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A PUBLICATION OF MISSISSIPPI STATE HOSPITAL

JULY 2014

VOLUME 1

ISSUE 6

MALE RECEIVING IMPLEMENTS INDIVIDUAL TREATMENT INITIATIVE

BY TIM DURR



Male Receiving staff who have participated in the Individual Supportive Counseling Initiative include: (l to r) Melissa Spencer, Behavioral Health Technician; Brandon Dearan, Psychology Resident; Jenny Graves, Behavioral Health Clinician; Edwin Stallworth, Active Treatment Technician; LaShonda Kidd, Behavioral Health Specialist; Michelle Guy, Behavioral Health Specialist; Mark Easley, Behavioral Health Clinician; Jenise Kohnke, Licensed Psychologist; Bruce Detotto, International Certified Alcohol and Drug Counselor; and Bruce Smith, Active Treatment Technician.

Patients on Mississippi State Hospital's (MSH) Male Receiving Unit are getting more one-on-one attention thanks to a new Individual Supportive Counseling (ISC) initiative developed by the unit's psychology staff under the leadership of Dr. Amy Baskin, and the MSH Psychology Department.

Male Receiving has traditionally provided group therapy with referrals for longer-term individual sessions. However, by implementing ISC into

treatment, the unit has been able to increase direct patient contact hours by anywhere from 33 to 40 percent per staff member.

"We have a robust group program, but individual therapy was by referral from ward Treatment Teams," said Dr. Jenise Kohnke, a licensed psychologist on Male Receiving. "Now, by incorporating ISC, we have an individual approach that is helping to determine the needs of individual patients."

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MISSISSIPPI STATE HOSPITAL

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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

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Mississippi Department of Mental Health
American Hospital Association
Mississippi Hospital Association
Southern States Psychiatric
Hospital Association

ACCREDITED BY
The Joint Commission

Aspire is published monthly by Mississippi State Hospital, PO Box 157-A, Whitfield, MS 39193, (601) 351-8000. ©2014.
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ONE OF THE KEYS TO THE ISC IS THE ONE-ON-ONE CONTACT, WHICH HELPS TO DETERMINE THE SPECIFIC PATIENT NEEDS/GOALS AND TO BUILD THE THERAPEUTIC ALLIANCE,

Kohnke said the new initiative is client centered and coincides with the hospital's mission of encouraging hope and supporting recovery.

“When looking at recovery and hope, and focusing on the key performance indicator of patient satisfaction, we decided that a more intense individual treatment initiative was most appropriate for Male Receiving,” she said. “ISC is used to promote things like psychological safety, to address current stressors, and to alleviate the stigmatization of mental illness. More intensive individual therapy is still available by referral.”

Kohnke said Male Receiving is an acute-care ward that has patients who, because of their illnesses, may respond more to the therapeutic alliance ISC promotes.

“One of the keys to the ISC is the one-on-one contact, which helps to determine the specific patient needs/goals and to build the therapeutic alliance,” she said. “Our staff, in their one-on-one sessions, may deal with such things as behavioral activation, where a person has an affective disorder and they are isolating and not participating in groups, or emotional regulation, where a person is having difficulty with their feelings or are experiencing a lot of anxiety or stress. ISC is flexible according to the patient's current requirements.

“This takes us back to psychology's roots because psychology has always been focused on the individual,” Kohnke continued. “The whole supportive counseling effort is taking us

back to our roots and supporting the hospital's goals.”

To help facilitate ISC, Male Receiving is also using motivational interviewing. Kohnke said research has shown that motivational interviewing has a synergistic treatment effect with other treatment strategies by enhancing treatment compliance.

“This is one aspect of our treatment where we obtain information from patients that help us to better understand what approach we need to take in treating that patient,” said Brandon Dearan, a psychology resident on Male Receiving.

Dearan, a student at the Chicago School of Professional Psychology in Los Angeles, said staff members use certain skills during motivational interviewing, such as open ended questions, positive affirmations, reflective listening, and summaries, to draw information from patients that can help overcome ambivalence to change and identify individualized concerns.

