



Mental Health Matters

News and Events at the South Carolina Department of Mental Health – November 29, 2012

DMH EMPLOYEES HONORED AT 2012 NAMI-SC CONFERENCE

Tracy LaPointe, Office of Public Affairs

The National Alliance on Mental Illness-South Carolina (NAMI-SC) held its annual conference September 28 and 29 at the Embassy Suites in Columbia. Each year, NAMI-SC recognizes outstanding contributors to the field of Mental Health with an awards ceremony. This year, four DMH employees were honored, in the categories of Mental Health Professional of the Year and Advocate of the Year.



Pictured (L to R): Elliot Levy, MD, was selected as one of two Mental Health Professionals of the Year. Dr. Levy serves as medical director at Charleston Dorchester MHC. State Director John H. Magill. Sheila Mills was also honored as Mental Health Professional of the Year. Mills is a program manager in Quality Management and Compliance. Robert Bank, MD, was recognized as Advocate of the Year. Dr. Bank is director of the Columbia Area Mental Health Center, DMH’s director of Medical Services. Mark Binkley was also recognized as Advocate of the Year. Binkley serves as Deputy Director, Administrative Services and as General Counsel.

MAGILL SPEAKS AT PLENARY SESSION

Ann Marie Dwyer, Office of General Counsel

Saturday’s Plenary consisted of welcome and business items from Joan Herbert, President of NAMI-SC and Bill Lindsey, NAMI-SC executive director. DMH State Director John H. Magill gave opening remarks.

Magill noted that, while recent years have brought significant budget cuts to the Agency, this year was marked with some positive indicators. For the first time in over 30 years, a sitting governor came out in support of public mental health services. This support resulted in budgetary support for the DMH, which was critically needed. Magill recognized NAMI-SC as an integral part of this success and thanked the organization and its members for the support they have provided in the efforts to get funding and recognition for public mental health.

DMH PARTICIPATES IN *BEHIND THE WALL* PANEL



NAMI’s closing plenary, *Behind the Wall*, was a panel discussion of the history of the Bull Street Campus of DMH. Panelists SC Comptroller General Richard Eckstrom, DMH State Director John H. Magill, Former DMH Interim State Director John Morris, Richland County Council Vice Chair Greg Pearce, and Mental Health Commissioner J. Buxton Terry shared memories and historical facts about the campus.

Pictured (L to R): Richland County Councilman Greg Pearce, State Director John H. Magill, Comptroller General Richard Eckstrom, former DMH Interim Director John Morris, and Mental Health Commissioner J. Buxton Terry

DMH SUPPORTS WACCAMAW SCHOOL-BASED SERVICES

Lori Chappelle, Waccamaw Center for Mental Health

Melanie Ferretti, Office of Network Information Technology

Children who are mentally and emotionally healthy are more successful academically and socially. Providing mental health services in schools is an efficient and effective way to address unmet mental health needs and boost student success. Students receiving mental health services in schools also feel less stigmatized, and are more willing to seek help.

For 20 years, The South Carolina Department of Mental Health has been committed to providing mental health services in schools and has had one of the leading school-based programs in the country. Waccamaw Center for Mental Health (WCMH) is on the cutting-edge of these programs.

State Director John H. Magill recently met with WCMH school-based counselors LaToya Simmons, LPC, and Elizabeth Nixon, LPC, LPC/S. Simmons and Nixon have both worked with WCMH for over 10 years. Both counselors have been recognized as Child and Adolescent Outstanding Employee of the Year and serve as mentors to other staff members. They are dedicated to the children and families they serve. Both are team players and part of the school culture and community.

They go above and beyond the call of duty, frequently helping parents and teachers after business hours and on weekends.

Lori Chappelle, director of Children's Services, Samantha Pagueot, LPC, School-Based Services coordinator, and Eryn Bergeron, LISW-CP, School-Based Services supervisor, oversee the WCMH school-based program and keep it running smoothly. School-based counselors are employed by WCMH but embedded in the

schools. In FY 12, 29 WCMH mental health professionals provided counseling services to students and their families in 34 schools in Horry, Georgetown, and Williamsburg counties.

WCMH school-based counselors provided more than 23,000 hours of service to 1,375 children. Chappelle said, "Although numbers are often used to show the impact of treatment, we focus on the quality of services provided to children, youth, and families. We want to know the time families spend with us is meaningful and beneficial to their lives."

