

Outlook

4TH QUARTER FY11



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Commissioner's Letter

Each quarter we try to feature stories in *Outlook* that are inspirational and informative. In this edition you will find articles about people, initiatives, and new efforts to improve our health care system and reach for excellence. While all of the articles in *Outlook* are important, I want to draw your attention to one effort currently underway that can have a major impact on our future. As we approach eminent budget challenges for 2013, we felt that it would be helpful to hold a series of Meet and Greet events with stakeholders and their area legislative delegations across the state. At the time of *Outlook's* publication, we have held three of the thirteen planned Meet and Greets. They have been very productive. Hundreds have attended each meeting including consumers, family members, providers and a good representation of area legislative delegations.

After introductions, I gave a brief overview of challenges facing our system and some of the operational efficiencies we have achieved to lighten the effect of cuts on community services. We then listened to the comments and concerns of consumers and family members for the remaining two-thirds of the hour. I am particularly proud of our consumers who told their stories. They clearly communicated that without community support services, many of them would not have the quality of life they now enjoy. At each meeting, family members with loved ones on a waiting list passionately appealed to the department and public officials for help. The legislators listened and offered their support. I am convinced that as consumers' and family members' voices are heard in these meetings across the state it will make a huge difference in upcoming policy and budget discussions.

In the first ten months of this administration, we have seen many changes. All of these changes have been intended to provide more opportunities for community-based care and to help us move forward in becoming a more modern and efficient health care system. We will continue to strive for excellence and develop a more streamlined system to provide better access to care with measurable outcomes that are recovery-based and data-driven.

Zelia Baugh

Outlook is the quarterly newsletter of the Alabama Department of Mental Health. It provides information about department initiatives, community mental health services, individual success stories and relevant national topics. Published four times annually, *Outlook* can be delivered to your inbox or viewed online @ www.mh.alabama.gov/COPII/MediaCenter.aspx.

Questions, suggestions and comments about *Outlook* should be sent to the Office of Public Information & Community Relations. Contact the PICR at 334-242-3417.

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Advocates and Stakeholders Hosting Meet & Greets

Critical Issues Facing Alabama's Public Mental Health System Being Discussed

Area advocates and stakeholders are hosting a series of Meet & Greet town hall-style discussions across the state to talk about key issues facing the mental health system in Alabama. The meetings began October 19 and will continue into December. They provide consumers, family members, local officials and mental health service providers the opportunity to discuss issues such as waiting lists, underserved populations, and funding from the state and federal levels. Attendees are able to share their stories, present ideas and express concerns. Public officials are also able to ask

questions and listen to their constituents in an informal setting. Additionally, Alabama Department of Mental Health Commissioner Zelia Baugh is making comments on challenges and opportunities facing the public mental health system.

ADMH serves approximately 4,000 people per year in its six psychiatric hospitals. Community providers support approximately 110,000 people per year with mental illness services. Thousands of additional consumers receive intellectual disability services or substance abuse treatment services through community

providers. People served by community programs have few alternatives if those programs are cut. Given the current economic climate, it is imperative that legislators, public officials, those providing services, and those served by the system, hear each other's voices and understand all of the issues.

The schedule for the Meet & Greets can be found by going to the Events Calendar on ADMH's website at www.mh.alabama.gov.