Jenny Graves, a Behavioral Health Clinician on Male Receiving, said her patients are responding well to ISC. She said she has taken patients on walks, which has encouraged them to engage in conversations that they ordinarily would not have.

“Many do not have privileges where they can go outside by themselves, so when I take them on individual walks they appreciate it and sometimes they begin to open up and talk,” Graves said. “Also, sometimes if we just sit down together, it seems

to take some of the pressure off of them and they relax and begin to engage. They talk about normal things or they talk about something that is stressful for them.”

Graves recalled one incident where she took a patient for a walk and he asked if he had to talk to her.

“I said ‘no, you don’t have to talk,’ she said. “But before we ended the walk, he was talking to me.”

LaShonda Kidd, a Behavioral Health Specialist on Male Receiving, works with some of the most chronically ill patients in terms of their behavior.

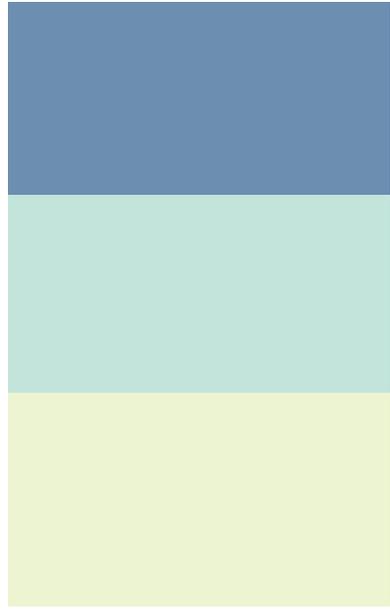
“Many of my patients have burned bridges in the community; they can’t go home, or they can’t return to certain group homes due to their history,” she said. “But I have found that supportive counseling helps them as well. It allows them to vent more and share things they’ve done in their past.”

Kidd said one patient is embarrassed about the behavior he has exhibited toward his mother.

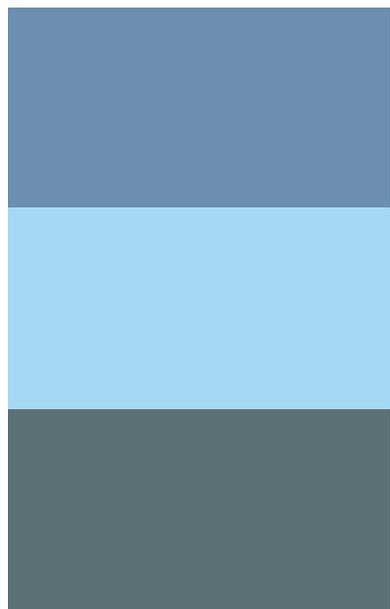
“It would be hard for him to express something like that in a group setting,” she said. “ISC allows them to be able to share with me their past without being embarrassed in front of others.”

Kidd said positive reinforcement is also a plus in dealing with patients.

“I have a patient who loves to lift weights and go on walks, but his behavior prevents him from doing that in a group setting,” she said. “So two or three times per week we do some exercises, and we go for walks. In addition, if his behavior is appropriate over the weekend, he can have his favorite food on Mondays. That helps him to be able to relieve some of his stressors.”



I HAVE EVERY CONFIDENCE THAT UPCOMING OUTCOME MEASUREMENT PROTOCOLS WILL DEMONSTRATE THE EFFECTIVENESS AND SUCCESS OF OUR ISC INITIATIVE.



Kidd said such positive reinforcement for positive behavior gives the patients a sense of control.

“They have to work hard to meet these goals and objectives in order to receive the reward for it,” she said. “So that’s really helpful for individuals who are experiencing behavioral issues.”

Kohnke said she is proud of the Male Receiving psychology staff for their effort to promote ISC.