According to four students in the Myrtle Beach High School school-based program, Simmons is helping them tremendously. The students told Magill that Simmons teaches them to think of possible consequences of their actions, quoting her slogan to "begin with the end in mind." The students said Simmons is like another parent, expressed feelings of mutual respect, and described her as someone they can talk to about anything.

School-based counselors are able to work with difficult students regularly and handle crisis episodes on-site. Simmons said, "The key to my job is building trust. I keep in touch with many of my clients after they graduate high school and I'm happy to say I've attended many former clients' college graduations."

Students are most commonly referred to the school-based program for disruptive and aggressive behaviors but may be referred for a variety of other reasons, including attention deficit issues, trauma issues, such as family violence, abuse and neglect,



LaToya Simmons and Tiesha Graham



Samantha Pagueot, Lori Chappelle, and Eryn Bergeron



Jackie Green, Elizabeth Nixon, Linette Nichols, Natasha Casler

and mood disorders such as depression, bipolar, and anxiety disorders.

Both Simmons and Nixon are trained in Trauma Focused-Cognitive Behavioral Therapy (TF-CBT), which is designed to reduce negative emotional and behavioral responses following traumatic events. The treatment, based on learning and cognitive theories, addresses distorted beliefs and attributions related to abuse and provides a supportive environment in which children are encouraged to talk about their traumatic experience. TF-CBT also helps parents cope effectively with their

own emotional distress and develop skills that support their children.

While visiting Socastee Elementary School, Magill met with three parents of clients of school-based counselor Nixon. The parents agreed that she gives them the most important thing: hope, and they couldn't do without her. Linette Nichols said, "Mrs. Nixon has been an absolute angel, not only for my son, but for me. She helps me to cope and I no longer feel like I am going through this alone. Mrs. Nixon is the only one my son trusts. If he has an issue, she can calm him

down. I can work because my son can make it through the day at school without me having to come get him because of disruptive behavior."

At its funding peak in FY08, WCMH's school-based program had a presence in 67 schools, in FY12 it fell to a low of 34. Many agencies are facing difficult economic circumstances. WCMH has seen a decrease in state funding over the last three years, and lost financial support from Horry and Georgetown County schools. Despite not having direct financial

support from those school districts, WCMH continues to provide school-based services.

"Early detection and treatment of mental illness can greatly improve a child's quality of life. By redirecting a young person toward the right path; we may reduce the severity or possibly eliminate later mental health problems. About a third of the Department of Mental Health's resources go to Children and Adolescent services. I support the school-based program because it's the right thing to do," said Magill.

TUCKER CENTER WINS STELLAR PARTNERSHIP AWARD

Frances Corley, CM Tucker Nursing Care Center

Tucker Center recently received the 2012 Stellar Partnership Award from Benedict College for its collaboration on provision of service partnerships for the students at Benedict. We are very proud to be chosen for this award, as it exemplifies the true commitment that both entities have to providing interaction between the community and the facility as well as providing learning opportunities for the students.

Each student is required to provide a certain number of service hours prior to graduation. Tucker is close to campus and offers an excellent opportunity for interaction between residents and students. We work with the students to provide a schedule that does not conflict with their classroom hours. The students provide a wide variety of services for the residents, reading together, escorting them to and planning activities, and paying individual visits. They also assist the Activity Therapy and Volunteer Service departments in many ways. We have met some wonderful young men and women through this program and many maintain their relationship with Tucker Center following graduation.

We look forward to our continuing association with Benedict College students this session; 66 volunteers have signed up to participate in the program.



L to R: Yvette Frasier, Tondaleya Jackson, and Eric Jones

What are Your Holiday Happenings?

What do you do at your center, hospital, or unit to celebrate the holidays?

Do you celebrate with your colleagues at a special event, work together to help others in need, or put together something for clients to make their season bright?

TELL US ABOUT IT!

DMH employees are some of the most giving folks there are; we want to showcase your holiday happenings in a special edition of *Mental Health Matters!* Send info to [Tracy LaPointe!](#)

VETERANS POLICY ACADEMY HONORS JOHN H. MAGILL

Melanie Ferretti, Office of Network Information Technology



Director John H. Magill receives the award from MG Goldsmith.

