



# ASPIRE

HOPE

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RECOVERY

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## IT WAS A BLAST: INDEPENDENCE DAY CELEBRATION AT MSH

BY MIKE CHRISTENSEN



The sky lit up and so did faces in the crowd on June 29 when Mississippi State Hospital held its annual Independence Day Celebration and Fireworks Show.

A crowd that included about 1,400 visitors turned out at Friends Park for the festivities that included food, games, face-painting and music.

Pyrotecnico again supplied the fireworks that capped the night, drawing oohs and aahs during the 20-minute show.

T&J Concessions provided the food, and DJ51-50 (MSH's Phillip Cothern) handled the music. Friends of MSH, Inc., sponsored the event, joined by community sponsors BankPlus and Valley Services.

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# ASPIRE

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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

## MEMBER OF

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

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



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# MSH'S SERENDIPITY ART SHOW AND AUCTION SET FOR SEPT. 1

BY MIKE CHRISTENSEN



Mississippi State Hospital's Serendipity art show has become a circle-the-date event for both those who bid on the pieces and the artists who produce them.

The 27th annual Serendipity art show and silent auction is slated for Thursday, Sept. 1. This year's show will open at 11:30 a.m. and close at 6 p.m. in the Building 71 Conference Center.

All of the work in this unique show is created by MSH patients and Jaquith Nursing Home residents who are taking part in the hospital's Art Services program.

The artists really look forward to Serendipity, said MSH Art Services Director Evelyn Carpenter.

"Some of those who come to the program every day, we have to tell them we can't put every piece they do in

the show," she said. "We showcase their best work, and we try to include something from everyone who is participating in the program.

"It's a real self-esteem builder for them to see their work matted, framed and presented."

Off-campus visitors are welcome, and several hundred typically attend the show over the course of the day.

The pieces on display and up for auction will include ceramics, scratch-board art, pencil drawings and paintings in various mediums. Bidders in the silent auction write their name, number and bid down next to a piece in which they are interested. Serious bidders have learned to be at the show at closing time to ensure they have the highest bid on the artwork they want.

"It's a different show every year," Carpenter said. "Different people take

part every year, and even those who participate every year, they grow as an artist or change as an artist as they go through our program.

"Most of the people who come to the show know what to expect. We have some who've come literally every year. They know they can get interesting, quality art at a very good price. And this kind of art is very popular right now."

The work displayed in the show is created by individuals from across the hospital's services, including adults and children. For many, it is an important part of the therapeutic process as it gives them a chance to express themselves through their artwork.

MSH's art instructors include Ron Lindsey, Ceci Whitehurst and Francine Sutton.

## NEW PSYCHIATRIST TORRENCE HONORED AS DOCTOR OF DISTINCTION

BY MIKE CHRISTENSEN

**D**r. Chasity Torrence, who started work at Mississippi State Hospital in July as a psychiatrist, recently completed the Mississippi State Medical Association's Physician Leadership Academy program and was honored as a Doctor of Distinction at an August ceremony.

Torrence was featured in the June edition of the Journal MSMA.

The Physician Leadership Academy was established as part of the MSMA's effort to ensure strong and sustainable physician leadership within organized medicine. The 12-month training course "provides doctors the skills necessary to thrive in the healthcare arena and develops future medical leaders in the state." As doctors go through medical school and residency training, learning to deal with new regulations and how to talk with legislators about regulatory bills affecting doctors and patients are not part of the curriculum.

Torrence served as an MSMA Doctor of the Day at the State Capitol and met with U.S. Senators Thad Cochran and Roger Wicker to advocate on the behalf of mentally ill patients as a member of the American Psychiatric Association.

Torrence grew up in Scott County on a horse farm and competed in rodeo events as a kid. At one point, she wanted to be a veterinarian but switched gears after she graduated high school at Scott Central.

She attended Mississippi College, attained a degree in biology/medical sciences and was then accepted at the University of Mississippi Medical School, where she first developed her interest in psychiatry.

