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GETTING A READ ON THE MSH LIBRARY

BY MIKE CHRISTENSEN



Zann Nutt has been the MSH librarian since November of 2014

It got its start with a donation from one of the iconic figures in mental health care, and more than 150 years later, it is still relevant and still evolving.

Tucked inside a wing of Building 38, which also houses the Pastoral Care department, the chapel, Music Services, the auditorium, the gym and the multi-purpose “balloon room,” you’ll find Mississippi State Hospital’s library.

B-38 is one of the oldest buildings on the Whitfield campus, which opened in 1935, and the library has been located there at least since the mid-’60s, according to Lilly Blackwell, who, until her recent retirement, had worked at MSH since 1964.

It’s a modest little library, but it has a rich history and has always played an important role in campus life. For a time in the late ’70s and early ’80s, it doubled as a recreation hall.

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MISSISSIPPI STATE HOSPITAL

James G. Chastain, FACHE,
Director

Kathy Denton
Director, Public Relations Department

PRODUCTION

Editorial
Mike Christensen, Editor

Design
Ken Patterson, Graphic Artist

Photography
Vernice Evans

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. To provide a comprehensive, person-centered and recovery-oriented system of care for individuals served at Mississippi State Hospital.
 2. To ensure patients and residents receive quality services in safe settings and utilize information/data management to enhance decision making and service delivery.
 3. To provide administrative oversight and management to effectively and efficiently administer services.

CORE VALUES
Respect – Relationships - Accountability -
Teamwork - Diversity

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(601) 351-8018, Fax (601) 351-8364
info@msh.state.ms.us

Dorothea Dix, the “angel of mercy” who championed the cause of the mentally ill in the 19th century, is reported to have started the hospital’s library with a donation of 80 books, possibly delivered in 1858 when she made her second visit to Mississippi, her first since the original hospital – the Mississippi State Lunatic Asylum -- was built in the Fondren area of Jackson.

Dix, from Massachusetts, campaigned to establish humane asylums for the mentally ill and founded or prompted additions to hospitals in Rhode Island, New York, New Jersey, Pennsylvania, Indiana, Illinois, Kentucky, Tennessee, Missouri, Maryland, Louisiana, Alabama, South Carolina, North Carolina and, in 1855, Mississippi.

The hospital’s Centennial Program of 1955 made reference to Dix’s book donation. The Hinds County Association for Mental Health donated another 80 books in 1955 as a memorial to Dix.

In the hospital’s Biennial Report of 1949, the library is referred to as “one of the most popular spots on the hospital grounds.” The report notes the “colorful furnishings” of the library and the availability of checkers, dominos and cards in addition to the books and magazines – all donations. An accompanying picture shows two patients playing checkers and many others sitting at tables and reading. The number of books is listed at 2,826 and magazines at more than 8,000. Wards visited the library on a regular schedule in those days.

Some of the patient buildings still schedule library visits, and MSH librarian Zann Nutt says a number of Jaquith Nursing Home residents are regulars who check out several books at a time.

The MSH library currently has between 10,000 and 12,000 volumes, Nutt said, as well as a selection of periodicals. There is also a professional library available to doctors and nurses.

In the main library, there are books for every age group, though Nutt is in the process of trying to build up the adolescent and children’s sections.

MSH’s Lakeside School is required by state law to have an accredited librarian, Nutt said.

“That’s my primary purpose here,” said Nutt, a retired educator from Scott County who worked as a librarian for 18 years and taught school for 20 years prior to that. “The kids have to be adequately served.”

Nutt was hired as MSH librarian in November of 2014; the library had been closed for a short period following Jane Hull’s retirement. Hull was appointed MSH librarian by the Mississippi State Library Commission in June of 1984 and held the position for 30 years.

Though there are no books remaining from the original Dorothea Dix donation, there are some old ones on the shelves. Some of them are too old, as in outdated, and have to be pulled and placed in a discard section.

“As a librarian, it brings tears to your eyes to discard a book,” Nutt said, “but it has to be done. Some get outdated quickly, computer books for example. A history book about the War of 1812, that’s not going to change. It can stay as long as it’s in good condition.

“But science books need to be turned over. We have books that say



we have nine planets. That's not true anymore. Those books need to be taken out."

