



# Mental Health Matters

News and Events at the South Carolina Department of Mental Health – April 27, 2012

## AIKEN BARNWELL MENTAL HEALTH CENTER HONORS PEER VOLUNTEERS

Tamara L Smith, LMSW, Aiken Barnwell MHC

*“You make a living by what you get, but you make a life by what you give.” - Winston Churchill*

Governor Haley declared April 15-21, 2012 as Volunteer Week throughout the state to encourage all South Carolinians to honor and show appreciation to volunteers for their commitment to service and to help promote the spirit of volunteerism in our families and communities. With that in mind, Aiken Barnwell Mental Health Center (ABMHC) recognized its volunteers with a luncheon on April 18, 2012. Each volunteer was presented with a certificate of appreciation for his or her work and selfless service.

Aiken Barnwell MHC has eight peer volunteers that serve in different capacities. Greg has been a volunteer since 2006. He teaches his peers how to read and prepare for the GED. He shares his story of success with others. Willie assists his peers whom have difficulty with reading and writing. He serves as a buddy to clients that may be isolated and withdrawn. In addition, he greeted guests for the recent Open House. William completed the Peer Certification Program with DMH. He co-leads peer support groups several times per week. Frank and Delma operate the Consumer Snack Shop at ABMHC. Daisy and Kennedy assist their peers with reading activities. Kennedy also served as a greeter for the Open House. Certified Peer Support Specialist Cindy Smith coordinates the peer volunteer activities and mentoring program. She has done an outstanding job building the peer volunteer program.

As noted earlier, each volunteer is a peer volunteer, better known as a “RAMP” volunteer at ABMHC. RAMP stands for “Recovery Assistance Mentoring Program,” and consists of individuals assisting their peers with taking the “on ramp” toward recovery. RAMP was developed to utilize the recovery skills of clients successfully completing ABMHC Peer Support Mentoring Program.



*Aiken Barnwell MHC’s Outstanding Peer Volunteers of 2012*

Mentees complete the program with the goal of becoming certified Peer Support Specialists. Classes have covered aspects of the CPSS training and provided each student with tools they can utilize to assist themselves and others in recovery. At the time of graduation, mentees may continue to develop necessary skills and clinical experience by acting as RAMP volunteers. It is the goal of RAMP to provide mentees with the opportunity for professional development and experience to utilize for future job opportunities. Each mentee in RAMP is supervised and receives documented credit for volunteer time.

The words of the well-known anthropologist Margaret Mead summarize our feelings about our volunteers and the work that they do at ABMHC: “Never doubt that a small group of thoughtful committed people can change the world, indeed, it is the only thing that ever has.”

## NATIONAL ASSOCIATION OF SOCIAL WORKERS – SC HOLDS SPRING SYMPOSIUM

Ann Dwyer, DMH Office of General Counsel

The South Carolina Chapter of the National Association of Social Workers (NASW) held its 26th annual Spring Symposium March 11-14th at the Hilton Double Tree Hotel in Columbia. The conference was a great success, with nationally known keynote speakers, top notch workshop presentations and an excellent variety and number of exhibitors. DMH State Director John H. Magill was a member of the leadership panel Lunch and Learn, fielding questions from the 400+ audience on issues impacting social workers in the work force; Agency staff members Mark Binkley, Shirley Furtick, and Roger Williams also presented at the conference. DMH staff also worked behind the scenes on the planning committee as well, including Marvin Bryant, Sharon Williams, and myself. A recently retired clinician and manager from Columbia Area Mental Health Center, Carla Damron, is the current executive director of the South Carolina chapter of NASW and was instrumental in the success of this year's symposium.

This year's event had the highest number of attendees in many years; more than 400 people registered, and those attending all available presentations accumulated over 20 hours of social work CEUs. Part of the increased attendance was due to "early bird" specials, which drew record participants weeks before the registration deadline.