On Tuesday September 25, the Greater Columbia Chamber of Commerce hosted a meeting of the Veterans' Policy Academy (VPA). At this meeting, VPA Chairman MG (ret.) George Goldsmith presented Department of Mental Health State Director John H. Magill with a plaque in appreciation of his tireless work and efforts in support of the VPA.

The Academy was formed in 2008, with Magill serving as its first chairman. Its mission is to support returning troops by identifying needed services, making these services easily accessible, and ultimately helping South Carolina's veterans and their families return to healthy, successful lives. The VPA provides a horizontal network of connectivity to services and opportunities throughout the state.

MG Goldsmith said, "John Magill has brought to the table leaders of the Office of Veterans' Affairs, the Department of Veterans Administration, DAODAS, SC Department of Health and Human Services, SC Vocational Rehabilitation Department, SC Department of Employment and Workforce, SC National Alliance on Mental Illness (NAMI-SC), Office of the Adjutant General, and the Greater Columbia Chamber of Commerce just to name a few. Because of his networking capabilities, the VPA gained the support of the organizations critical to meeting the mission of the VPA. We are very fortunate in South Carolina to have a person with his leadership skills and commitment to serving veterans." Mr. Magill added that he was honored to inaugurate the effort and proud of its accomplishments.

DMH PSYCHIATRIC UPDATE CONTINUES TO GROW, SUCCEED

Sandy Hyre, MSN, RN, director, ETR

Each year, the Department of Mental Health, in collaboration with the University of South Carolina School of Medicine-Palmetto Health Richland Continuing Medical Education Organization, hosts a daylong continuing medical education (CME) conference titled "A Psychiatric Update." This year's program was held Friday, September 21, at the William S. Hall Psychiatric Institute in Columbia. It was also video conferenced to the Agency's mental health centers across the state.

A Planning Committee meets and determines the program's agenda based on needs identified through an annual Assessment that is sent out to physician and clinical staff in SCDMH. This year's topics included:

- *Violence Risk Assessment: A Practical Approach*, presented by Richard L. Frierson, M.D., Professor of Clinical Psychiatry and Vice Chair for Education, USC SOM.
- *Clinical Challenges in Prescription Opioid Use Disorders*, presented by Rebecca Payne, M.D., Inpatient Psychiatrist, Wm. Jennings Bryan Dorn VA Medical Center.
- *Late-Life Depression: An Update*, presented by Shilpa Srinivasan, M.D., Associate Professor of Clinical Psychiatry and Assistant Training Director for the Geriatric Psychiatry Fellowship, USC SOM.
- *Child Abuse: Current Trends in Best Practices*, presented by Allison Foster, Ph.D., Chief Psychologist, Assessment and Resource Center (ARC), SCDMH
- *Law Enforcement, Safety Workers and Mental Health*, presented by Jamae Campbell, M.D., Assistant Professor of Clinical Psychiatry and Assistant Training Director for the Forensic Fellowship, USC SOM

179 staff attended the conference in Columbia and 79 participated via video conference for a total of 258 participants. The event was very successful as evidenced by the attendance and numerous positive comments from program participants. CME, Nursing Contact Hours and Continuing Education (CEU) credits were awarded to participants.

In the near future, a Planning Committee will be formed to begin preparing for next year's conference, which will be held Friday, September 20, 2013.

BIDIRECTIONAL INTEGRATION: SCDMH'S PARTNERSHIPS FOR INTEGRATION OF PRIMARY CARE AND BEHAVIORAL HEALTH

Sheila Mills, Quality Management and Compliance

National data indicates that 68% of adults with a mental health disorder also have at least one co-morbid medical problem. National data also indicates that 29% of people with medical disorders have a co-morbid mental health condition. The co-morbid physical and mental health conditions adversely results in functional impairment-decreased length and quality of life, and increased cost for those affected. As a result, there is a growing demand to address the need for evidence-based approaches to a person-centered healthcare home for the population living with serious mental illness.

Through collaborative visioning among public and private stakeholders, SCDMH has built a diverse platform for strengthening its mission. One such platform is the "South Carolina Primary Care and Behavioral Health Integration Project," a collaborative opportunity to partner with the South Carolina Primary Health Care Association and its affiliated community health centers to establish a blueprint for how to best enhance access to both primary and behavioral health care for individuals served.

SCDMH was awarded \$254,000 through a subcontract from the National Association of State Mental Health Program Directors (NASMHPD) to identify, adapt or develop bidirectional models of integrated care for Federally Qualified Community Health Centers and Community Mental Health Centers, and provide statewide integrated service delivery training forums.

