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**SCDMH Peer Support Specialist Program Adopts Code of Professional Conduct**

As we ring in the New Year, we would like to introduce the newly developed code of conduct for peer delivered services.

Clarifying issues of professional conduct reduces the chances of harm and/or exploitation for a person (client) seeking services. All of the helping professions (medicine, nursing, psychology etc.) have established codes of conduct.

**SCDMH Certified Peer Support Specialist Code Professional Conduct**

Peer Support is a helping relationship between mental health clients and Certified Peer Support Specialists (CPSS) encouraging respect, trust, and warmth. The primary responsibility of Certified Peer Support Specialists is to help empower clients to achieve their own needs, wants, and goals as specified in the plan of care. As such, they are committed to providing and advocating for effective recovery based services for the people they serve. SCDMH Peer Support Specialists recognize the importance of a Code of Ethics and are dedicated to these standards being rigorously enforced.

1. Certified Peer Support Specialists will not practice, condone, facilitate, or collaborate in any form of discrimination on the basis of ethnicity, race, sex, sexual orientation, age, religion, national origin, marital status, political belief, mental or physical disability, or any other preference or personal characteristic, condition, or state. Certified Peer Support Specialist will adhere to policies set forth by the South Carolina Department of Mental Health directive 885-07 (4-100) Abuse, Neglect or Exploitation of Patients and Clients Prohibited

2. Certified Peer Support Specialists will maintain high standards of personal and professional conduct and shall not

be party to any type of behavior, activity or policy that denies any client equal, non-discriminatory access to service and/or support; or which deliberately demeans the rights and/or dignity of any client, staff or colleague.

3. Certified Peer Support Specialists will, at all times, respect the dignity, privacy and confidentiality rights of the clients they serve.
4. Certified Peer Support Specialists will never engage in sexual/intimate activities with the clients they serve
5. Certified Peer Support Specialists shall avoid being drawn into dual (friendships, business bartering etc.) relationships with clients while the support relationship is ongoing.
6. Certified Peer Support Specialists never give out their personal contact information to clients, but will ensure clients know how to contact them through the mental health center.
7. Certified Peer Support Specialists shall only provide service and support within the hours, days and locations that are sanctioned by the mental health center.
8. Certified Peer Support Specialists will conduct themselves in a manner that fosters their own recovery. In so doing, Peer Support Specialists are expected to conduct themselves in a professional manner and take the necessary steps to ensure their conduct does not negatively impact on the perception of this program. **(Continued on pg 3.)**

# The Committee to Preserve and Protect Historic Cemeteries

By Katherine Roberts

The Committee to Preserve and Restore Historic Cemeteries, chaired by Anita Baker of MHA-SC, was organized when Vicki Cousins, former Client Affairs Director, went to MHA-SC to ask for help in forming a Committee to work on the cemeteries that were the final resting place for people who died and were buried by DMH while patients. There are five Columbia-area cemeteries. Of the former patients buried in these grounds, only about 250 have a name on their headstones, (if a stone is found at all). It was not until 1986 that the former State Director, Joseph Bevilacqua, issued a directive allowing grave markers to have the deceased person name on it. The names appear only at the Morris Village location. I was asked by Vicki Cousins to try to develop a database linking former patients to cemeteries and corresponding numbers. Currently that database contains the names of 7,070 people.



**The Elmwood Cemetery location is desolate, with no markers showing.**

**Elmwood Cemetery and Potters Field** (1880-1893{?}) In 1880, the SC Lunatic Asylum purchased **Section 41** of Elmwood Cemetery. The plot is located directly next to the offices at the front of the cemetery. The Elmwood/Potters Field database currently contains only the location of 30 graves purchased by the "Lunatic Asylum" in August of 1880. The identity of the individuals buried there is still unknown. Along with Potters Field, little more about these sites is known. With financial assistance from MHS-SC 4 corner post have been purchased to mark the boundaries of the site.