There were a number of participants from outside of South Carolina, including North Carolina, Georgia, and Ohio.

Another draw was the quality and quantity of breakout sessions. Topics included military social work, legal and ethical issues in social work practice, child and family therapy, autism spectrum disorders, domestic violence, aging, and technology's impact on social workers and the clients they serve. One very well attended and received workshop entitled "Finding Joy in Social Work" included powerful interactive pieces that helped participants remember why they entered the field of Social Work and how they can continue to thrive in it.

Keynote speakers on various days consisted of the University of South Carolina's Dean of the College of Social Work, Dr. Anna Sheyett; Marjorie Hammock, professor of Social Work at Benedict College; and former South Carolina legislator and USC College of Social Work graduate Anton Gunn, who was appointed by President Obama to serve as Regional Director of the US Department of Health and Human Services. Mr. Gunn gave a very informative talk on the Affordable Care Act and what it means for our clients and our communities.

## Event Calendar

For more information, follow the links!

May 3 - June 17

[Art of Recovery Gallery Opening](#)  
SC State Museum, Columbia

May 6 - 12

[Children's Mental Health Week](#)

Wednesday, May 9

[Children's Mental Health Awareness Day Rally](#)  
SC Statehouse

Friday, May 18

[Mental Health America – SC's 58<sup>th</sup> Annual Meeting & William's Place Grand Opening](#)  
10:00 am - 2:00 pm, Bridges Clubhouse, Cayce

Saturday, May 19

[NAMI MidCarolina Out of the Shadows Walk, West Columbia](#)

## BEYOND THE FIELD: DAVID MICHAEL RECOUNTS MISSION TO NICARAGUA

David Michael, MA, LPC/S, Lexington County Community Mental Health Center

In December 2008, I received training from DMH to be a Qualified Spanish Interpreter. My parents raised me with the saying, “when someone is given much, much is required,” so I began looking for ways to use this training. Over the past two years, the opportunity came, as Radius Church from Lexington needed Spanish interpreters for medical mission trips to Managua, Nicaragua, in Central America.



In 2010, tropical storms flooded the capital city Managua to the point that Lake Managua rose 42 meters. A nearby Christian school (Managua Christian Academy), which served high poverty families, was displaced due to the flooding. As a result, the school of 300 students was meeting in a parking lot in shade tents. A majority of the students could not access public schools or public health, and received their only meals when they attended school. Malnutrition, lack of a clean water supply, broken homes, and generational poverty mark some of the challenges faced by this little school.

Radius Church was moved by this situation to show love to our “Nicaragua neighbors.” These visits to Managua press beyond providing basic parasite treatment, vitamins, and medicine to families with no medical access. They are a physical embodiment of service and sharing of our abundance. I was in Nicaragua March 25th- March 30<sup>th</sup>; here are some stories from the clinic:

- It was explained to parents that constant diarrhea and vomiting were not normal and could be prevented with hygiene and medication.
- Several people were shocked that they could read again with the assistance of glasses.
- One lady came from a local dentist who pulled out 2 of her teeth but provided no pain medication for aftercare.
- A little girl named Yasmina who had cerebral palsy came into the clinic barely able to stand. Our OT/PT team created fabric braces and watched her walk.

The Managua Christian Academy’s vision statement is “Changing a Generation.” In our short partnership with this school we have seen it change by moving to a new building, doubling in student population, and gaining recognition from the State Education Board for its outreach efforts.

The story of this school is a frank reminder that generational change in a community is about establishing relationships and building up families. It is a reminder that impossible situations can change as we serve others and faithfully steward what we have been given.



