics have shown that one in four individuals experience a mental illness during their lifetime, and people can experience mental illnesses re-

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VISION

Mental wellness in every life, in every home,
and in every community.

MISSION

To help the individuals we serve achieve mental wellness by encouraging hope, promoting safety and supporting recovery while utilizing resources efficiently.

OUR GOALS

1. Accelerate the implementation of person-centered and recovery-oriented treatment and care.
2. Improve clinical, physical, and environmental safety and quality for patients and residents.
3. Minimize waste of resources and cost.

CORE VALUES

Respect – Relationships – Accountability –
Teamwork – Diversity

MEMBER OF

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American Hospital Association
Mississippi Hospital Association
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regardless of their age, race or education. Not everyone, however, realizes mental illnesses are treatable. The theme of this year's National Mental Health Month is "Mind Your Health," and calls attention to ways individuals can achieve mental wellness and good overall health.

A healthy lifestyle can help to prevent the onset or worsening of some common mental health conditions, such as depression and anxiety. It can also help people recover from these conditions.

For those individuals living with mental illnesses, recovery is a process of change through which they improve their health and wellness, live a self-directed life, and strive to reach their full potential. It is unique to everyone and can truly only be defined by the individuals themselves.

Though MSH Day is over for this

year, members of the public are still welcome to schedule an appointment to visit and tour the campus. For more information, contact the Mississippi State Hospital Public Relations Department at 601-351-8018.



ED LEGRAND TO RETIRE AFTER 40 YEARS OF SERVICE, DIANA MIKULA NAMED EXECUTIVE DIRECTOR OF DMH



After more than 40 years of public service, Mississippi Department of Mental Health Executive Director Edwin C. LeGrand, III will retire on June 30. His role will be filled by Diana Mikula, who is currently serving as Deputy Director of the department.

A long-term DMH employee, LeGrand began his career more than 40 years ago as a direct care worker at North Mississippi Regional Center (NMRC) in Oxford. He has served as Executive Director of DMH since 2007.

“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.

Prior to taking the lead role at the agency, LeGrand also served as Deputy Director of DMH. Prior to that, he served as Director of the Bureau of Mental Retardation and was the Director of the Hudspeth 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.

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. 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.

Like LeGrand, Mikula is a long-time DMH employee. Her career began here at Mississippi State Hospital in 1995, and she has served as Deputy Executive Director of the Department of Mental Health for the past three years.

“Over the years the Board has been impressed with Ms. Mikula’s extraordinary breadth and depth of experience while serving in the Department,” Herzog said.

“She exhibits an ideal grasp of the important issues facing the department regarding expanding community-based programs. Her experiences with motivating staff and interfacing with the legislature regarding funding and necessary legislation is very impressive.”



Mikula joined MSH in 1995 as a personnel officer in the Human Resource Division and was later named Director of that Division. In March of 2000, she was promoted to administrator of Whitfield Medical/Surgical Hospital, a position she held until her promotion to assistant director of MSH in 2004.

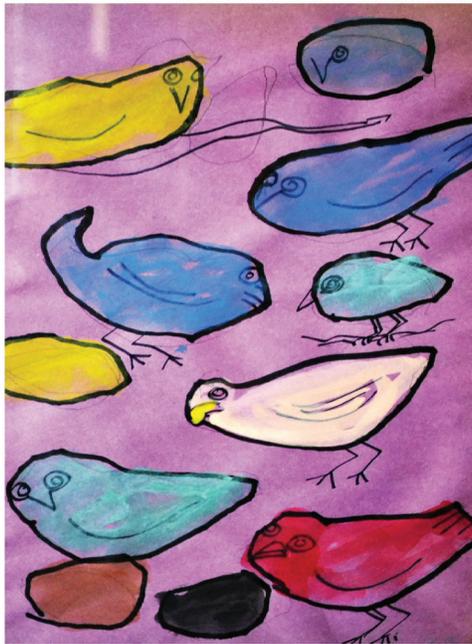
In September 2007, Mikula was promoted to Director of the Bureau of Mental Health at the DMH Central Office. In 2011, she was appointed as the DMH Deputy Executive Director.

Mikula received a bachelor’s degree from the University of Mississippi and a master’s degree in health care administration from Mississippi College. She is currently pursuing her doctorate at Grand Canyon University in Organizational Leadership.

“Ms. Mikula brings a vibrancy and enthusiasm that will serve the department, its staff and consumers exceptionally well in the years to come,” Dr. Herzog said. “She has a keen vision for the future of mental health in Mississippi and we cannot wait to work with her in this new role.”

'SERENDIPITY' PREVIEW ON DISPLAY AT CUPS OF BRANDON

BY ADAM MOORE



The art lining the walls at a local coffee shop are just a sneak preview of what will be coming to Mississippi State Hospital later this year.

A special preview of “Serendipity,” the hospital’s annual art show and silent auction, is currently on display at Cups of Brandon and will be up for the rest of the month. The full show will be on display at Mississippi State Hospital on Thursday, September 4, but the special preview of 21 pieces comes courtesy of Cups co-owners Lisa Thompson and Heather Miller, who host local artists’ work in the shop each month.

“That’s just part of the feel of cups. We’re local,” Thompson said. “We roast locally, we support local art and we host local musicians sometimes as well. We’re glad to host this preview and we wholeheartedly support the work they, and all of our local artists, are creating.”

Serendipity is an annual highlight

at Mississippi State Hospital, with hundreds of visitors typically visiting and bidding on the work each year. The show is unique in that all of the work on display is created by patients and residents at the hospital who take part in the Art Services program there. Work on display in the final show will likely include ceramics, pencil drawings, paintings in various styles and formats, and other mixed media.

This year’s show is particularly unique since it is the 25th anniversary of the show, which is held at the hospital each year on the first Thursday of September.

“Serendipity is always a great show-piece for the work created by the individuals we serve,” said Evelyn Bates, Director of Mississippi State Hospital’s Art Services. “Whether these artists have had any formal training before taking classes with us, the work they achieve is always touching, insightful, and a reminder

of the value inside each and every person.”

She said that the act of creating the art is itself therapeutic for patients in the Art Services Program, but its significance is made even more apparent when patients see the value others place on their work. Proceeds from the sale of each piece go back to the respective artist who created it.

Many visitors return to the hospital for the show year after year. Anyone is welcome to visit the campus and view the show, and all of the pieces on display will be available for bidding through silent auction. Bidding will take place from 11:30 a.m. until 6 p.m. on September 4.

“We would like to invite anyone and everyone to join us in September, and in the meantime, stop by Cups to see just a sample of the excellent work we will be showing later this year,” Bates said.