

2013 is flying by, and it's been a long time since we at Mental Health Matters have seen you! Over the next few weeks, we'll be putting out a series of issues featuring new stories in addition to older pieces, to catch up on all of the wonderful projects DMHers have been involved in this year.

COLUMBIA AREA MHC CELEBRATES 20 YEARS OF DBT!

Sheila Arnold, Columbia Area MHC

Frustrated by the inadequacy of traditional programs to effectively treat clients diagnosed with severe personality disorders, Columbia Area Mental Health Center formed a task force in 1992 to search for an appropriate treatment model to improve the overall functioning of these clients. Services needed to focus on helping clients develop the skills needed to decrease their crisis and impulsive behaviors and to increase their quality of life.



DBT team members Stephanie Butcher, Dr. Elizabeth Alford, and Jennifer Butler

One of Dr. Warren Garrison's clients with borderline personality disorder seemed to make no progress at all through traditional treatment. With a colleague from USC, Dr. Garrison used some components of a new model specifically designed to treat people with borderline personality disorder in treating this client. They soon realized that this treatment model could work, but that it needed a team approach. The Task Force agreed this new model was most promising and, as such, implemented a pilot program on June 16, 1993, using Dialectical Behavioral Therapy (DBT) as the treatment modality.

"We started with six or seven patients who had been refractory in their symptoms and who were known to have high numbers of hospitalizations/ER visits and who were considered to be high risk for self harm. It became very clear early on that this model of treatment was remarkably effective in both decreasing hospitalizations and improving these patients' quality of life," remembered Dr. Elizabeth Alford. The pilot program's success resulted in expanding the pilot into a comprehensive program for adult clients with behavioral disorders.

University of Washington Psychology Researcher Dr. Marsha Linehan designed DBT specifically to treat people with borderline personality disorder who typically would not actively participate in treatment and who were chronically suicidal. The treatment model involves two components: individual therapy with a focus on "validation" of clients' uncomfortable thoughts, feelings, and behaviors, and group therapy, which teaches coping skills and provides practice with regulating emotions and behavior in a social setting.

According to NAMI's website, "Once an identified thought, emotion or behavior has been validated, the process of change no longer appears impossible...The term 'dialectics' refers to the therapist's goal of establishing a balance between acceptance and change and effectively integrating these two fundamental principles of successful therapy."

The Program's team approach is designed to address the support needs of clients with severe behavioral disorders as well as the needs of the DBT staff members. DBT therapists teach groups together, which broadens the support group for clients.

Jennifer Butler, a member of the DBT team since 1999, said “It’s the team’s job to take care of clients.”

DBT is the only Center program in which clients have access to their treatment team for crisis consultation after hours and on weekends as well as during regular business hours. The DBT team also takes care of each other, since therapists working with this difficult population typically have a high “burnout” rate.

To empower clients, DBT therapists work on clients “attaching” to them, in part, through self-disclosure. Jennifer said this “is scary and tricky” because such sharing could foster dependence instead of

empowerment. To support each other and to ensure clinicians remain within therapeutic boundaries, team members frequently give each other feedback.

Dr. Alford reflected, “People who do this kind of work tend to be incredibly dedicated to improving the lives of others despite difficult odds. I have been impressed with the patience, perseverance, resilience, wisdom and sense of humor that they consistently demonstrated. I am thankful to Columbia Area MHC for remaining committed to continuing the DBT program, as I see what a difference it can make for our patients and their families.”

BPH HOSTS FAMILY FUN DAY AND 5K

Anita Gathers, Bryan Psychiatric Hospital

On Saturday, April 13th, Bryan Psychiatric Hospital (BPH) hosted its first ever Family Fun Day and 5K. The weather was perfect for the 120 race participants, with sunny skies and comfortable temperatures at the 10:00am start. The race followed a beautiful scenic course directly outside of BPH, on a course that has been USA certified for 10 years; a microchip timing system was used to determine each participant’s run time.

Family Fun Day was truly a day to remember. The adult race was followed by the BPH Kids’ Fun Run. After the races, a crowd of more than 160 BPH employees and their families converged on the campus for an awards ceremony and family picnic.

The atmosphere was festive, with great food, music, fellowship, and games for all to enjoy. BPH Director Ralph Randolph presented trophies to the top three overall adult male and top three overall adult female 5K participants, and medals were awarded to each child participating in the Kids’ Fun Run.

The proceeds, \$3,115, will directly benefit the Division of Inpatient Services’ (DIS) Forgotten Patient's Fund. This fund assists patients in all DIS facilities who do not have financial resources during their hospitalization. Funding has assisted a number of patients as they return to live in the community, both independently and in community care home transition. Funds are distributed on an as-needed basis, with emphasis on improvement of quality of life, for such needs as clothing, prosthetic devices, and therapeutic recreational activities.