**Slighs Avenue Cemetery** (1848{?} -1922) The Slighs Avenue Cemetery was the "colored cemetery" and is the property of the City of Columbia. It sits in the center of a driving range funded by a grant from the Tiger Woods Foundation. Neither the City nor the Foundation realized the property was a burial

ground. When the Committee realized a driving range was planned for the property they became very active to see to it that the persons buried there were treated with dignity and respect. The Committee asked the Dept. of Anthropology at USC to determine the boundaries of the land that included the gravesites by using penetrating radar. The Committee was successful in getting the City of Columbia to erect a screen to keep golf balls from landing on the graves. Although originally it was believed that roughly 1900 people were buried at Slighs, the names of 2,346 people have been recorded in the database. The database begins in November 1893 and continues until November 1905, then resumes in June 1915 and ending in January 1922.

## ***Geiger Street aka "The Cottontown Cemetery"***

Cottontown sits just across the street from the SCDMH Administration Building. This cemetery was in use from 1827 to 1954. Although it was thought that about 1,300 people were buried in this well kept open field, the names of 1,723 people have been recorded in the database. A marker placed by SCDMH in the mid 80s identifies the grounds as "Geiger Ave. Cemetery." A portion of the cemetery in the center is fenced off, with a gate. The remains of Confederate soldiers lay here. SCDMH patients are buried around the periphery. Stones are at ground level and a few have names.

## **Pisgah Church Cemetery (1954 -1966)**

The Pisgah Church Cemetery would have turned no heads to passers by. The site was completely overgrown, it sits off the road and in no way identifies itself as a cemetery. A few yards back is a makeshift chapel for inclement weather outdoor burials. This "whites" only cemetery was in use between 1954 and 1966. Members of the Committee, MHA-SC and DMH employees spent weekends over several months cleaning the property and locating the stones. A small fence now marks the front of the cemetery. The property is owned by the Carolina Research Authority and is for sale. Of the 1,082 graves located on the site, 904 have been identified.



**Pisgah Church Cemetery is completely overgrown. It sits off the road and in no way, identifies itself as a cemetery.**

(Continued on pg. 5)

## Strong at the Broken Places by Richard Cohen



Ninety million Americans battle chronic illness every day. When we think of illnesses like muscular dystrophy, Crohn's disease or mental illness, we think of the litany of symptoms to be endured not of the people who live every day with these illnesses. In a world where normalcy is celebrated best selling author

Richard M. Cohen and husband of TODAY host Meredith Vieira. Richard

Cohen, who struggles with multiple sclerosis himself, brings to life the story of five astonishing people who are living with chronic illness in his moving new book, "**Strong at the Broken Places.**" One of the five people is Larry Fricks.

Larry Fricks lives in Cleveland, Georgia, and was diagnosed in 1984 with bipolar disorder. In denial of his illness, Larry spent much of the mid-'80s in and out of mental hospitals, using alcohol to control his manic periods. Now, married to Grace, a small business leader and a former advocate for people with developmental disabilities, Larry works as a mental health

professional. In 1996, Larry spoke at a White House conference where the first surgeon general's report on mental health was released. Although he fights every day against the stigma of mental illness, Larry has said he would change nothing "To take my illness, would be to remove the meaning and purpose I now have. Mine is a purposeful life."



### Peer Support Code of Conduct continued from page 1.

9. Certified Peer Support Specialists will openly share with clients and colleagues their recovery stories from mental illness as appropriate for the situation in order to promote and support recovery and resilience.
10. Certified Peer Specialists will keep current with emerging knowledge relevant to recovery, and openly share this knowledge with their colleagues while refraining from giving advice or opinions that exceeds the scope of practice as defined in the Community Mental Health Services Provider Manual Section 2 Policies and Procedures 2-68 for the Peer Support Service.
11. As state employees, Certified Peer Specialists cannot accept personal gifts.

To enhance understanding of boundaries, ethics and duality the Office Client is sponsoring training in April. See page 7 for details.

The **South Carolina Disability Voting Coalition** is a non-partisan coalition dedicated to increasing the number of people with disabilities who vote through voter education and improved access to the voting process.

1. People with disabilities have the right to vote in elections independently and privately and in the same manner as any voter.
2. People with disabilities should be treated with dignity and respect in all aspects of the voting process.
3. Registered voters should not be denied the right to vote solely based on a physical or mental disability.