Nutt said the library also needs some form of card catalogue, which it has not had since the mid-'80s.

"It would certainly help us better evaluate what we've got here and what we need to get," she said.

Books are a passion for Nutt, who, as the daughter of a librarian, grew up an avid reader in Arkansas. As a young girl, she eagerly awaited the arrival of the Book Mobile in her community each month. She said she'd plow through her stack in short order, then "check out" the books to her siblings as she waited for the Book Mobile's next visit.

So much reading today is done on computers and mobile devices, but at places where access to electronics may be limited, such as a specialty care hospital/nursing home, books still have a nook. More than just a leisure activity, reading a book can be therapeutic.

In April 1961, Eudora Welty wrote an eloquent piece for The Clarion-Ledger newspaper during National Library Week decrying the absence of books in the hospitals at Whitfield and Ellisville and in the prison at Parchman.

"To our friends who are ill or unfortunate in one way or another we don't, because we are so well or lucky, stop speaking. Indeed, our

natural wish is to push to communicate. And neither do books stop speaking to the unfortunate. ...

"To the perpetual child and the limited in mind, to the sick and infirm, and to the morally wavering, reading permits pleasure still, and this may be a pleasure greater than they've so far known: hope. ..."

"To deprive the already deprived—of treasure!—by not giving them books seems a needless and callous waste of a chance—the best we've got perhaps—to give what is, after all, not exactly ours to give but what lies, (by) its nature and intent, already in the public domain. Don't let us punish anyone, anywhere, ever, by keeping any book at all away from him."

Friends of MSH, Inc. would like to say

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PAINT IT PINK

BY TIM DURR



In recognition of Breast Cancer Awareness Month (October), the Therapeutic Recreation Department held a series of events Oct. 5-9.

On Monday, Oct. 5 a Paint It Pink decorating competition was held among the buildings on campus. The winners were: Best Overall, B-87, Best In Show, B-60, Best Supportive Theme, B-23, Most Creative, B-63 & B-69, and Originality, B-36.

On Tuesday, Oct. 6, a Spirit Day Pep Rally was held in the B-38 auditorium. Patients and residents performed cheers related to fighting breast cancer and held up signs that they had created. They later went outside and released pink balloons in honor of breast cancer awareness.

On Wednesday, Oct. 7, a kickball game was held at the Campground, and on Thursday, Oct. 8, a co-ed

basketball game was held in the B-202 Gym.

A walk scheduled for Friday, Oct. 9 was canceled due to weather, however, patients and residents gathered in the B-38 gym for a Breast Cancer Awareness wrap up ceremony. They danced, ate pink cake and punch, received door prizes, and watched as the winners of the Paint It Pink Decorating contest received their awards.





PAINT IT PINK WINNERS



B-23

B-63



B-36

B-69



B-60

B-87

MEMBERS OF SPRING LAKE GARDEN CLUB SPRUCE UP LANDSCAPING AT JAQUITH NURSING HOME BUILDINGS

BY TIM DURR

The landscaping around some Jaquith Nursing Home (JNH) buildings was greatly improved this year thanks to the efforts of the Spring Lake Garden Club of Pearl. After planting flowers and rejuvenating old flower beds and pots this spring, some members of the club returned recently to prune roses, pull weeds and place pine straw in beds.

“We’re getting the beds ready for the Fall,” said club member Linda Brown.

Brown said this is one of several projects the club does throughout the year.

RIGHT: Spring Lake Garden Club members include: (l-r) Angelia Wade, Linda Brown and Annette Pridgen.



COTTON RECEIVES OFFICER OF QUARTER AWARD

BY MIKE CHRISTENSEN

Billy Cotton, a 12-year veteran of Mississippi State Hospital's Police Department, received the Officer of the Quarter award in September.

"Billy has been a very conscientious worker," MSH Police Chief James Blackwell said. "He does a great job monitoring the grounds at night. He takes his work seriously. Anything he sees out of the ordinary, he reports it. We depend on him a good bit to let us know about those kinds of things. He's good at noticing things."

"He is retiring in December, and I told him he is well-deserving of this recognition for what he has done at Mississippi State Hospital."