"Psychiatry provides an opportunity that is more than prescribing medications," she said in the Journal MSMA article. "It combines compassion with medicine and allows the physician to establish an ongoing therapeutic relationship."

She received her M.D. from UMMC in 2012 and completed her residency there earlier this year.

She was honored as Junior Resident of the Year during first year of residency and won the Golden Humanism Excellence in Teaching Award during her second year. Torrence received the Quality Care Recognition for House Staff in Psychiatry Award at the G.V. "Sonny" Montgomery V.A. Medical Center and the Nina Moffitt M.D. Award from UMMC, both in 2015.

Torrence, whose office is on Building 63, Female Receiving, said she is excited about the opportunity to practice at MSH and in her home state. Her work at MSH is "a little different" than what she experienced during her residency but after about a month on the job she was beginning to feel settled in.

While working at MSH, she will also serve as an assistant professor in the Department of Psychiatry at UMMC.



# TOUGALOO COLLEGE UPWARD BOUND PERFORMS FOR MSH



The Tougaloo College Upward Bound Program performed for patients, residents and staff on June 30 on Building 38 in the Auditorium. The team's dramatic talent varied from spoken word poetry by Maya Angelou to modern interpretive dance and even included the powerful theatrics of a mime. The performance was not only entertaining but intended to highlight the historical struggles faced by the African-American community.

## MCCLUNG STRIKES SILVER IN MERIDIAN

BY MIKE CHRISTENSEN

Danny McClung, mild-mannered Medicaid Specialist II on Building 24, swings a pretty mean table tennis paddle. He has a medal from the State Games of Mississippi to prove it.

McClung won the silver medal in table tennis, aka ping pong, at the 25th annual State Games in Meridian in June.

The gold medal went to Andy Kanengiser, who plays in the Brandon table tennis league with McClung.

McClung has been playing the sport for a long time, starting out at age 10 on a table on the screened-in porch at his home.

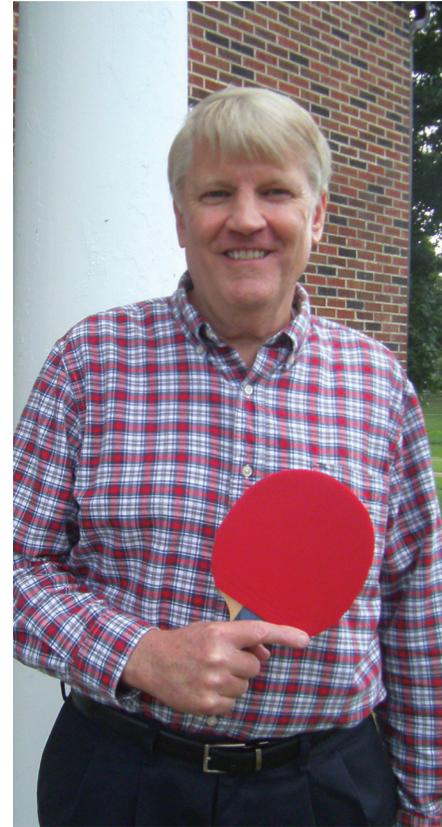
“I played a lot against a neighbor,” McClung said, “and I’ve tried to keep it up over the years.”

There was a table in his dorm at Louisiana Tech, and he finished third in an open student tournament there. Nowadays he plays about once a week when the Brandon league is in season at the Parks and Recreation Department and practices occasionally on weekends with Kanengiser and others.

Kanengiser works at Mississippi College and sponsors the club table tennis team there.

McClung says he enjoys the exercise afforded by this particular hobby and the camaraderie of a large circle of friends he has developed through the sport.

McClung has worked at Mississippi State Hospital for almost three years in the Fiscal Services Department.



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## NEW CHAIR OF BOARD OF MENTAL HEALTH: RICK BARRY

FROM DEPARTMENT OF MENTAL HEALTH

J. Richard “Rick” Barry of Meridian assumed the role of Chair of the Mississippi Board of Mental Health on July 1, 2016. An attorney, Barry is a Senior Partner in the law firm of Barry, Thaggard, May and Bailey, LLP in Meridian.