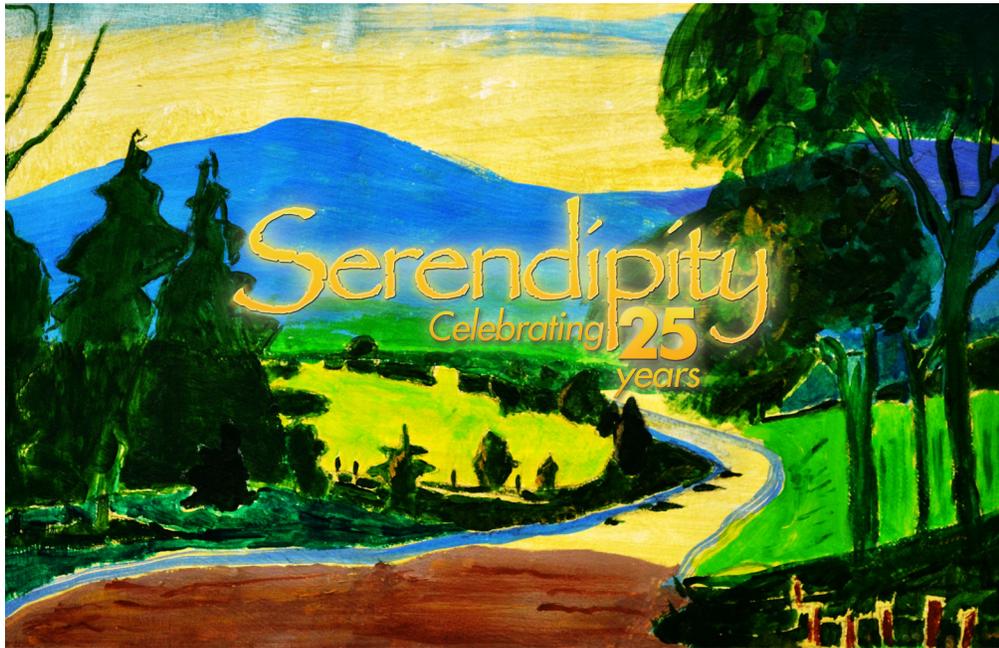
“It has been instrumental in drawing out from the patients their wants and their goals,” she said. “I have every confidence that upcoming outcome measurement protocols will demonstrate the effectiveness and success of our ISC initiative.”

Kohnke said ISC is not taking away from group programming.

“We have to be flexible to meet the needs of the patients,” she said. “One size doesn’t fit all. Many times our groups are focused on a specific thing, such as anger management, cognitive therapy, or recovery from substance abuse. But with ISC, patients are being allowed to voice their specific concerns, which further enhances therapeutic rapport and overall treatment responsiveness.”

FLOWOOD LIBRARY HOSTS 'SERENDIPITY' SNEAK PREVIEW

BY ADAM MOORE



The G. Chastaine Flynt Memorial Library in Flowood is hosting a special preview of this year's "Serendipity," Mississippi State Hospital's annual art show and silent auction.

The preview will be on display throughout the month of July, and the full show will be on display at Mississippi State Hospital on Thursday, September 4, 11:30 a.m. until 6 p.m. An annual event, this year represents a milestone for the show – the 25th anniversary.

"It's hard to believe it's been 25 years since we began doing this," said Evelyn Bates, Director of the Art Services Program at the hospital. "We've been fortunate enough to be able to continue doing it, and that's thanks to the remarkable support we've received from our local communities as well as the art community.

"We would like to invite everyone to come and join us on the first Thursday in September as we celebrate this milestone."

Serendipity is an annual highlight at Mississippi State Hospital, with hundreds of visitors typically visiting and bidding on the work each year. All of the work on display is created by patients and residents at the hospital who take part in the Art Services program there. The show typically contains ceramics, pencil drawings, paintings in various styles and formats, and other mixed media.

The show is held each year on the first Thursday in September, with bidding taking place via silent auction. Bidders don't have to be present to win, but if individuals see any pieces they are particularly interested in, they would be encouraged to stay until the close of bidding. The lights in the display room will flicker, announcing only one minute left to place bids and usually setting off a scramble as those in attendance try to guarantee the pieces they're hoping to win.