Cotton, who turns 65 in November, said he has enjoyed his time at MSH and especially has liked working the C shift the past six years.

"Once I got used to it," he said of the 10 p.m. to 7 a.m. shift. "You're sleeping in the daytime."

"Billy is good with people, and he has built a great relationship with the staff on C shift," Blackwell said.

Cotton was born in Macon and attended Noxubee County High School. He worked for 31 years in the shipyards on the Gulf Coast, including Ingalls, which builds ships for the U.S. Navy.

"That's one thing I really am proud of," Cotton said. "When I see a Navy ship, I know I had a part in building them."

Cotton left the Coast in 2003 after some medical problems and moved in with family in Brandon. He worked for a security company for a short time before applying for a Police Department opening at MSH.

He already has a post-retirement plan: "I've got a great-grandson – he's 1 – and I'm planning on spending time with him and helping bring him up."



Billy Cotton is a 12-year veteran of the MSH Police Department.

POLICE OFFICERS PROMOTED

BY TIM DURR

Congratulations to MSH Police Officers Darryle Burton (left) and Marcell Burns (right) for recently being promoted to the rank of lieutenant. Burton is a resident of Mendenhall and has worked at MSH for six years. Burns, is a resident of Richland, and has worked at MSH for 14 years.



JNH HOLDS SENIOR BANQUET

BY TIM DURR

There was a Mexican party going on at the B-202 Gym Thursday, Sept. 24 as JNH held its annual Senior Banquet. In keeping with the theme, residents wore sombreros and jalapeno pepper necklaces, and dined on nachos, salsa, chicken tacos, Spanish rice and Mexican corn.

“There is a lot of excitement in the air,” said MSH Art Instructor Ceci Whitehurst who played guitar, sang and created a backdrop where resident portraits were taken. “The residents all look like they’re having a great time – enjoying the beautiful decorations and the music. I see a lot of people smiling today that I don’t usually see smiling.”

“We’re real excited to have the senior banquet again this year,” said JNH Recreation Supervisor Holly Haralson. “The Jaquith recreation staff and the senior banquet planning committee have worked really hard, and we’re just excited to see so many of our residents having a good time.”

TOP RIGHT: MSH Chaplain Jim Everett greets the residents.

MIDDLE RIGHT: MSH Nurse Phillip Cothorn, known as DJ 51-50, provided music for the banquet.

BELOW: JNH Recreation Therapist Deborah Bland (left) and JNH Medical Records Clerk Fannie Wilson provided each resident with a sombrero and a jalapeno pepper necklace as they entered the banquet.

BOTTOM RIGHT : MSH Art Instructor Ceci Whitehurst performed live, singing and playing several Latin songs, including crowd favorite “La Bamba”.



MENTAL ILLNESS AWARENESS WEEK

BY TIM DURR

Oct. 4 – 10 was Mental Illness Awareness Week (also known as Mental Health Awareness Week). It was established in 1990 by the U.S. Congress in recognition of efforts by the National Alliance on Mental Illness (NAMI) to educate and increase awareness about mental illness. It takes place every year during the first full week of October. During this week, mental health ad-

vocates and organizations across the U.S. joined together to sponsor a variety of events to promote community outreach and public education concerning mental illnesses such as major depressive disorder, bipolar disorder, and schizophrenia.

Millions of Americans suffer from a diagnosable mental illness in any given year. However, stigma surround-

ing mental illness is a major barrier that prevents people from seeking the mental health treatment that they need. Programs were held throughout Mental Illness Awareness Week that were designed to create community awareness and discussion in an effort to put an end to stigma and advocate for treatment and recovery.

THINK RECOVERY SUCCESS STORY

This is a personal story of recovery from a certified peer support specialist with the Mississippi Department of Mental Health's Think Recovery campaign.

During mid-life I had an extended period of dark days that lasted about three years. Because during that time I was acting in ways that were dangerous to myself, my family had the wisdom to coordinate with a judge and mental health providers and had me committed to inpatient treatment. There I received the diagnosis of schizophrenia and substance abuse.