*Pictured: Lexington County Community Mental Health Center’s David Michael with children at the Managua Christian Academy in Managua, Nicaragua*

## PUTTING COMMUNITY FIRST AT AIKEN BARNWELL MHC

Tamara L Smith, LMSW, Aiken Barnwell MHC

Hosting recovery and community events and networking with community partners is a great opportunity for Aiken Barnwell Mental Health Center (ABMHC) to unite the community in the support of treatment and recovery for people with mental illness. These events and activities provide an opportunity to increase the public awareness mental illness, health reform, and support options offered at ABMHC and to build and strengthen partnerships with our stakeholders. With this in mind, Aiken Barnwell Mental Health Center adopted SAMSHA's Recovery Theme for 2012: "Prevention Works, Treatment is Effective, and People Recover," and participated in or coordinated the activities described here.

ABMHC has been very proactive in networking with community partners and participating in community events and meetings. Developing and strengthening these partnerships are vital in helping our clients move forward in their recovery.

CAF Coordinator Beverly King participated in the Parent Resource Fair on March 3, 2012 in conjunction with Aiken County School District. She provided information about ABMHC's services to the parents, families, and caregivers in attendance. Interim Executive Director of ABMHC Rick Acton met with Aiken County School Superintendent Dr. Everitt to discuss ways to enhance behavioral care for the students in Aiken County.

Acton also participated in Margaret J. Weston Community Health Center's (MJWCHC) strategic planning meeting, held March 3, 2012, at the Wilcox Inn. Acton had the opportunity to discuss the Integrated Primary and Behavioral Healthcare Project with MJWCHC. As a result of this meeting, ABMHC staff met with Aiken Center for Alcohol & Drug Services to discuss ways to enhance behavioral services for clients with co-occurring disorders.

A representative with the Department of Environmental Control (DHEC) has been invited to the next integration meeting to explore resources and opportunities for DHEC to be part of the Integration Project.

Aiken Barnwell MHC held an Open House March 20, 2012. Invitees included clients, family members,



*Aiken Barnwell Mental Health Center*

caregivers, community partners, legislators, members of the Media, and the public.

Senior Management provided guided tours of the facility, along with a brief description of services provided by the Agency. Stakeholders had the opportunity to meet with Acton, Quality Assurance Director Randy Snellings, and other Center personnel to share thoughts about what ABMHC does well, as well as what we can improve upon. Guests also enjoyed an opportunity to meet and greet various staff members. Private practitioners, and representatives from residential care facilities, Guardians ad litem, the Aiken Center for Alcohol & Drug Services, the Aiken County Community Medical Clinic, Helping Hands, the Aiken County School District, Right at Home, Limestone College, South Carolina Vocational Rehabilitation, Aurora Pavilion, Axis I-A/D services/Barnwell County, and the ABMHC Board of Directors took part. Results from the survey will be utilized as part of the Center's strategic planning process.

Upcoming ABMHC events include Movie Fridays in April and May, sponsored by Peer Support Services. Each movie will have a mental illness theme and will be followed by a panel discussion on mental illness and recovery. Several ABMHC staff will also participate in the Prime Time Expo sponsored by St. John's United Methodist Church in Aiken on May 22. Aiken Public Safety will provide a fire safety class and demonstration to clients in the Psychosocial and Peer Support programs on May 23.

## CHARLESTON COUNTY BAR ASSOCIATION HONORS MAGILL WITH FORMAL RESOLUTION

Melanie Ferretti, DMH Office of Network Information Technology



*John H. Magill*

On February 29, 2012, the Charleston County Bar Association passed a formal resolution recognizing DMH State Director John H. Magill's long-term contributions and dedication to the continuing education of lawyers and judges.

2012 marks the 29th Anniversary of the Judges and Attorneys Substance Abuse and Ethics Seminar, held annually in Charleston, SC. The original idea for the seminar came to Magill while serving as the founding CEO of Fenwick Hall Hospital.

Over the years, with the help of Capers G. Barr, III, Esq., The Honorable Joseph S. Mendelsohn, The Honorable Jack I. Guedalia, J. Robert Turnbull, Jr., Esq., and others, the Seminar has proven to be a valuable continuing education opportunity for those in the legal community. The Seminar focuses on the development of knowledge about substance abuse, its effects on the practice of law, and the ethics tied to this issue.

