

WHAT DO AN RV, A MENTAL HEALTH CENTER, A DUCK, AND SCHOOL CHILDREN HAVE IN COMMON? THE FIRST DAY FESTIVAL!

By Matt Dorman, Charleston Dorchester MHC

On August 14, 2011 from 1 to 4 p.m., the Charleston Dorchester Mental Health Center (CDMHC) and Mental Health America (MHA) joined forces to educate school children and their families about mental health issues at the City of Charleston's 9th First Day Festival. The First Day of School Initiative is a national campaign to generate widespread community support for schools, excitement about the beginning of another school year, and celebrate education.

hand out CDMHC pencils, bracelets, school supplies, and much needed literature about stigma, mental health awareness, and resources, as well as to give a tour of CDMHC's Highway to Hope RV. The Highway to Hope project is an RV that operates as a mobile mental health clinic, serving those in rural areas of Charleston and Dorchester counties.

Using MHA's "I. C. Hope" duck as a draw, five Center staff (Cathy Joyner, Sonya Jenkins, Lloyd Hale,

David Diana and Matt Dorman) and three "Junior Staff" (Avery and Ethan Diana and Max Dorman), took full advantage of the day's events. Walking around in the scorching heat, I.C. Hope informed school children and families about where to access mental health services and explained how the band aid on its head and life preserver around its neck are symbols

for mental illness: that it is real, it is treatable, and that every life is worth



saving. I.C. Hope's interpreter answered many questions like, "Where does one go to get help?" "Does my school have a counselor?" "Can the Duck swim?" and, frequently, "Is the Duck Hot?" Joyner summed up the day's events: "It was a success and I loved every minute."

In an effort to educate our community about Mental Health issues, resources and anti-stigma, CDMHC has participated in numerous festivals over the summer with several more coming in the fall!



The Festival provided Center staff and MHA's Anita Baker an opportunity to

EXCEPTIONAL!
SCDMH'S 2010 OUTSTANDING EMPLOYEES



Robin Berrier
DOAS/Central
Administration



Jacqueline Priester
DOAS/Nutritional Services



Elizabeth Fuller
DOAS/Physical Plant
Services



Edwin Lawrence Elledge
Aiken-Barnwell CMHC



Rudolph Green
Anderson-Oconee-Pickens
CMHC



2010's Outstanding Employee Liz Fuller accepts the award from State Director John H. Magill.



Mitchell Kneece
Beckman CMHS



Catherine Parker
Berkeley CMHC



Carolyn Garland
Catawba CMHC



Jamilah Ann Frazier
Charleston Dorchester MHC



Ellen White
Coastal Empire CMHC



Stephanie Greene
Greenville MHC



Sarah Main
Lexington County CMHC



Rickey James
Orangeburg Area MHC



Paulette Scott
Pee Dee MHC



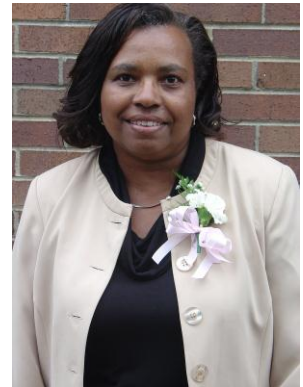
Peter Camelo
Piedmont CMHS



Cathy Davis Richardson
Spartanburg Area MHC



Teresa Bethel
BPH/Environmental Services



Tina Terry
Harris Psychiatric Hospital



Gene Elliot Rhoad
CM Tucker Nursing Center



Debra Ann Thornley
DIS Centralized Services



Dr. Sharon Williams
BPH/Forensic Services



Mildred Simmons
Morris Village



Sheila Lindsay
SVP Treatment Program



Wanda Simpson
WSHPI/ Child & Adolescent

Outstanding employees unavailable for pictures:

Delinda Hicks, Columbia Area MHC
Teresa Curry, Tri-County CMHC
Allen Teague, Waccamaw CMH

Artists Invade Aiken Barnwell Mental Health Center

By Tamara Smith, Aiken Barnwell Mental Health Center

On July 21, the Aiken Barnwell Mental Health Center (ABMHC) Art Expressions Group held an Art Show to showcase its most recent art project. The Project entailed painting ceiling tiles, which will be displayed at ABMHC. Yes, you read that correctly, CEILING TILES! Michelangelo has nothing on these artists.