Inpatient treatment was a trauma to me because I had always imagined that I needed less medicine and more aerobic exercise. Included in the regimen of hospital programs were opportunities to access 12-step programs like Alcoholics Anonymous and spiritual praise and prayer. The concepts of surrender and acceptance were difficult for me, and I bristled at the idea. I was at rock bottom. I could not imagine a new life at the time, and it was with my defenses up that I went with the program. I knew nothing but stigma about major mental illness. But, there in the hospital for three months, the whole

world of health and recovery began to be opened to me through educational sessions, briefs, rehabilitative programs, and appropriate social activities. Thank God for Mississippi's state hospital system!

For four more years it took continuing economic adaption and plenty of outpatient treatment, lots of 12-step honesty, open-mindedness, and willingness to get me to believe in recovery and begin to work with the system to define a new vision of my future. I still held to my strengths-based identity as a musical and creative performing artist. Thanks to the resiliency of cognitive processing, work rehabilitation, some college credits, plenty of volunteering, commitments to a partner in a relationship, and religious ministry, the good is really shining through!

In 2014, I gained a career position with Mental Health Association of South Mississippi, which is continuing to go well. I continue to grow as a creative and musical artist, which is near and dear to my heart. One of the accomplishments I'm proud of is working with the Mississippi Department of Mental Health and becoming a Certified Peer Support Specialist in 2012. Membership with



the National Alliance on Mental Illness and volunteering in several consumer programs has helped me a great deal to believe in the possibilities of the present, and to respect that mental illnesses are medical illnesses that may have environmental factors.

I've been doing really well now for about four years. With a sober mind and body, I've made some amends and realized a new level of reconciliation. I've learned that reality does not always match fantastic imaginings. I've remained compliant and invested in mental health treatment outcomes. It has required a firm commitment, but recovery is real! Life is new on the other side of the limiting power of mental illness!

- Chris Marcell, CPSS

ANGELO NAMED PSYCHOLOGY DIRECTOR FOR JNH

BY MIKE CHRISTENSEN

Early on in her life, Dr. Mary-Ashley Angelo witnessed firsthand the value of psychiatric care.

“My little brother had a hard time when he was growing up,” said Angelo, Jaquith Nursing Home’s new Psychology Director. “He got the right treatment, and we saw a profound change in him. It was a case of early intervention making a big difference in someone’s life.

“That made a big impact on me.”

When she began college, Angelo was an English major, contemplating law school. But when she took a psychology class, she knew she had found her calling.

A Brandon native and Brandon High School graduate, Angelo earned a bachelor’s degree in psychology from Mississippi College, a master’s in counselor education from Mississippi State University and a doctorate in counseling psychology from the University of Denver.

The Colorado school had a doctoral program that Angelo liked, and the weather was also a selling point in making the move west.

“I was looking for a change,” Angelo said.

She spent about seven years in Colorado, just enough time to get homesick.

“I missed my family and I missed the South,” she said. “I wanted to find a job close to home, and I had heard good things about Mississippi State Hospital. I was attracted by the variety of things I could do here.”

She started at MSH in February 2013, working first in Female Receiving, then the Chemical Dependency Unit, then the Medical Psychiatric Unit.

“Working at JNH was sort of a natural progression or outgrowth of what I’d done here,” she said. “A lot of (Med Psych) patients move to JNH. I was very excited about this position when it came open.”

She formally replaced Dr. Shenia Lyons as JNH Psychology Director on Sept. 15.

“Dr. Lyons always had great things to say about Jaquith,” Angelo said. “I was sorry to see her leave, but I was excited about this opportunity.



“The best part of working at JNH is the amazing combination of well-trained, compassionate staff and an environment that encourages us all to strive for excellence in caring for our residents,” she said. “Regardless of their respective disciplines or departments, the staff members I have encountered at MSH are some of the most devoted and caring people with whom I have ever worked.”

Angelo enjoys yoga and is a certified instructor in the discipline. She also paints and sings in her church choir.

RIE MAPS A LEANER PROCESS FOR OFF-CAMPUS APPOINTMENTS

BY MIKE CHRISTENSEN

On a wall of a room in Building 90, there was a bulletin board covered with a jumble of white cards of various shapes, a batch of pink squares and some scattered green dots. It was a map, a very complicated map.

What the Rapid Improvement Event

team was mapping was the process of requesting off-campus appointments and consultations for Mississippi State Hospital patients.