This seminar is especially valuable to the members of the Charleston County Bar Association because of a rule of the mandatory Continuing Legal Education program adopted by the Supreme Court of South Carolina, effective March 2011, which stipulates at least once every three annual reporting periods, active attorneys and judges must complete one hour of instruction devoted exclusively to substance abuse or mental health issues and the legal profession.

The Charleston County Bar Association resolution extended thanks to Magill for his tireless efforts to organize and promote this important event. "I'm pleased to contribute to a project that has such long-term positive effects on the community. It's my hope that the seminar helps eliminate the stigma associated with seeking substance abuse treatment. I'm greatly honored by this resolution," said Magill.

## FULLER AND SMITH RECOGNIZED FOR RAISING AWARENESS

Tracy LaPointe, Office of Public Affairs

Liz Fuller, director of Horticulture Therapy, has been selected as the first Women Leaders' Response Award Winner in the Opportunity category by the National Alliance on Mental Illness – SC (NAMI-SC). The award honors women leaders who build awareness and bring hope to those who face the daily challenges of mental illness. Liz will be honored at the inaugural Women Leaders' Response awards luncheon in Columbia in June. Great job, Liz!



Aiken Barnwell MHC Peer Support Specialist Cindy Smith has been nominated for The Substance Abuse and Mental Health Services Administration's (SAMHSA) 2012 Voice Awards. The Awards recognize client/peer leaders for their efforts to educate the public about the real experiences of people with behavioral health problems. Through their work, both groups of leaders demonstrate that people can and do recover from these conditions and lead full and meaningful lives in their communities. Congratulations, Cindy!



*Pictured: Liz Fuller (top), Cindy Smith (bottom)*

# PHYSICAL PLANT SERVICES USES GRANT TO ACHIEVE ENERGY SAVINGS

## Physical Plant Services

In 2009, the US Department of Energy (DOE) awarded funds to the South Carolina Energy Office (SCEO) for energy efficiency improvements for state agencies, school districts, and public colleges. DMH Physical Plant Services (PPS) applied for and received \$784,391 for energy saving lighting retrofits in 19 buildings, and a boiler replacement at the Nutritional Services building on the Crafts Farrow campus in Columbia. Project teams for design included Janice Timms, P.E. and Dan Paxton, both project managers in PPS.

Projects were designed to retrofit existing light fixtures by replacing ballasts and lighting tubes with higher efficiency,

lower wattage tubes, and to replace the boiler at the Nutritional Services building with a smaller, more efficient boiler.

In 2010, contracts were awarded, and due to receiving bids lower than estimated, PPS was able to expand the lighting retrofit to a total of 23 buildings around the state.

Most retrofits were to the four lamp fluorescent fixture which is prevalent in most Agency facilities. The existing fixtures contained magnetic ballasts and T-12 lamps using 140 watts per

fixture. These fixtures were retrofitted with new electronic ballasts and T-8 lamps using 82 watts per fixture, a 41% reduction in wattage. The existing fixtures were old and the light levels had been reduced due to the age of the lamps and ballasts and the condition of the fixtures. In most cases the new lamps and ballasts increased light levels while using less wattage.

An analysis was performed on total electricity consumed in 2010 before the retrofits, and again in 2011 after the retrofits were completed. The electricity consumed in the 23 buildings in 2010 was 26,822,754 kilowatt hours

(KWH). The 2011 consumption in those buildings was 24,377,644 KWH, a reduction of 2,445,110 KWH, or 9.1%. This resulted in a savings of \$179,209.