#### WHAT DOES THE SOUTH CAROLINA DISABILITY VOTING COALITION OFFER?

- ☞ VOTER EDUCATION
- ☞ ADVOCACY & SUPPORT
- ☞ HELP WITH VOTER REGISTRATION

You can download brochures at ...

[http://www.state.sc.us/dmh/client\\_affairs/scdvc\\_brochure.pdf](http://www.state.sc.us/dmh/client_affairs/scdvc_brochure.pdf)

## Tips for Telling a Recovery Story by Katherine Roberts

Across South Carolina, people in recovery are celebrating their successes. We are inviting you to share your story with others on the SCDMH Client Affairs Website in an effort to educate others about treatment, how it works, for whom, and why. Too often our successes go unnoticed. The purpose of a recovery story is to inspire hope while celebrating success and sharing solutions.

Below are some guidelines for telling a recovery story adapted from NEDA; the National Eating Disorders Association.

Before telling your story: **Be committed to your own recovery.** Be sure you are first and foremost an advocate for *you!* Sharing your story is a big responsibility. Understand that it may feel like a lot of pressure and will likely bring up a lot of emotions. It is imperative to stay focused on your own recovery before taking steps to help others.

**Recognize your limits.** While you are an expert of your own experience, remember that this experience is unique to you. Don't answer questions that you don't know the answer to or provide advice that suggests "this is what works for everyone."

**Know what you are and are not willing to share.** Just because you've taken this step to share your story does not mean you have to disclose every aspect of your experience. Keep a commitment to yourself not to disclose more than you are comfortable with.

**Be prepared for assumptions/questions.** Remember that the mental illness knowledge varies widely among the audience. Be prepared to address common myths and keep in mind what a valuable opportunity this is to clear up those all-too-prevalent misunderstandings.

**Always keep in mind 'why'.** Before sharing your story, carefully consider your motivations for doing so. While it may be personally rewarding to be honest and open about your experience, remember that you have an important obligation to your audience members. Make sure you leave your audience with the message that there is hope, that recovery is possible.

If you are having difficulty getting, try answering some of the following:

- What were some of the early indications that you were beginning to have difficulties?
- Briefly describe yourself and your situation when you were at your worse.
- What helped you move from where you were to where you are now? What did you do? What did others do?
- What have you had to overcome to get where you are today?
- What have you learned about yourself and what we call recovery?
- What are some of the strengths you have developed?
- What are some of the things that you do to keep you on the right path?

Finally, believe that you have something to share. If you would like to share your story on-line, send it to the Office of Client Affairs for internet posting.

## Recovery Resources

Looking for recovery materials Recovery Resources is a micro-enterprise completely owned and operated by persons in recovery from mental illnesses. The goal of the business is to offer a variety of the best recovery-oriented materials (books, CDs, DVDs, posters, etc.) and speaker services at the lowest possible prices. Shop their catalog and discover how our products and services can help those in need of support, hope and courage to create a better life.

<http://www.recoverresources.com/>

**Recover Resources**  
755 Alta Dale SE  
Ada, Michigan 49301  
USA Phone: (616) 676-9230



[ALTERNATIVES 2008](#) will be held at the Adams Mark Hotel in Buffalo, New York! October 27 through November 2, 2008 (Click on Alternatives 2008 and follow the link) |

International Conference on Self-Determination, May 27th to 29th, 2008, Detroit, Michigan Click on links for: ([Scholarship information](#)) ([Conference details](#))



## Cemetery continued from pg. 2

**“Morris Village Cemetery** - Morris Village Cemetery has been in continuous use since 1922. Until 1966, it received only non-white patients. Located directly beside Morris Village it has the most "organization" in that almost all stones are visible, and intact. The grounds are fenced in, with an entrance and monument. Alongside this cemetery is a smaller fenced-in cemetery believed to be the final resting place of Department of Disabilities and Special Needs patients. Of the 2159 people buried there between 1922 and 1986, 2,097 have been identified.