"The enthusiasm that's evident in the bidding is a testament to the creativity and ingenuity from our patients and residents whose work is up for our visitors to see," Bates said. "It is very therapeutic for them to work on these pieces, but what they create is consistently surprising and expressive, whether they have had any previous formal art instruction or not."

The actual auction and show itself is additionally beneficial and a further boost to participants' self-esteem, as they get a chance to see their work framed and presented, with people bidding against each other for the right to take it home.

"It helps them see the value in themselves as well as the value other people place on their work," Bates said.

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.

"Anyone and everyone is welcome to join us in September, and please visit the Flowood library for just a taste of what's to come," Bates said.

DR. MARC LEWIS NAMED AS MENTAL HEALTH BUREAU DIRECTOR

BY ADAM MOORE

The Mississippi Department of Mental Health has named Jaquith Nursing Home Director Dr. Marc Lewis as its Director of the Bureau of Mental Health.

Dr. Lewis will be assuming full time responsibility for that position in mid to late August. As Director of the Bureau of Mental Health, Dr. Lewis will oversee the six state behavioral health programs, which include public inpatient services for individuals with mental illness and/or alcohol/drug abuse services, as well as the Central Mississippi Residential Center.

Dr. Lewis has been employed with the Department of Mental Health since 1996, and has often served in key roles where new services and programs have been in development. Between 1996 and 2000, he served as part of the leadership team responsible for opening North Mississippi State Hospital in Tupelo and South Mississippi State Hospital in Purvis.

In 2000, Dr. Lewis accepted the position of human resources director at Mississippi State Hospital, where he served until he was appointed as director of Jaquith Nursing Home in 2005. During his time here, he has improved Jaquith Nursing Home programs and services, and he has developed a program to include and encourage family participation at Jaquith Nursing Home. In 2009, he also served as interim director for the Mississippi Adolescent Center in Brookhaven.

Over the past several years, he has led Jaquith Nursing Home in providing person-centered care, an initiative in the behavioral health and long-term care provider communi-

ties to provide patients and residents with as much input and choice as possible. Person-centered care welcomes personalization in living spaces as well as treatment options, creating a truer home-like environment than that typically found in medical programs.

Dr. Lewis has a bachelor's degree in business administration, a master's degree in health care administration, and he earned his Ph. D. from the University of Southern Mississippi. He is a graduate of the State Executive Development Institute of Mississippi through the John C. Stennis Institute of State Government. He has also achieved certification as a Licensed Nursing Home Administrator, Certified Public Manager, Licensed Mental Health Therapist, and Professional in Human Resources.

In 2009, Dr. Lewis was recognized by the Department of Mental Health with the Bradley A. Sanders Service Award. Named in honor of Bradley Sanders, who spent much of his 30-year career in the field of mental health services, the award honors a person who has made outstanding contributions in the field of behavioral healthcare management in Mississippi.

Dr. Lewis has continuously pursued opportunities to further his education and understanding of mental health and administration. He has frequently been called upon to take on difficult tasks and always accept-



ed the challenge, and more importantly, accomplished the objective.

“It has been my pleasure to serve in several roles at Mississippi State Hospital and Jaquith Nursing Home, where I have spent most of the past decade as director,” Dr. Lewis said. “I am proud to have been part of a group of dedicated employees that works as hard as it can to provide a home for our residents. I look forward to the challenges that await me in my new role at the Department of Mental Health, and I know our Jaquith Nursing Home residents are in excellent hands.

“I will truly miss the staff, patients, and residents of Mississippi State Hospital and Jaquith Nursing Home.”

FRIENDS OF MISSISSIPPI STATE HOSPITAL ANNUAL MEETING IS AUGUST 27

BY ADAM MOORE

Friends Annual Meeting

Wednesday, August 27
at 2:00 p.m.