Pilot sites comprising community mental health centers and community health centers were developed and are in various stages of implementation of their efforts to provide integrated care and sustainability:

- Aiken-Barnwell MHC & Rural Health Services d/b/a Margaret J. Weston Health Center
- Beckman CMHS & Carolina Health Centers, Inc.
- Charleston-Dorchester CMHC & Franklin C. Fetter Family Health Centers, Inc.
- Pee Dee MHC & Hope Health, Inc.
- Santee-Wateree MHC & Sumter Family Health Center, Inc.
- Tri-County MHC & CareSouth Carolina, Inc.
- Waccamaw CMH Services & Little River Medical Center, Inc.
- Coastal Empire MHC & Beaufort Jasper Hampton Comprehensive Health Service

It is the vision of the partnerships that we will continue to develop system capacity and leverage funding support for our continued efforts to enhance access to care for our state's citizens with primary health care and behavioral health needs.

- Engagement of supportive partnerships - NASMHPD, SCDMH/CMHCs, SCPHCA/CHCs, Federation of Families, Mental Health America, National Alliance on Mental Illness (NAMI), SCDAODAS, SCSHARE and SCDHHS.
- Establishment of CMHCs/CHCs integration partnerships for co-location of mental health professionals and primary care practitioners and community-based behavioral and primary care health screenings.

PILOT SITES COMPRISING
CMHCS AND COMMUNITY
HEALTH CENTERS ARE NOW
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- Workforce development forums were held on widely supported and evidence-based integration practices for cross training of CMHCs, CHCs, AOD and consumer advocacy organizations (e.g. Whole Peer Health Training, Integrated Web-based Learning Communities, Health Information Exchange, SC's Integration Best Practices Models Regional Forums).

The continual success of SC's integration best practices models is promoted through proactive planning and by placing a stronger focus on South Carolina's unique service delivery system capacity and sustainability factors.

The State budgetary challenges and growing patient needs for a person-centered health home, necessitates that SCDMH and its stakeholders maintain its momentum to build upon the milestones achieved. SCDMH is committed to continual involvement of diverse stakeholders to include consumer advocacy organizations to maximize patient engagement strategies and address stigma through philosophy of "no wrong door."

Our state report "Promising Practices and Models of Integration for Community Health Centers and Community Mental Health Centers" was published at the NASMHPD 2012 TTI Leadership and Sustainability Conference in Washington, DC.

They survived the 70's: Fountain of Youth Edition



This inpatient administrator is devoted to serving our veterans!



A longtime DMHer, he's on the forefront of behavioral health technology...

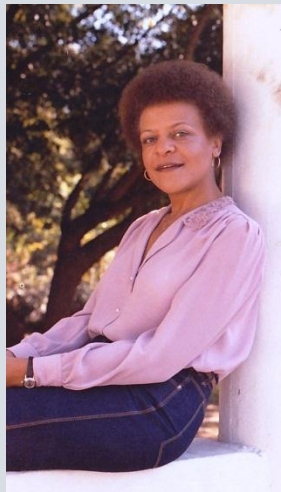
Can you identify these well-known DMHers?

Apparently, all of the people in our group this time are living right... they've hardly changed a bit!

(Answers, page 7)



Check out the sideburns on this Upstate center director!



Referred to as a "Steel Magnolia" due to her tough approach to her job in DIS, she's as pretty now as when she worked at Morris Village.



He signs his e-mails in bright colors. Could it be a throwback to this very, er, bright shirt?



We never realized how much this center director looked like Martin Sheen!



Another Upstater! This center director always has a smile.



This one's a giveaway – we don't even think his hair has changed color!

DMHers, page 6:

*Top Row (L to R): **Frances Corley**, administrator, CM Tucker Nursing Care Center - Stone Pavilion; **Ed Spencer**, program director, DMH Telepsychiatry Consultation Program.*

*Middle Row (L to R): Greenville MHC Center Director **Al Edwards, MD**; Quality improvement DIS Director **Algie Bryant**; Coastal Empire MHC Center Director **Ray Norris**.*

*Bottom Row (L to R): Spartanburg Area MHC Center Director **William Powell, MD**; Piedmont CMHS Director **Joe James**; Waccamaw MHC Director **Murry Chesson**.*

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*