Department Initiative

Department Develops Patch Program for Girl Scouts

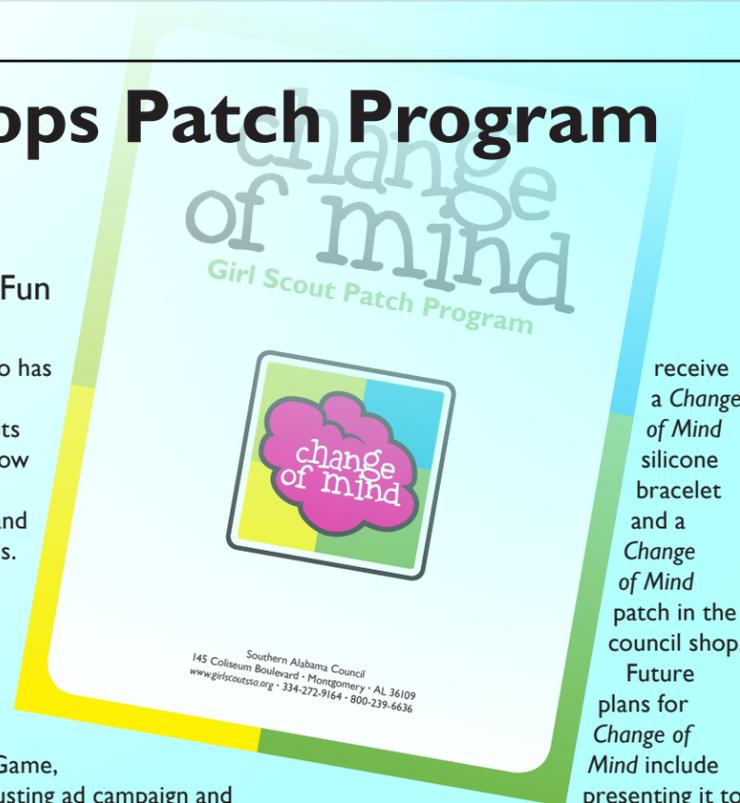
Change of Mind Designed to be Educational and Fun

A new initiative for Girl Scouts ages 11-17 educates girls and leaders about mental illness and serves to reduce stigma against people with mental illnesses. The *Change of Mind* Girl Scout patch program was developed by ADMH's Office of Public Information & Community Relations, and was recently approved and offered to troops and girls by Girl Scouts of Southern Alabama. *Change of Mind* provides reliable information on mental illness at a crucial time for this audience. The first symptoms of severe, chronic forms of mental illnesses generally appear between the ages of 15 and 24. Additionally, an estimated two-thirds of all young people with mental health issues are not receiving the help they need. Even if the girls have not experienced a mental illness, it is likely they

know someone who has or will.

Change of Mind kits include easy-to-follow activities complete with material lists and discussion questions. Girl Scout troops or individual Girl Scouts can check these kits out from their council and complete activities such as The Brain Game, devising a stigma-busting ad campaign and watching a video about the brain and mental illness. When troops or girls complete the required number of activities for their age level, they can turn in an evaluation and

other Girl Scout with some design modifications, to Boy Scout councils.



receive a *Change of Mind* silicone bracelet and a *Change of Mind* patch in the council shop. Future plans for *Change of Mind* include presenting it to councils and

ADMH Offers New Educational Resource

Originally developed as part of the *Change of Mind* patch program, "Understanding the Biology of Mental Illness" is a nine-minute presentation relevant for people of all ages who want to learn more about mental illnesses. The focus is on explaining what a mental illness is, the six functions of the brain, how mental illnesses affect the brain, what causes a mental illness and treatment of mental illnesses. It can be viewed or downloaded at the department's website at www.mh.alabama.gov, or a free copy on DVD can be requested by contacting the PICR Office at 334-242-3417. It can also be found on the department's YouTube page at www.youtube.com/user/ALMentalHealth.

Grant Program Addresses Recidivism Among Juvenile Males

Innovative Use of Cell Phones as Intervention Agents Catches Attention

In October 2010, the Alabama Department of Mental Health was awarded a Return and Recovery grant by the Bureau of Justice Assistance to address recidivism among juveniles. ADMH contracted with The Bridge, Inc. to work with community partners in implementing the grant. The Bridge, based in Gadsden, provides substance abuse treatment and behavioral rehabilitation programs for adolescents. The Bridge collaborated with ADMH, the Alabama Department of Youth Services, Chemical Addictions Program, UAB's Drug Free program, Jacksonville State University and judicial officials, resulting in a pilot program to assist youth incarcerated in ADYS correctional institutions successfully reenter their communities.

The program was designed to serve up to 30 males ages 12-18 who have co-occurring mental health diagnoses and substance use disorders. Participants must also reside in one of the nine counties served by The Bridge and/or partner organizations. In addition to a multisystem approach to reentry, the program uses cell phones as principal intervention agents. There are currently 25 participants being served through the R&R grant, and the response to the program has been overwhelmingly positive. Not only are youth eager to participate, but parents and guardians are thrilled that an aftercare mechanism has been established. Feedback from judicial officials across the state is also positive. Probation officers and judges have been eager to offer their assistance in implementing and maintaining the program.