Barry served as Vice Chair of the Board of Mental Health during Fiscal Year 2016 and was first appointed to the State Board of Mental Health by Governor Haley Barbour in June 2005. He was later reappointed by Governor Phil Bryant in 2012. Barry received his law degree from the University of Mississippi. He is a member of the American Bar Association,

Mississippi Bar Association, Lauderdale County Bar Association and the American Health Lawyers Association. He will become President-Elect of the Mississippi Bar Association in July 2016.

“It is a privilege to serve in this role for the coming year,” Barry said. “I hope to help people realize the depth of the services offered by the Department of Mental Health. The department has a variety of programs throughout the state that serve people of all ages with a vast array of needs. This agency and its employees are dedicated to providing the best care possible for the

people we support and serve, and I’m glad to be a part of it.”

Robert Landrum of Ellisville is the new Vice Chair of the Board of Mental Health. Landrum has been involved in mental health since the early 1980s, when he and his wife became active in Ellisville State School’s Parents and Friends Organization. Landrum represents the Fifth Congressional District and is a family member of a person who has received services through the public mental health system. He currently serves on the Board of Mental Health’s Property Subcommittee.

Barry said he would like to thank the Legislature for the commitment it has shown to expanding Mississippi's system of community-based care of the past several years, and for the funding it has provided to build a new receiving unit for acute-care patients at East Mississippi State Hospital (EMSH) in Meridian. The new receiving unit allows EMSH to maintain its Joint Commission accreditation status, which demonstrates that EMSH provides a high level of care and allows them to participate in Medicare/Medicaid programs. At the same time, he said he is concerned about budget cuts that have taken place as state revenues have fallen in recent years.

"The Department of Mental Health has closed 500 psychiatric beds in our state programs since 2008, and this year, we closed all of our adult male beds for chemical dependency services due to these budget cuts," Barry said. "There are people in Mississippi who are in need, and can't afford the expense of private services.

"These Chemical Dependency Units (CDU) alone served more than 5,200 people over the past five years. We need to make sure we are providing services for people who need them."

The National Institute on Alcohol Abuse and Alcoholism notes there is evidence that approximately 90 percent of people with alcohol dependency are likely to experience at least one relapse in the four-year period following treatment. It may take a person an average of five to seven serious attempts at treatment before achieving a goal of long-term recovery. The National Institute on Drug Abuse (NIDA) reports that the relapse rate for drug addiction is 40 to 60 percent.

At the EMSH CDU, the one-year re-



*Robert Landrum (left) and Rick Barry*

admission rate for FY15 was 10.2%. At the Mississippi State Hospital (MSH) CDU, the one-year readmission rate for FY15 was 5.6%. However, those rates do not reflect whether someone relapses and/or is admitted to another service provider. While long-term recovery is the ultimate goal, the services provided at the CDUs help patients experience a period of sobriety, take their first steps to long-term recovery, and be linked to community services that will enable them to continue their recovery. Barry said he recognizes recovery from addiction and substance use is a challenging and complex process.

Both MSH and EMSH use 12-step Facilitation Therapy. At MSH, the CDU treatment program includes Dialectical Behavioral Therapy, Anger Management, and Dr. Terry Gorski's Relapse Prevention Plan. At EMSH, treatment also includes Cognitive Behavior Therapy and Family Behavior Therapy. All of these are evidence-based practices.

Over the coming year, Barry said he

will make it a priority to reach out to elected leadership in an effort to restore funding cuts that have contributed to the loss of DMH services. He said he welcomes any and all elected officials to reach out to himself or to the department to learn more about the agency or visit any of its programs.

Another priority is to secure funding for a new 60-bed Forensic Services facility at Mississippi State Hospital. The new facility is needed because the current 35 bed facility, which was built in 1955, does not provide the required level of security and safety and does not meet the standards of the National Fire Protection Association Life Safety Codes. The relatively small bed capacity of the current Forensic Services facility is also a significant factor contributing to delays in conducting evaluations of defendants throughout the state.