What the team was aiming to do was simplify this process while also improving the communication between Whitfield Medical Surgical

Hospital and patient buildings.

An RIE is designed to expose waste and inefficiencies in a work environment. The idea is for the process to be as lean as possible, says Amy Caruth, an MSH Lean Leader involved in this RIE.

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Written on those white cards on the bulletin board in B-90 were the steps – at least 41 in the current state process, the RIE team found -- in getting a patient to an off-campus appointment.

On the pink squares were suggestions for ways to improve the process. The green dots represented team members' votes on which improvements would make the biggest difference.

The suggested improvements were plotted on another chart for their potential impact and the difficulty of implementation. There was also a RACI chart, indicating who is Responsible, Accountable, Consulted and Informed on each step in the process, and there was a handoff graphic, showing the flow of infor-

mation from one party to another in the process.

From that original, complicated map, the RIE team produced a streamlined row of white cards representing 17 steps – the future state map.

The process change of this RIE, scheduled to be fully implemented by early October, included a 41 percent reduction in the number of steps in the process and a 50 percent reduction in the number of hand-offs.

Among the improvements sought to be attained in the new process are:

- accountability at the building level;
- improved communication with

a documentation trail; and

- improved workload management for Brenda Brent, the Off Campus Appointment Coordinator.

“A key element for this process change to be successful will depend on educating the physicians, nurse practitioners and nurses on the new process,” Carruth said.

The team’s findings were submitted to the Executive Steering Committee on Sept. 21.

Team members included Team Leader Lee Varner, Brent, Barry Barnes, Valentina Beard, Melinda Drain-Gates, Tracey Goldman and Franklin Moore. Facilitators/coaches included Carruth, Rod Bridges,

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Joey Crain and Andy Wogoman.

Suggestions for improvements in the off-campus appointment process came from many sources.

“We invite staff from all areas to come in and review the current state map and provide feedback on their

piece of the process,” Carruth explained. “Sometimes, it is real clear what needs to be improved the most because of the number of pink notes around one step.

“Also, since the team only consists of seven to nine people, this way we can involve many people when we

are trying to improve the process. For this event, we asked physicians, nurse practitioners and nurses to give feedback since they are the primary staff that are involved.”

CONGRATULATIONS OCTOBER EMPLOYEES OF THE MONTH



Gizell Winston of Jackson was named MSH’s October Employee of the Month for Support Services. Winston works as a medical records clerk and has been employed at MSH for 19 years.

Winston was nominated for Employee of the Month by Sherlene Abrigo, RN.

“Ms. Winston is very particular about detail,” Abrigo said. “Her work is always in order.”

Winston is described as being diligent and having strong work ethics.

“She goes the extra mile to be sure the job is done,” Abrigo said. “In addition she is a team player.”

Abrigo said Winston has a pleasant personality.

“She is pleasant to work with and she is always smiling,” she said.



Erica Brown of Crystal Springs was named MSH’s October Employee of the Month for Direct Care. Brown is a mental health technician supervisor, and has been employed at MSH for 23 years.

Smith was nominated by social work supervisor Gerthania McGee.

“Ms. Brown is a dedicated employee,” McGee said. “One of her greatest strengths is being able to perform multiple tasks with such ease. I have observed her performing her duties as a shift leader and at the same time taking time to provide one on one care for the patients.

“She is always willing to assist staff and patients with whatever they need,” McGee said. She always responds, ‘I’ll take care of it.’”

McGee said Brown has performed beyond the call of duty and that is why she should be employee of the month.



Belinda Dille of Jackson was named MSH’s October Employee of the Month for Clinical Services. Dille is a licensed practical nurse for Jaquith Nursing Home’s Jaquith Inn (Building 78). She has been employed at Jaquith for 10 years.

“If you are looking for an exceptional nurse, you will find it in Ms. Belinda Dille,” said Lisa Dees, RN, who nominated Dille. “Over the years, Belinda has gained the respect of residents, staff and families alike. She is a friend to her coworkers, the residents, the residents’ families, and visitors to Jaquith.

Dees said Dille is a team player and is always willing to do what is asked of her without complaining.

“She is known to go over and above her routine job expectations,” Dees said.