Conference Center Building 71
Mississippi State Hospital



Friends of Mississippi State Hospital is hosting its annual meeting on Wednesday, August 27 in the hospital's Building 71 Conference Center. All members of Friends are invited to attend the meeting, and anyone is welcome to join the Friends group, which is celebrating its 27th anniversary this year.

The annual meeting serves to select the group's service projects for the coming year, as well as to recognize and honor those individuals whose spirit of volunteerism has made an enormous impact on the individuals served at the hospital. Each year, two different individuals and/or groups are recognized with the Nancy B. Foreman Award and the Vivian Shivers Award, both of which are named after early members of the Friends group who were known for their steadfast devotion to the organization. Last year, artist Wyatt Waters and the service group Quota Club International of Jackson were recognized for their dedication to the hospital.

The Nancy B. Foreman Award is given each year to an individual or group whose service has shown a commitment to improving the lives of those served at the hospital. Mrs.

Foreman was one of seven individuals to sign the charter that established the Friends organization, and she traveled throughout the state at her own expense to speak to other clubs and groups, educating them about mental illness and advocating for the hospital. Her grassroots efforts also helped make legislators aware of the hospital's needs and services it provides.

The Vivian Shivers Award is given each year to a person or group who represents an outstanding volunteer spirit and sets the standard for future generations. Mrs. Shivers began her career as a nurse at MSH and served in numerous committees and roles in Friends, even after her retirement in 1987. She remained an active volunteer and advocate until her death in 2009.

Friends of Mississippi State Hospital is open to anyone and everyone who would like to join. The Friends group sponsors the monthly employee recognition programs, retirement awards, and employee of the year programs at the hospital, but the focus of its efforts support public awareness of mental health and the needs of those living with mental illnesses.

Its fundraising projects also help improve the quality of life for patients and residents at the hospital and Jaquith Nursing Home. It funds the largest events on the MSH campus, such as the annual fireworks show, MSH Day and Santa Day, but it also routinely provides funding for smaller events, such as performances of the Ballet Magnificat.

Anyone and everyone is welcome to join Friends of Mississippi State Hospital. One year dues are \$20, or a lifetime membership is \$100. A husband and wife can also purchase a couple's lifetime membership for \$150. Friends also accepts donations throughout the year, and all contributions are tax-deductible. See the included membership/donation form if you are interested in joining the group.

"Our Friends group makes a difference at this hospital with each and every day and with each person they reach every time they visit the hospital," Volunteer Services Director Sheila Shows said. "We're thankful to be blessed with so many people who embody the volunteer spirit, and I'm looking forward to another year with this group."

FIREWORKS LIGHT UP THE SKY AT MISSISSIPPI STATE HOSPITAL

BY ADAM MOORE



An estimated one thousand people came together to enjoy a night of food, fun and fireworks at Mississippi State Hospital on Monday, June 30 in recognition of Independence Day.

Friends of Mississippi State Hospital hosted the annual fireworks show as a free event for patients and residents at the hospital, but it was also open to anyone and everyone who would like to join in the fun. The Friends of MSH group is a non-profit organization dedicated to improving the quality of life for patients at the hospital, as well as educating the public about mental health and the needs of those living with mental illnesses.

“My family and I enjoyed the night’s festivities,” said Bridget Lowery, Vice President of the Friends organization. “It was a great night of music and fun. This was actually the first year I have been able to attend the 4th of July event, but I’m so glad that I went. I invited some friends and we had a great time. We’ve already decided that it will be an annual affair for us.”

Several activities were available for children and families to enjoy, including a space jump, face painting, and a trackless train that took visitors for a ride around the park on the hospital campus. Entertainment was provided by MSH employee Phillip Cothern, who is also known

for his own business as DJ 51-50. Cothern entertained the crowd before the lights were dimmed and the fireworks display began.

The celebration was made possible through community sponsorships by BankPlus, Valley Services, Ergon, and Mississippi Hospital Association.

For more information about Friends of Mississippi State Hospital or volunteer opportunities that are available, please call 601-351-8377.

SUMMER IS HEATING UP..



...BUT WE'RE KEEPING IT COOL.