The use of cell phones as principal intervention agents is receiving even greater accolades. The innovative idea came from Jim Herring, corporate compliance director at The Bridge. Herring said it was, "a culmination of experiences communicating with my children and friends via text messaging, being aware of barriers in the provision of continuing care intervention and reading research linking the connection of long-term post-treatment contact with the increased likelihood of sobriety." He conducted online research and found a model from the Network for the Improvement of Addiction Treatment. Borrowing from their information and discovering yet other applications in Wisconsin and Arizona, the concept ultimately evolved into what is now a part of the R&R grant.

When the first participant received his cell phone in July 2011, it was truly a ground breaking occasion, as no other agencies in the state had utilized cell phone technology in any continuing care capacity. Anne Bush, manager of the R&R grant at The Bridge, expounded on the benefits saying, "It allows for immediate contact with the participants and provides them with a greater sense of autonomy." For Bush, the program also makes it easier to develop a rapport with participants while they are still incarcerated that carries forward once they are released. Bush uses the cell phones to send positive affirmations, send periodic reminders and follow-ups of home visits and other appointments, and randomly check-in to see if participants are abiding by their probation requirements.

To date, nearly 85 percent of the participants with cell phones are thriving in the community. Not only are they attending school or working, but they have consistently demonstrated they have reduced or eliminated alcohol and/or drug use. In

addition, participants are more involved in the community as evidenced by competing in school sports and attendance at community events. These positive choices and activities are also improving physical and mental wellness. When compared to the one-year juvenile recidivism rate throughout the state, which is at 66 percent, the program's success is apparent.

The R&R grant is slated to run through October 2012. However, given the success of the program, Bush and Herring are optimistic it is just the beginning of a statewide initiative. Bush even hopes the cell phone component can eventually be utilized as an extension of outpatient settings. She says a common challenge associated with outpatient treatment is returning clients to their home environments where lessons that they learned in inpatient treatment may be quickly forgotten.

Bush is traveling throughout the state and country sharing the success of the program and discussing its implementation. She will present at the 2011 Justice and Mental Health Conference in Orange Beach in early November, and has submitted a presentation in the area of messaging and social media for the National Council for Community Behavioral Healthcare Conference in Chicago in April 2012. Ultimately, she shares, "It's extremely gratifying to be on the forefront of a cutting edge initiative that's effective. There's nothing else I'd rather be doing." Herring is also pleased with the results and says, "We are grateful for the opportunity to explore the application of emerging technologies in the treatment and care of adolescent offenders with substance abuse and mental health issues. We are hopeful this technology offers hope to parents and affirmation to youth returning home from incarceration that 'help is a text away.'"



Those who helped make the Return & Recovery grant possible: Front row (l to r): Jim Herring, The Bridge, Inc.; Alexa Eggleston, Council of State Governments Justice Center; Kati Guerra, Justice Center; Randy Muck, National Reentry Resource Center. Back row: (l to r): Janice Johnson, Alabama Department of Youth Services; Beth Malone, Chemical Addictions Program, Inc.; Anne Bush, The Bridge, Inc.; Luciana Coleman, Chemical Addictions Program, Inc.; Astrid Thomas, The Davis Treatment Center of The Bridge, Inc.; Bob Wynn, ADMH.

Project Rebound Assists Those Affected by April Tornadoes

Coaches Nick Saban and Gene Chizik Team Up to Serve as Spokespersons

In the days after the April tornadoes devastated many Alabama communities, ADMH was busy activating a Project Rebound response. Project Rebound provides relief and assistance in the aftermath of a disaster in partnership with community organizations. Project Rebound began after Hurricane Ivan, returned after Hurricanes Katrina and Rita, and also returned after a tornado devastated the Enterprise community. The response to the April tornadoes joins Project Rebound's still ongoing response to the Gulf Coast oil spill.