MSH is the only state-operated program that provides forensic mental health services in the state. Forensic

Services provides pre-trial evaluations and treatment for criminal defendants from Circuit Courts in all 82 Mississippi counties. Of the 35 beds, 15 beds are dedicated for inpatient evaluation, treatment, and competency restoration of pre-trial Circuit Court defendants. The remaining 20 beds are for the treatment of individuals who have been found Not Guilty by Reason of In-

sanity or who must be treated on the unit due to specific safety or security concerns.

“People need to see these programs firsthand and get a personal perspective on what they are doing day in and day out. The Department of Mental Health is a large state agency. Some people have said it may be too large. I say it’s not large enough,”

Barry said. “If you’ve never had a family member in need, then it’s hard to understand how important this is.

“The one thing that every single person with a disability, substance use disorder or with a mental illness has in common is they all deserve the best support and the best services we can provide.”

## FRIENDS OF MSH, INC. PLAYS UNSUNG ROLE IN MANY HOSPITAL ACTIVITIES

BY MIKE CHRISTENSEN



Once a month, three Mississippi State Hospital staffers are recognized as Employees of the Month and presented a certificate and cash award at the Department Directors Meeting. Once a year, three staffers are honored as Employees of the Year at a special ceremony on campus and given a plaque and cash.

Those gifts are provided by Friends of Mississippi State Hospital, Inc.

Employees receive pins on certain anniversary dates – also presented at the Department Directors Meeting – and retiring employees with 25 or more years of service receive a plaque engraved with their name.

Those gifts are provided by Friends. Each April, the Farmer Jim Neal Golf Classic tees off at a local course. MSH Day is celebrated on campus every May, Independence Day in June or July and the Serendipity art show in September. The Christmas Parade and Santa Day arrive in December, and the Legislative Luncheon is held just after the first of the year.

Friends is involved in the coordination and/or funding of all of those big events and many others that dot the calendar annually at MSH.

A volunteer, non-profit organization, Friends relies on fundraisers,

donations and membership fees for the money to pay for those projects, all of which help facilitate the organization’s mission of promoting awareness of mental health issues and enhancing the quality of life for patients and residents at the hospital.

Friends raises money through jewelry, uniform and other sales held on campus and through the Farmer Jim Neal golf tournament.

Becoming a Friends member is another way to contribute. Membership dues are \$20 a year and \$100 lifetime (\$150 for a husband and wife). Lifetime members are en-

couraged to recommit periodically with a donation.

“We appreciate the support we receive from MSH employees who are Friends members and we welcome everyone who works on campus to join,” said Sheila Shows, Volunteer Services Director and a Friends Board member. “The organization

held in August every year since. Members of that first Board included President Gladys Jackson, Nancy Foreman, Mary Crossman, Jerald Ball, Madlyn Stockdill, Dr. Jackie Moore, Karen Robbins and Maurice Hill.

As changes were made by the Legislature in how state funds could

prevention program.

She said she was struck by the fact that MSH and mental health in general tend to get overlooked by people who haven’t had a family member or close friend who needed that type of service.

“I grew up in Rankin County. The



truly does great things for the hospital and our patients and residents, and we hope to see it continue to grow.”

Friends was chartered by the state as a non-profit in April 1987. The idea of establishing an organization to promote the work done at MSH and to advocate for those the hospital serves had been hatched earlier that year by a group of mental health professionals and community leaders.

A membership drive targeting employees and community members was started in the summer of 1987, and the first Friends meeting was held on Aug. 7. In an article about that meeting in the now-defunct Pearl Press, Jimmy Stubbs, MSH Director at the time, said “the sky is the limit” for the new organization, which already counted some 300 members.

The first Friends Board was elected at the inaugural meeting, and the group’s Annual Meeting has been

be used in various state programs, Friends’ role as a fund-raising arm became more significant and the breadth of its membership grew.

Friends membership is made up of individuals from MSH staff, service and civic groups, family members of patients and residents and community members. Membership numbers have fluctuated over the years, and the total currently hovers around 300, including some 250 lifetime members.