Denice Champlin, mental health professional at ABMHC and the group facilitator, worked with the art group to identify words and symbols that represented “Recovery” for them. After an intense brainstorming session, the hard-work began. Artists began sketching work to be painted later. Six weeks later, the results were nothing less than beautiful.

At the Art Show, group members had a chance to display their work for ABMHC staff, visitors, and guests; they were especially pleased to welcome Sue Perry, coordinator of SCDMH’s Art of Recovery Project, to the event. Each staff person was allowed to choose a ceiling tile to display in his or her office, as well as in the group rooms and hallways at ABMHC, and of course, on the ceilings. Group members were delighted as their pictures were chosen.

I had the opportunity to visit the group as they were discussing what they had learned during this project. It was exciting to hear the self-insight they gained. One member shared that when she started this project she didn’t think she would be able to do it;

she learned that she could accomplish tasks. Others reported a personal sense of achievement and noted that taking part made them feel good about themselves. Everyone learned about teamwork and enhancing relationships, as they all had to work together to get the task done. Kudos to Denice and the Art Group on a project well done!

Who benefits from Art? Everyone! It can help people who are less capable and comfortable expressing themselves with words. It can reduce pain, anxiety, depression, and stress. It can improve social skills while decreasing isolation and withdrawal. The benefits are endless



HAMPTON REAPPOINTED TO STATE EMPLOYEE GRIEVANCE COMMITTEE

Zina Hampton, MS, MBA, director of Administration Operations in the Office of Human Resource Services, has been reappointed to the State Employee Grievance Committee for a period of three years, effective August 9. Congratulations, Zina!

GET ACTIVE FOR MENTAL HEALTH!

Upcoming Events

- **Charleston - September 10**
Mental Health Suicide Awareness Expo

Join Charleston Dorchester MHC, Ralph Johnson VA Medical Center, Palmetto Behavioral Health, and the MUSC Institute of Psychiatry at Marion Square Park from 9 a.m. to 2 p.m. and help support suicide prevention efforts. Several organizations and mental health practitioners will come together to share information about suicide prevention and other behavioral health issues.

The event is an opportunity for people to ask questions, receive support, and to learn about the wide variety of resources available right here in our community. Counselors will be on hand to assist folks with questions and to offer guidance and support. If you're interested in learning more or taking part, contact Maureen Phlegar at Charleston Dorchester CMHC by [e-mail](#) or phone: (843) 852-4100.

- **Columbia - September 17**
Faces and Voices of Recovery (FAVOR) Dry Run

FAVOR is sponsoring its 7th annual Dry Run at Sims Park! In addition to the 3.1 mile race/walk, there will be music, recovery messages, and speakers, including State Director John Magill and DAODAS State Director Bob Toomey.

DMH's Central Office will have a team at this year's event. If you'd like to learn more or sign up, [contact Ann Dwyer via e-mail](#) or at 898-2249!

- **Columbia – October 7**
Postpartum Depression and the Family Conference

The Midlands Postpartum Coalition's conference aims to assist mental health and medical professionals, nurses, counselors, social workers, and other interested personnel in gaining a better understanding of perinatal mood disorders and how they affect mothers, partners, and children.

The conference will be held at Dorn VA Medical Center, and registrations must be received by September 30. For More information, or to register, click here: [Postpartum Depression Registration Form](#)

- **Columbia, Spartanburg, Charleston, Bluffton/Hilton Head & Myrtle Beach - October & November**
Out of the Darkness Community Walks

The American Foundation for Suicide Prevention – SC will hold 5 community walks to prevent suicide.

Here are this year's dates, save them and spread the word!

- Spartanburg - October 9
- Columbia - October 16
- Myrtle Beach - October 22
- Bluffton/Hilton Head - October 23
- Charleston - November 6

If you'd like to learn more visit outofthedarkness.org. To register for a walk near you, click here: [SC AFSP 2011 Walks](#).

DO YOU WANT TO SPREAD THE WORD ABOUT A MENTAL HEALTH EVENT? SEND IT IN: TLL06@SCDMH.ORG!