These reductions cannot be attributed to the lighting retrofits alone, however. The electricity consumed in the buildings does more than power the light fixtures. Hours of operation and temperature changes from 2010 to 2011 would also drive consumption changes, along with other factors. Evaluation of KWH consumption for 2010 and 2011

in DMH buildings where no lighting retrofit was performed resulted in only a 2.0% reduction as compared to the 9.1% reduction for the retrofitted buildings.

The boiler at the Nutritional Services building was replaced with a much smaller, more efficient model. Comparing

**THE ELECTRICITY  
CONSUMED IN THE 23  
BUILDINGS IN 2011 WAS  
24,377,644 KWH, A  
REDUCTION OF 9.1%. THIS  
RESULTED IN A SAVINGS  
OF \$179,209.**

### THE FOLLOWING FACILITIES RECEIVED LIGHTING RETROFIT:

- Allendale County Clinic
- AOP MHC
- Bennettsville Clinic
- Berkeley MHC
- Campbell Veterans Nursing Home
- Coastal Empire MHC
- Colleton County Clinic
- Crafts-Farrow buildings 6, 16, & 22
- Denmark Clinic
- DMH Administration Building
- Dorchester Clinic
- Greenville C&A
- Hampton County Clinic
- Hilton Head Clinic
- Holly Hill Clinic
- Jasper County Clinic
- Harris Hospital
- Roddey, Stone, & Fewell Nursing Homes
- Waccamaw MHC

natural gas use for the 12 months preceding the replacement of the boiler and 12 months after resulted in a 7.4% reduction in natural gas used, for a savings of \$2,914.

The benefits did not stop with the energy savings from the

lighting and boiler projects. During this period, Duke Power conducted a rebate program for consumers who completed measures to reduce energy. The Department received \$28,987 in rebates.

The \$784,391 grant was not all “free money.” \$196,097 was classified as a no-interest loan that the Department must pay

back in four annual payments, the first of which was made in October 2011.

These grant projects are not the only energy-saving measures implemented in DMH buildings. PPS completed several projects at Harris Hospital and Campbell Veterans Nursing Home within the last few years that have resulted in energy savings. The

majority of the work included replacement of mechanical equipment, control valves, and control systems. The ongoing project to replace roofs at Bryan also includes replacement of the mechanical systems. All of these efforts are being undertaken to reduce energy consumed within DMH buildings and to lower utility costs.

## WELLNESS COORDINATOR VISITS CAROLINA PLACE

By John Martin, CPSS, Santee-Wateree CMHC



On Monday April 9, Sissy Weaver, wellness coordinator at SC SHARE, visited Carolina Place in Sumter to

give a presentation on Wellness and Whole Health. Weaver has been working with clients in the Columbia area as a certified personal wellness trainer and coach, and meets with individuals to exercise and develop whole health regimens for improved healthy lifestyles and motivation for activity in daily living. I invited her to come and speak to us about wellness.

She started the presentation by encouraging the clients to stand up and get moving to the sound of an upbeat Michael Jackson song. After dancing and moving to the beat of the music for about ten minutes, Weaver played a much more relaxed, calming and soothing piece by Pachelbel and had clients sit down and do some deep breathing and stretching exercises to help them relax.

Weaver talked about the benefits of movement and exercise and how it helps a person feel better to get moving and to stay active. She talked about the health risks and the diseases that are associated with lack of movement and sedentary lifestyles.

She also shared her wellness recovery story and how she had recovered from a sedentary lifestyle when she weighed 300 pounds. She talked about her own

recovery from mental illness and her personal struggles to overcome unhealthy living, and shared that she had joined Weight Watchers and had learned how to make healthy food choices and to eat smaller portions. She said that as she gradually increased her activity level and curbed her eating, she had lost weight and become more physically fit. She started out by taking small, easy steps and gradually increased over time.

Weaver also stressed the importance of having supportive people in one’s life that will provide accountability and support. She emphasized the importance of working closely with doctors to improve treatment and medication regimens to support wellness. She gave us positive tips on ways to get more exercise, and she shared some suggestions for healthy food choices. She also shared some quotes by famous people who became successful by persevering and not giving up when they failed.