The 2015-16 Board includes President Bridget Lowery, Vice-President Gale Martin, Secretary Sheila Shows, Treasurer Dee Payne, Kathy Denton, Larry Taylor, Larry Anderson, Joel Ross, Jessie Buckley, Larry Swearingen, Kristi Finehout, Betty Harpe and Larry Roark.

Lowery has been involved with Friends for about 12 years, having first learned about the organization when her Rankin County Chamber of Commerce leadership group took an MSH tour and became involved in the “Shatter the Silence” suicide

State Hospital was in my backyard and I didn’t know much about it or what they did out there,” Lowery said. “By being involved in Friends, I feel like I can help bring an awareness to the mental health field.”

Lowery said another rewarding aspect of her involvement is seeing the dedication of MSH employees.

“One thing I always tell people about Mississippi State Hospital is the number of employees they have who have been there forever,” she said. “Some leave and come back. It’s great to see employees like that who are so dedicated to their work.”

Friends awards that work ethic through the Employee Recognition Program. Friends dedicates 100 percent of its funds to the events and programs enjoyed by MSH patients, Jaquith Nursing Home residents, hospital employees and individuals served in the community.

The Friends of MSH Projects Committee calls for project proposals



from hospital departments each year. Events funded by Friends in 2015 included a Fishing Rodeo, a Senior Brunch, the Harry O'Steen Golf Tournament, quarterly JNH Family Council meetings, a variety of Oak Circle Center activities, Forensic Services activities and the Relay for Life and Alzheimer's Walk. The Legislative Luncheon, held off-campus in January or February each year, is a large-scale event done as a gesture of appreciation for State Legislators and the funding they

provide for the hospital.

The Friends Annual Meeting, which is being held on Aug. 24 this year, has become a major event for the organization. New members of the Board of Directors are named and awards are presented to volunteer groups that have donated their time and talent to the hospital.

"Mississippi State Hospital was my employer for many years, and I want to support it," said Bobby Stephens,

former Recreation Director at the hospital and an active member of Friends since its inception. "I'd rather support Mississippi State Hospital than anything else out there. I want to support mental health.

"Friends doesn't just seek money from people. They look for people who want to be involved, who want to support mental health and learn about mental health."

## JNH RESIDENTS ENJOY 'MUSIC OF THE ISLANDS'

Jaquith Nursing Home residents were treated to the soothing sounds of island music on Aug. 5 as the MSH Music Department hosted a social in the Building 38 Balloon Room.

The event was entitled "Music of the Islands," a celebration of summer that included presentations on various instruments popular on Caribbean and Polynesian islands.

Gayle Entrekin, Music Supervisor, has encouraged the music staff to develop new ideas that expose JNH residents and MSH patients to music beyond visits to buildings.

Entrekin, music teacher Denesha Evans and music therapists Hillary Reiger and Carol Swofford talked about the history of such instruments as the maraca, conga drum, pan pipe, conch shell, pahu drum and ukulele and demonstrated how each is played.



Recorded selections of music incorporating the instruments were also played.

The social wrapped up with a sing-along (and play-along) of upbeat summer-themed tunes including "In the Good Old Summertime" and "Those Lazy Hazy Crazy Days of Summer." Refreshments were served.

## CONGRATULATIONS JULY EMPLOYEES OF THE MONTH



**Direct Care**  
**Clara Burrell,**  
**JNH, B-29, A Shift**

Clara Burrell of Pearl has been named Mississippi State Hospital's July Employee of the Month for Direct Care.

Burrell, a Certified Nursing Assistant for Jaquith Nursing Home, has worked at MSH for 15 years. The Pearl High School graduate is a previous winner of an MSH Employee of the Year award.

"Clara is an exemplary employee," said Barbara Hilton, who nominated Burrell. "She takes excellent care of her residents. An example: A resident stated he was cold. (Burrell) put a blanket in the dryer to warm it up, so he would be warm. ... She works well with others and treats them respectfully. She maintains a positive attitude no matter the situation. ..."

"I wish we had several more employees like Clara."