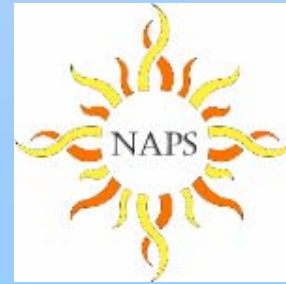
Brad Sauls of South Carolina Archives and History stated that identifying and landscaping these sites and grounds would preserve an "amazing resource." He also recognized how people who were devalued, stigmatized and abused during life carry that status into death. "It's amazing how we treat and revere the memory of some people and the difference in how we treat others. We revere veterans from the Civil War ... governors, legislators. But these people here ... they are just marked with numbers just numbers! And in some cases not even a number". But this effort is not about pointing fingers at our past, past attitudes, and past record keeping. It is about empowerment, as clients and citizens get the opportunity to rebuild these public spaces. "It's about the present. It's about healing."

Plans are currently underway to build and dedicate a memorial to all of the former patients at the Elmwood cemetery. To locate a family member or friend buried at one of the cemeteries contact Katherine Roberts or for more information on the cemetery project go to [http://www.state.sc.us/dmh/client\\_affairs/cemetery.htm](http://www.state.sc.us/dmh/client_affairs/cemetery.htm)

## National Peer Support Conference

The first-ever national conference for peer specialists was a huge success. More than 225 people from 26 states came to Denver to learn from presentations and workshops Aug. 16 & 17.

The **2008 conference is scheduled for August 20-22 in Philadelphia at the Sheraton Society Hill Hotel**. More information will be posted as it becomes available. A limited number of scholarships will be available for attendees through the Substance Abuse and Mental Health Services Administration. More information will be posted as it becomes available. The schedule for the 2008 NAPS conference will be posted in June 2008. We are seeking workshop proposals. If you are interested in submitting a proposal, please note that a Call for Workshop Proposals will soon be posted <http://www.naops.org/>



## SPOT LIGHT on Centers and Client Advisory Boards

**Charleston Dorchester MHC** Client Advisory Board had:

- Special guests speak about benefits/entitlements and the vocational services offered at the center.
- Discussed how Medicaid, Medicare and disability benefits work. Discussed how employment affects benefits and the good things that are associated with working.
- Discussed Vocational services and how clients can request services from their case managers. The IPS model was explained and the IPS team hopes to have a job fair in the future. They noted that the voc team could help clients with accessing resources to get a GED or go to college.
- Discussed the benefits of volunteer work and felt the speakers were helpful and informative.
- Gave updated class schedule for the Wellness Academy Spring Semester
- Some clients noted that they have recently changed case managers. In response, next meeting will focus on purpose of regionalization and integration efforts.

**Berkeley MHC** is collaborating with Mental Health America, SC SHARE and NAMI SC to sponsor a phone bank on May 6<sup>th</sup> to promote Mental Health Awareness. They have also working with a local TV show called "Lowcountry Live" to do highlight them in May along with and are local TV news station that has offered to help.

## The Faces of Mental Illness

By Donna Lynch, CAAC-CPSS Berkeley MHC

When was the last time that you heard something positive about a person with mental illness? All too often we hear the negative side of mental health issues. We see headlines blaring "Person with Mental Illness..." and then whatever horrific thing has been done is played out for the entire world to see. In that same vein, we don't see the screaming headline, "Person without a Mental Illness did something awful." How often do we see in large headlines or as a lead-in on the news, "Person with Mental Illness Gets Doctorate, or Wins Academy Award?"

Do you really know the face of mental illness? Do you think that you can stand in a room with one hundred people and know who suffers from depression, bipolar, schizophrenia, or any other mental illness? The face of mental illness is not what most people expect. We often hear people saying, "I don't want people with mental illness living in my neighborhood." Well, here is a question for you - if Abraham Lincoln, Beethoven, Van Gogh, Patty Duke, Rod Steiger, Ted Turner, or Maurice Benard, of General Hospital fame, moved into your neighborhood, would you kick them out?

Where would the world be without people that have mental illness? There would be no painted ceiling in the Sistine Chapel by Michelangelo who was known to have a mental illness. One of the most famous movie roles of all time, Scarlett O'Hara, may have existed, but it would never have been played by Vivien Leigh who had bipolar disorder. All too often we as a society get caught up in the bad things and forget to reflect on the good.