To assist those directly or indirectly affected by the April tornadoes, Project Rebound dispatched nearly 200 trained crisis counselors into affected communities. In addition, a 24/7 call center was established at 1-800-639-REBOUND with trained crisis counselors on the line. The range of free and confidential services included individual assistance, classroom presentations, public education and community support opportunities. Project Rebound seeks to help survivors understand their situations, adjust to life after a disaster and regain a sense of control. Counselors help survivors identify and express their emotions, manage stress and develop additional coping skills. They also assist survivors with identifying and linking to needed community resources that will enhance recovery. Project Rebound counselors continue to meet with survivors wherever they are most comfortable, whether that be a home, school, church, community center

or local coffee shop.

In August, Governor Robert Bentley held a press conference to announce the participation of Alabama coach Nick Saban and Auburn coach Gene Chizik as spokespersons for Project Rebound's

The emotional toll of the natural disaster is one that must be addressed in order for individuals to fully recover." Likewise, ADMH Commissioner Zelia Baugh stated, "As part of Governor Bentley's overall commitment to disaster relief, ADMH is delighted that Coach Saban and Coach Chizik have teamed up to help us reach

out to hurting people and offer services to aid in the recovery process."

A media campaign featuring public service announcements with the two coaches began airing in early September. The TV and radio PSAs will run through April of next year. In addition, their message, "We're All in This Together," has been featured on various printed materials distributed in affected communities.

Since it began assisting those affected by the tornadoes, the call center has provided assistance to more than 3,000 people. Project Rebound teams have counseled more than 12,000 people in affected communities and made more than 8,000 referrals. In addition, educational and referral materials have been distributed to more than 85,000 people. Project Rebound team members have made presentations to more than 700 schools and community groups. Lisa Turley, program director, says there are several areas of need Project Rebound is still seeing. According to Turley, people need help getting financial assistance with anything from utility bills to everyday living expenses. Help with children and youth is another big need, especially assisting them in expressing their fears and feelings.

Turley also states that they see a lot of

Project Rebound

For those that have been affected by the recent tornadoes: Our counselors understand grief and the recovery process; they are here 24/7 to listen, offer emotional support and point you to resources for your specific needs.

We're all in this together! — Coaches

Straight talk, no runarounds - local people and real help.

It's also free and confidential.

1-800-639-REBOUND

The Alabama Department of Mental Health initiated Project Rebound to provide relief and assistance in the aftermath of a disaster in partnership with community organizations. Project Rebound began after Hurricane Ivan, returned after Hurricanes Katrina and Rita, and also returned after a tornado devastated the Enterprise community. Once again it has been reactivated to provide help to survivors of the Gulf Coast oil spill and the April 2011 tornado outbreak.

Visit us on the web @ www.projectrebound.org
or on Facebook @ www.facebook.com/projectrebound

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ADMH Continues to Assist Employees Affected by Cuts

Latest Effort Utilizes Hardest Hit Alabama Program



In 2010, the U.S. Department of Treasury announced \$2 billion in federal funding to provide assistance to unemployed homeowners in 19 states. In Alabama, that funding resulted in the program known as Hardest Hit Alabama, administered by the Alabama Housing Finance Authority. The program provides homeowners with temporary assistance to avoid foreclosure while they are unemployed.

In collaboration with ADMH, on September 21st, officials held an informational meeting for ADMH employees in Tuscaloosa regarding the program. Housing counselors were available to advise employees on eligibility requirements and assist them in initiating the application process. ADMH Commissioner Zelia Baugh said, "We are thankful AHFA has worked to make this program available to Alabamians. Although ADMH has provided ongoing assistance for affected employees, we are pleased to assist in bringing this additional resource to those who might need it."

ADMH was faced with a huge projected shortfall for FY 12, but after much deliberation and analysis, was able to reduce the deficit through operational efficiencies to approximately half of the projection. Unfortunately, one of the only alternatives left to meet the remaining shortfall was layoffs, which were announced in August 2011. At that time, ADMH announced a cut of 582 positions. At the end of the process the department will still have a reduction of 582 positions from staff levels, however, mainly due to attrition, retirements and persons finding other employment since August, the actual number of people that will be laid off has now

dropped to 287. ADMH has worked diligently to assist affected employees find alternate employment through job transfers to other department facilities and referrals to community mental health providers. In addition, eight job fairs have been held in the Tuscaloosa area, and ADECA Rapid Response teams have provided seminars and individual counseling on reemployment.