**Support Services**  
**Pamela Henderson,**  
**IPS, B-45, A Shift**

Pamela Henderson of Florence has been named Mississippi State Hospital's July Employee of the Month for Support Services.

Henderson, a Client Care Support I specialist in Environmental Services, is a graduate of Pearl High School. She has worked at MSH for 13 years.

"Mrs. Henderson's relationship with clients and staff is excellent," said Gerome Hughes, who nominated Henderson. "She is assertive when necessary, flexible when appropriate and always respectful. She works hard as a housekeeper to make sure the environment is very clean. ..."

"Mrs. Henderson has demonstrated herself to be loyal and accountable to Mississippi State Hospital. ... She draws upon her personal knowledge and experience when training a new employee."



**Clinical Service**  
**Hollie Vanderford,**  
**IPS, B-81, A Shift**

Hollie Vanderford of Puckett has been named Mississippi State Hospital's July Employee of the Month for Clinical Service.

Vanderford, an R.N. III, is the Charge Nurse on the Chemical Dependency Unit. A graduate of Puckett High School and Hinds Community College, she has worked at MSH since 2010.

"Hollie Vanderford has a great passion for her job," said Sarah Marshall, who made the nomination. "As a new and very enthusiastic charge nurse, Hollie has showed tremendous care and concern for the patients and staff on Building 81. She models the behavior she expects from her staff, demonstrates respect for everyone she works with and fosters a collaborative working environment. ... She demonstrates great compassion, patience and diligence in her patient care. ..."

"Hollie takes pride in being a nurse and it is evident in her job performance on a daily basis."

## CONGRATULATIONS AUGUST EMPLOYEES OF THE MONTH



**Direct Care**  
**Brandon Thompson,**  
**WMSH, B-60, A Shift**

Brandon Thompson of Jackson has been named Mississippi State Hospital's August Employee of the Month for Direct Care.

Thompson, a Mental Health Technician at Whitfield Medical Surgical Hospital, Building 60, has worked at MSH for 17 months.

Thompson was saluted for answering a call and pitching in to assist some co-workers in moving a desk on his building.

"He came down with a smile on his face and helped us out," said Evelyn Harrison, who nominated Thompson. "That's what you call going above and beyond . . . He is a valuable, hard-working co-worker and has a positive attitude. He's always smiling. Brandon is one of those employees I would like to clone and have several on each shift."



**Support Services**  
**Elnora Humphrey,**  
**IPS, B-43, A Shift**

Elnora Humphrey of Canton has been named Mississippi State Hospital's August Employee of the Month for Support Services.

Humphrey, who attended Holmes and Hinds Community Colleges, is an Administrative Assistant III in Forensic Services, Building 43. She has worked at MSH for 19 months. Humphrey was nominated by Dr. Reb McMichael and Charlotte Steele.

"When Ms. Humphrey was hired, two years ago, she hit the ground running and has not stopped since. She was immediately given assignments which were complicated, emergent, and ongoing. Ms. Humphrey smiled, asked pertinent questions, and proceeded to do an astounding excellent job. She has proved to be indispensable to the service and to the staff. . . ."

"Everyone speaks highly of Ms. Humphrey and has great respect for her skills and demeanor. She is an invaluable employee of Forensic Services, Mississippi State Hospital and the Department of Mental Health."



**Clinical Service**  
**Sarah Beth Ballow,**  
**JNH, B-69, A Shift**

Sarah Beth Ballow of Hazlehurst has been named Mississippi State Hospital's August Employee of the Month for Clinical Service.

Ballow, a Licensed Practical Nurse, works on Jaquith Inn, Building 69. A Hinds Community College alumna, she has worked at MSH for 4 1/2 years.

Ballow is "an exceptional nurse" who is always willing to help wherever there is a need, said Lisa Deen, who made the nomination. "She doesn't care how big the job is, she is willing to do it. Her only concern is that the residents are cared for. She helps with feeding, bathing, transfers, appointments . . . ."

"She communicates well with the staff and the residents as well as the family members. She is very respectful to everyone. . . . It is always a pleasure to work with Sarah."