We try and tell people what they can and can't do based on what we have seen in the media or what we think to be true. A person with a mental illness can achieve any goal they set for themselves. What happens too often is that they are beaten down by stigma and the low expectations that the world has for them. A person with a mental illness can live a productive life - they can work and have a family - they can be and are a vital part of the community in which they live. I know, I have a mental illness, and I not only work a full time job, I work in the mental health profession. If you passed me on the street, you would never guess that I have been diagnosed with a mental illness. I look like everyone else. There are people in your day to day life that may be affected by mental illness and you don't even know. For example your doctors, lawyers, nurses, actors, presidents of companies, politicians and any other walk of life that you could imagine have had/have mental illness.

The best way to stop the stigma associated with mental illness is through education. You can learn more about mental illness through your local NAMI (National Alliance on Mental Illness) Chapter, your local mental health center or by visiting your library.

If you need information on the local NAMI Chapter please call 761-8282 in Moncks Corner or toll free in the Tri-County area at 1-888-202-1381 ext 346 at both numbers.

**This article by Donna Lynch appeared in the "Berkeley Independent" in May 2006**

## SPOT LIGHT on Centers and Client Advisory Boards

**Anderson Ocone Pickens MHC (AOP)** The CAB of AOP has started a newsletter written by the clients. The first issue includes a client recovery story, a client poem, description of crafts that the clients taught each other. It is edited by the CAC and proofread and formatted by the artist who produces all our pamphlets, etc. so that it looks extremely professional. CAB is also planning a recovery day with help from our friends. Our lobby recovery bulletin board, which is updated regularly, contains a Welcome sign, a recovery story, and other various information such as hints for better sleep, announcements of free computer classes at the adult education

**Pee Dee MHC** The CAB at Pee Dee has just begun. They have elected a chair, Karen Driggers, and are working to increase membership and determining what activities the board would like to pursue, the consumer ball, board education and the vacant CAC position.

**The New Client Advisory Board Policy has been posted in the SCDMH Directives Index at <http://dmhhome/directives/889-07.htm>**

The new policy gives center and facilities additional options to gather client and family input/feedback.

## Ethics Boundaries and Duality Peer Support Training - April 7, 2008

On April 7, 2008, training for peer support specialist will be held in Columbia. The focus of the training is on the newly developed Code of Conduct for Peer Delivered Services.

The five goals are:

1. To develop a better understanding of what dual relationships are & why they can be harmful
2. The SCDMH policies surrounding ethics & acceptable employee conduct
3. Clarifying different types of boundaries
4. Understanding how violations are harmful & how to recognize boundary violation patterns
5. Developing a framework for making better ethical decisions at work

The Office of Client Affairs will provide lodging for SCDMH peer support specialists. Four and half peer support training hours will be granted for participating in this daylong training.

The training will be held at the administration building room 323 from 9:00am to 3:30 pm on Monday April 7, 2008. Contact the Office of Client Affairs to make travel/lodging arrangements.

## Calling All Artists

**The Art of Recovery will exhibit at the Columbia Museum of Art in May. The deadline to submit artwork for this exhibit is March 14, 2008. Each piece of artwork must have a completed consent form taped to the back.**

Approximately 20 pieces of artwork will be selected to go to the Columbia Museum of Art. Many of the other entries will be displayed at the SCDMH Administration Building and other area exhibits.

To be considered for exhibit, the artwork must fit one of the following size frames:

- ◆ 16x20
- ◆ 18x24
- ◆ 12x16

We may mat smaller artwork to fit frames.

**Submit all artwork to:  
Sue Perry  
Room# 302 SCDMH Administration Building in Columbia.  
2414 Bull Street Columbia, SC 29202  
If you have any questions, call 803-898-8582.**

**Artists can also submit their work through any SCDMH program, clinic, center or facility. To do so, contact members of your treatment team, any peer support specialist, the Volunteer or Client Affairs Coordinator at your center.**

The Art of Recovery was recently featured in the *Columbia Metro Magazine* to read the complete story go to [http://www.state.sc.us/dmh/aor/aor\\_cm\\_article\\_opt.pdf](http://www.state.sc.us/dmh/aor/aor_cm_article_opt.pdf)

To view past collections in the on-line Gallery go to <http://www.state.sc.us/dmh/artrec.htm>

## SAVE THE DATE

**Ethics Boundaries & Duality** sponsored by the SCDMH Office of Client Affairs Peer Support training April 7, 2008 SCDMH Administration Building