Through Hardest Hit Alabama, eligible homeowners receive assistance to pay their mortgage payments and all other mortgage-related expenses while unemployed. It provides up to 12 monthly mortgage payments, not to exceed \$15,000, per household. For unemployed homeowners with a property located in one of the 43

federally declared disaster counties, Hardest Hit Alabama will provide increased assistance of up to 18 consecutive monthly payments, or \$25,000, per household.

To qualify, applicants must currently be receiving unemployment compensation benefits, have a total annual household income of less than \$75,740, and the unpaid principal balance on their home's mortgage must be less than \$258,690. Interested homeowners must submit an application through Hardest Hit Alabama's secure website, and the program is available to homeowners on a first-come, first-served basis.

More information about Hardest Hit Alabama can be found by visiting www.hardesthitAlabama.com.



Governor Bentley holds a press conference announcing the creation of Hardest Hit Alabama.

Cordova Man's Dream Trip of a Lifetime Becomes Reality

Perseverance and a Little Assistance Made it All Possible

For Cornelius McElrath, his April 2011 cruise was the trip of a lifetime. But for this Cordova resident to even be able to embark on his adventure, several steps had to be taken by McElrath and two of his close friends. Before he turned six years old, McElrath experienced cardiac arrest, followed by a stroke. These episodes resulted in intellectual and developmental disabilities, as well as renal failure and residual deficits in walking and movement.

Over the years McElrath has not let his intellectual or physical disabilities slow him down. He lives with his sister in his family home. He goes bowling twice weekly with friends, plays Dream Team baseball, shops and dines out frequently, attends two different churches and frequently visits a friend in a nursing home. McElrath is enamored with everything about law enforcement and has been designated a junior deputy with the Walker County Sheriff's Department where he has many friends. He is very sociable and also has friends throughout Walker County.

Despite having a very active life, McElrath had not fulfilled his dream of going on a cruise. When he heard discussions among some of the employees at the TriCounty Agency for Intellectual Disabilities about cruises they had taken over the years, he became even more interested in this new adventure. McElrath has been visiting TriCounty for the past 16 years. The Alabama Department of Mental Health contracts with TriCounty to provide services to people who have intellectual disabilities. Staff at

TriCounty monitor his services and treatments, assist him with making physician appointments, complete applications for activities such as Kidney Camp and Dream Team baseball, and talk with him weekly about his special diet, medication regiment and prudent money management. They also provide social support and consistently monitor his home environment.

Over the years, McElrath had grown close to several TriCounty employees, especially Linda Bender, his case manager and Sonja Banks, a program coordinator. His team was in for a surprise when he announced at his most recent annual person-centered planning meeting that he wanted to go on a cruise – and he wanted Bender and Banks to join him. From that moment, McElrath, Bender and Banks set out on a course to make his dream come true. It took five years, but McElrath earned enough money to pay for his cruise. It was important to him that he earned the money himself so he stashed away birthday and Christmas money, saved his spending money and earned some more by diligently recycling aluminum cans.

McElrath's trip of a lifetime finally became a reality on April 13, 2011, and lasted until April 19. The cruise itself was April 15-17. Why the extra days before and after the cruise? Because medical accommodations had to be made for McElrath to even travel, and that's where Bender and Banks came in. Because of the end-stage renal disease he has had since childhood, McElrath requires hemodialysis three times each week, and each treatment takes three hours. As a child, he had three cadaver kidney transplants that were rejected by his body after a period of time. When his older brother reached the age of eighteen, he was allowed to make the decision to provide one of his kidneys



Linda Bender (left), Cornelius McElrath (center) and Sonja Banks (right) stand for a picture once their ship docks in the Bahamas.

McElrath. This donor kidney functioned for the next eighteen years. At that time, the kidney progressively decreased function and McElrath was required to return to hemodialysis again. He has been evaluated and is currently on the UAB renal transplant waiting list.

In order for McElrath's nephrologist to feel it was medically safe for him to go on the trip, some extraordinary measures were taken. Hemodialysis treatments were arranged at a dialysis center in Miami before and after the cruise. Medication had to be administered in order to keep McElrath's potassium level in normal range, and diet and medications had to be monitored closely. Since both Bender and Banks are registered nurses, they were able to take care of all of McElrath's needs.