The BPH Family Fun Day & 5K committee would like to thank all of the dedicated staff and volunteers, generous supporters, and race day participants for helping to make this year's event a huge success!



The race begins!

SECOND ANNUAL LOWCOUNTRY MENTAL HEALTH CONFERENCE HELD

David Diana, Charleston-Dorchester MHC

Mental Health Heroes, A Charleston based non-profit organization, and the Charleston Dorchester Mental Health Center (CDMHC) held the second annual mental health conference at the College of Charleston to a crowd of over 400 people. What started as a nice idea two and a half years ago has now turned into a major event in South Carolina, with mental health professionals coming from as far as Hawaii, California, Arizona, Minnesota, Ohio, Georgia, and North Carolina.



A packed house for the Conference

The Lowcountry Mental Health Conference has become a major fundraiser event, with revenue from the event going directly to client care. A significant portion of the funds will go to Mental Health Heroes, which offers crisis support for CDMHC clients and their families. The money raised from the conference gives Mental Health Heroes the ability to help clients pay for important medications, help families with electric bills, heat, and a wide variety of other essential needs. In only two years, the conference has far exceeded expectations with earnings for this year's conference expected to be in the \$24,000 range.

The event has also become one of the highest quality conferences for mental health professionals in the southeast. This year's theme, *The Changing Landscape of Behavioral Healthcare*, brought a wide array of incredible speakers from Fred Osher M.D., director of Health Systems & Health Policy at the State Government's Justice Center, who spoke on *Reducing Recidivism & Promoting Recovery*, to VA Charleston Psychiatrist Kenneth Coll M.D., and his high energy talk on *Psychopharmacology &*

Anxiety. DMH's very own Christopher Wells, project director of the DMH Trauma Initiative, presented *An Overview of Grief & Loss Treatment*, and CDMHC Certified Peer Support Specialist Lloyd Hale shared his inspirational *Recovery Story*.

CDMHC Executive Director and leader behind the conference Deborah Blalock, began day one in front of a packed audience at the Physician's Auditorium. She was followed by a series of excellent sessions throughout the day. Day two of the conference began with an introduction by DMH State Director John H. Magill and ended with a highly interactive mental health panel discussion on Public Safety, led by Charleston County Sheriff, J. Al Cannon Jr., SC, DMH Deputy Director Mark Binkley, Peer Support Specialist Lloyd Hale, and the Head of Charleston Dorchester Mental Health's Assessment/Mobile Crisis Team and Special Operations, Esther Hennessee.

The conference has become a true community partnership and collaboration, as the event received considerable support from the College of Charleston's Office of Community Relations, NAMI Charleston, the Charleston Center, several mental health centers across South Carolina, and a wide variety of other organizations and treatment centers both in and out of state.



The Conference's Public Safety Panel

We want to thank everyone who attended and who helped organize and put on the conference. There are simply too many people to thank for ensuring that the conference met our high standards.

Stay tuned for our 3rd annual event, coming in June 2014. You won't want to miss it!

DMH 2012 OUTSTANDING EMPLOYEES



Jerri Veronee
DOAS/Central
Administration



Jerome McCorkle
DOAS Physical Plant
Services



Dolly Still
Aiken Barnwell CMHC



Michael Young
Anderson Oconee Pickens
CMHC



Dr. Alfred Ebert
Beckman CMHS



Statewide Outstanding Employee Jerome McCorkle accepts the award from State Director John H. Magill with his family by his side.



Michelle Scott
Charleston Dorchester
MHC



Summer Smith
Catawba CMHC



Sandra McDaniel
Coastal Empire CMHC



Patricia Hicks
Columbia Area MHC



Rebekah Player-Graber
DIS Centralized Services



Dr. Jeffrey Musick
DIS Forensic Eval. Svcs.



Pamela Roberson
Bryan Hospital



Anthony Schmidt
Greenville MHC



Jonathan Worth
Harris Hospital



Christine Lee Ferdaus
Lexington County CMHC



Tammy Cleveland
Morris Village



Cynthia Hallmon
Orangeburg Area MHC



Brenda Lawson
Pee Dee MHC



Amanda Geddings
Piedmont CMHS



Roger Dannels
SVP Treatment Program



Paula Gilliam-Smith
Spartanburg Area MHC



Dave Moen
Waccamaw CMH



Richard Sells
William S. Hall

*Unavailable for
Photos*

Ralph L. Butler
Berkeley MHC

Pamela Williams
Santee-Wateree CMHC

Ridgill DuBose
Tri-County MHC

Linda Finney
C.M. Tucker Nursing
Center

Congratulations to all!

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.

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