**SCDMH Best Practices Conference**  
April 29<sup>th</sup>-30<sup>th</sup> SC Hospital Association  
More information coming on the SCDMH Webpage

**17th Annual Children, Adolescents, & Families Conference**  
May 28-29, 2008 Columbia Convention Center  
1101 Lincoln Street Columbia SC 29201

**NAMI SC 2008 Annual Conference**  
October 25th 2008 at Embassy Suites in Columbia SC  
<http://www.namisc.org/index.html#>

## CPSS Continuing Education

February 20 & 28 **Improving Self Esteem (both sessions)**

March 12 & 27 **Facilitating a Successful Group Relaxation Techniques**

April 16 & 24 **Developing Active Listening Skills (both sessions)**

May 15 & 19 **Art of Diffusing Anger (both sessions)**

### **FY08 Peer Support Certification Training Schedule**

<b>Week 1</b>	<b>Week 2</b>	<b>Testing</b>
1. Feb.25-28	March 3-5	March 19 <sup>th</sup>
2. May 19-22	May 27-29	June 11
3. Aug. 11-14	Aug.18-20	Sept. 3
4. Oct. 27-30	Nov. 3-5	Nov. 19

### **CAC Bi-Monthly Meetings**

The CAC's meet every other month from 1 to 3 pm. All employees who do not live in the Columbia area (Cola. and Lexington) may tune into the meeting via the SCDMH video conferencing system at their main center location.

**CAC:** Feb. 19, April 21, June 16, Aug. 4, Oct. 20, Dec. 15

**To see the entire Client Affairs Training Calendar Go to:**  
[http://www.state.sc.us/dmh/client\\_affairs/training\\_calendar.htm](http://www.state.sc.us/dmh/client_affairs/training_calendar.htm)

**TIME CHANGE:** The February CAC meeting time has been changed to 10:00 to 11:30am from 1:00 to 3:00pm

## Other Events

### SC SHARE

#### **Recovery for Life I**

February 19<sup>th</sup>-20<sup>th</sup>  
May 20<sup>th</sup> – 21<sup>st</sup>

#### **Recovery for Life II**

March 18<sup>th</sup> - 19<sup>th</sup>  
June 17<sup>th</sup> - 18<sup>th</sup>

#### **WRAP**

April 15<sup>th</sup>

#### **February 13, 2008 - Stress Management for Everyday Living**

#### **February 16-18, 2008 - - STAR Mentor Training 2 (You must have attended training 1 to participate)**

STAR Mentoring is an exciting new program starting in 2008. SC SHARE will offer two special required trainings in January and February to train people in our state how to become paid mentors who will return to their communities to help others!

### MHA-SC

55<sup>th</sup> Annual Meeting May 2008 9:00-3:30  
Call [803-779-5363](tel:803-779-5363) for more information

### Federation of Families

**February 27, 2008 - The Wrights law Special Education and Advocacy Conference** with Peter Wright, Esq., sponsored by PRO-Parents of South Carolina at the South Carolina State Museum, 301 Gervais St., Columbia, SC 29201. The event is free for South Carolina residents, however, registration is necessary. Please click on the following link for more information

<http://www.wrightslaw.com/speak/08.02.sc.htm>

**April 4, 2008 - The KEYS TO SUCCESS: STRATEGIES FOR ADD & ADHD CONFERENCE** with presenting speaker Chris Zeigler Dendy, M.S., sponsored by, PRO-Parents of South Carolina, will be held at Midlands Technical College Airport Campus - Academic Center. Registration is Free and the registration deadline is March 28, 2008. To register please visit the following website for more information:  
[http://www.proparents.org/Keys\\_to\\_Success\\_Strategies\\_for\\_ADD\\_and\\_ADHD.html](http://www.proparents.org/Keys_to_Success_Strategies_for_ADD_and_ADHD.html)

CAPPS is a quarterly publication of the SCDMH Office of Client Affairs. Please email or send ideas, information, articles, and announcements to Katherine Roberts, [kmr50@scdmh.org](mailto:kmr50@scdmh.org) at SCDMH Medical Director's Office Suite 314, 2414 Bull Street Columbia, SC 29202, fax 803-898-8347