Once the trip began, McElrath, at the age of 40, flew in a plane for the first time, had his picture made with the pilot and sat in the cockpit upon the pilot's invitation. After reaching Miami and boarding the ship, McElrath was bound for Nassau, Bahamas, where he spent a full day. The next day it was on to Great Stirrup Cay, a private island of the Norwegian Cruise Line, where he spent the day before heading back to Miami the next morning. In addition to his first plane ride, McElrath also experienced

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Before his flight to Miami, McElrath took a picture with the pilot and was invited to sit in the cockpit.

ADMH Personnel News

Offices and Facilities Get New Leadership

Several individuals were appointed or reassigned to various positions during the third and fourth quarters of FY 11. In April, Joseph Rittner was promoted to senior special agent in the department's Bureau of Special Investigations. Rittner is a highly-experienced law enforcement investigator and supervisor who has been with ADMH more than five years. Ann White-Spunner was appointed as the interim associate commissioner for the Division of Developmental Disabilities in May, and then appointed the official associate commissioner in October. Prior to serving in these positions, White-Spunner joined the department in January as the executive assistant to the commissioner.

In June, Roxanna Bender was appointed acting facility director for Bryce Hospital, and Nedra Craig was appointed interim facility director of W.D. Partlow Developmental Center. Kim Hammack was named Director of Mental Illness Community Programs in the Division of Mental Illness & Substance Abuse Services in September. Hammack has more than nine years of experience with the department, the past six of which were spent as the coordinator of child & adolescent services.

Tony Thompson was appointed as the commissioner's executive assistant in October. Thompson previously served as the executive director for the Alabama Public Health Association, director of education for Mobile AIDS Support Services

and most recently as director of operations for a large hotel management company. Also in October, Mary Lawrence was appointed as the department's chief contracting officer, utilizing her department experience and financial acumen to successfully procure goods and services.

In addition, Rob Church joined the department in October as chief financial officer. Church was previously affiliated with Medicaid agencies in Alabama and Mississippi, and has more than 29 years of experience in public accounting with a focus on health care. He is a certified public accountant and valuation analyst, as well as a fellow in the American Boards of Forensic Examiners International. 🌟

Get the Latest ADMH News via Social Media

If you haven't connected with ADMH through our social media outlets already, be sure to find us on Facebook, Twitter & YouTube. "Like" us on Facebook by visiting <https://www.facebook.com/ALMentalHealth>. Also, follow us on Twitter at <https://twitter.com/#!/ALMentalHealth>, and check us out on YouTube at <http://www.youtube.com/user/ALMentalHealth>.

So far, ADMH's social media outlets have been used to post event notices, news articles, press releases, consumer stories, educational materials, PSAs and much more. It's the best way to stay up-to-date on everything ADMH. Others can also take advantage of ADMH's social media presence. Please let us know about events or news that you would like to share via ADMH's Facebook, Twitter or YouTube profiles. As long as the information has a clear connection to ADMH and/or the people it serves, we'll be happy to help share information. Be sure to include us in your email or snail mail mailing lists.

Also, for those on Facebook, the department is in charge of Project Rebound's page at <https://www.facebook.com/projectrebound>. ADMH initiated Project Rebound to provide relief and assistance in the aftermath of a disaster in partnership with community organizations. Please "Like" the Project Rebound page and help us increase awareness about this initiative.

Don't forget to help us spread the word to others who may be interested in following ADMH news via these outlets.

Add the Office of Public Information & Community Relations to your email and snail mail mailing lists:

Dr. John Ziegler: john.ziegler@mh.alabama.gov

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150th Anniversary of Bryce Hospital Commemorated

History and Contributions Recognized

Governor Robert Bentley recently proclaimed October 2, 2011, as Bryce Hospital Day in Alabama. Because of the hospital's significant contributions to the treatment of mental illness in the state, it is appropriate the 150th anniversary of Bryce Hospital was recognized during National Mental Illness Awareness Week, observed October 2-8. A proclamation signing hour was held October 18, 2011, where a group including ADMH employees and Bryce Hospital Historical Preservation Committee members joined the governor as he officially signed the proclamation.