Many of the clients made comments and asked questions during her presentation, and some spoke with her after the presentation to get more information. More than 40 clients participated and enjoyed having a guest speaker. The clients invited Weaver to come back again to speak, and the encouragement and knowledge they gained from the presentation will help them live more active and healthy, successful lives. We are grateful for Sissy Weaver and SC SHARE.

---

## **DMH CNA TRAINING PROGRAM RECOGNIZED FOR ITS PASS RATE**

Sandy Hyre, MSN, RN, director, DMH Evaluation, Training and Research

In late 2010, a Certified Nursing Assistant (CNA) Training Program was developed at the C.M. Tucker Nursing Care Center. The program, certified by the SC Department of Health and Human Services (DHHS), is conducted by the Division of Evaluation, Training and Research (ETR), which has designated one nurse as the primary instructor for the program. In addition, selected staff from Tucker provides some classroom instruction while others provide skill assessment and supervision of the students while they are in the clinical areas.

This 120 hour training program, which is more than required by DHHS, comprises 60 hours spent in the classroom and 60 hours spent on the nursing units working with the residents. DMH elected to have more training hours than required because the Agency felt it was a good investment. In addition, the residents that we serve will benefit from having knowledgeable and skilled staff caring for them.

This decision has paid off in dividends, as evidenced by our program being one in the state receiving a "Recognition of Excellence" for having a pass rate of 80% or above for 2011. This is no easy feat. The certification examination has two parts: the first is a written test and the second is demonstration of skills. CNA candidates must pass both in order to become certified.

Most students have more difficulty with the skills portion of the examination. We recognized this early on and, as a result, have a nurse spend time with each student a day or two before they test to verify their competency in the performance of the necessary skills. In July of this year, the skill portion of the certification will become more difficult, as there will be 22 skills and 27 of the components of those skills will be critical. This means that CNA candidates must successfully complete all 27 critical components in order to pass.

The CNA program has proven to be most helpful to the Tucker Center. It has been an excellent recruitment tool, and since its first class in January, 2011, 49 individuals have successfully completed the program and become certified. Special thanks to everyone who has helped make this a program of which the Agency can be proud.

## **COLUMBIA'S WORK IN PROGRESS SELECTED TO RECEIVE PALMETTO HALF MARATHON PROCEEDS**

Courtesy Clare Folio Morris

Midlands non-profit Work In Progress was chosen as one of two agencies to receive proceeds of the Palmetto Half Marathon held Saturday April 14.

Work In Progress (WIP) helps people who have experienced mental illness or emotional problems find job opportunities. Referrals to the organization are made through Lexington and Richland County mental health agencies.

Once these individuals find a job, Work In Progress also provides ongoing support through job coaching. Through its work, the organization helps increase the self-esteem of those it serves and decreases poverty in the community.

"When folks first come to Work In Progress for help in finding and keeping a job, they often feel that they are running the race as fast as they can, but they

always come in last. Often, they feel that way despite having outstanding abilities," explains Executive Director Rosemary Hedden. "Work In Progress gives them that extra burst of speed to catch up in the race, running with pride alongside the other runners."



"We are proud to be chosen as one of the recipients of this year's marathon proceeds, so that we can continue our support to the residents of Richland and Lexington Counties," Hedden says. "Without a doubt, this

funding will enable us to help people support themselves and their families while living with mental illness."

---

*Mental Health Matters is a newsletter of the South Carolina Department of Mental Health (DMH). Produced by the Office of Public Affairs, it aims to bring items of interest within the DMH system to the attention of Agency personnel, the Mental Health Commission, mental health advocates, and other stakeholders.*

*Editor/Layout & Design: Tracy LaPointe*

*Contact: (803) 898-8581  
[TLL06@scdmh.org](mailto:TLL06@scdmh.org)*