Bryce Hospital in Tuscaloosa has been in continuous operation since 1861. In its early years, it exemplified the clinical philosophy

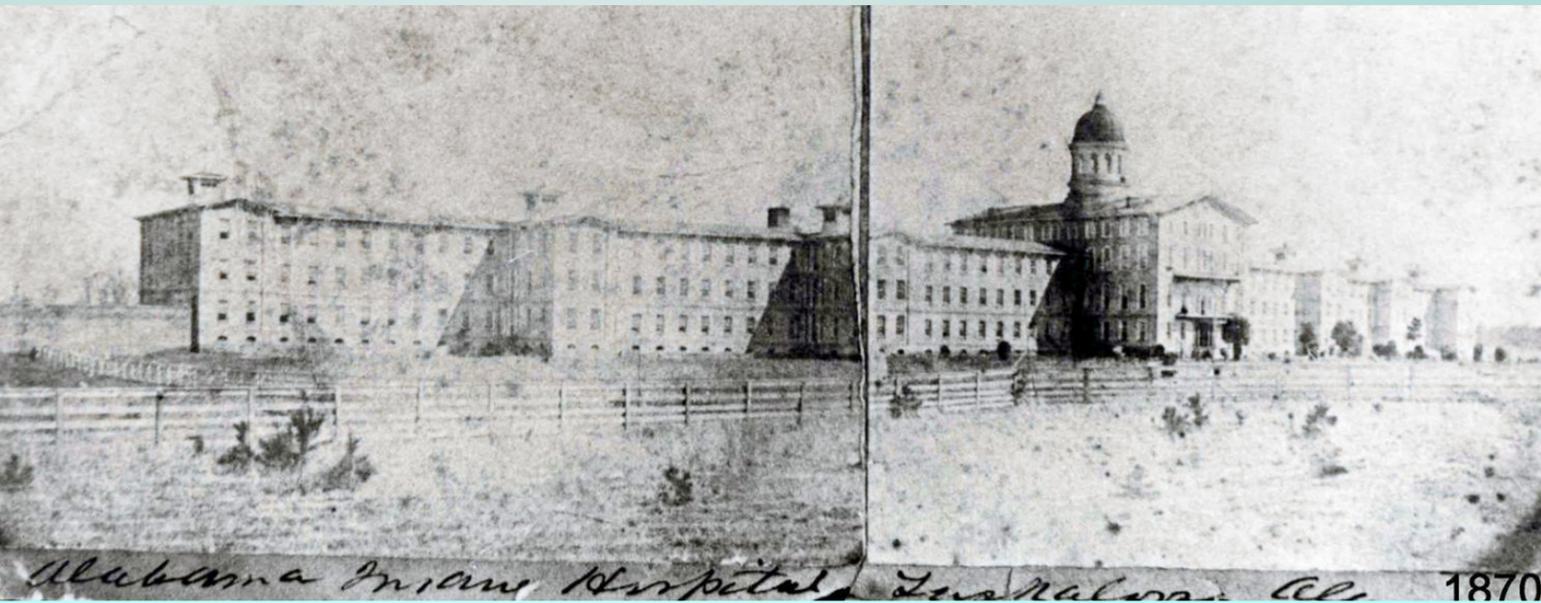
of the moral treatment movement, and influenced the design and construction of psychiatric hospitals across the nation. Eventually the original white-domed central pavilion and its six wings were extended to accommodate a patient population that grew from the initial 250 to more than 5,000. The overcrowded conditions were the antithesis of Dr. Peter Bryce's philosophy.

At its peak population, the hospital became the focal point in America for the civil rights movement for people with mental illnesses through the federal lawsuit *Wyatt v. Stickney* in 1970. By the time the lawsuit ended in 2003, it had transformed mental health treatment throughout the nation. The hospital is on the National

Register for Historic Places as a site with national significance.

With a rich history that strongly influenced the architecture of psychiatric hospitals, the clinical evolution of mental health treatment in the United States and the beginnings of the civil rights movement for people with mental illnesses, Bryce is unique. Enduring the Civil War and the burning of the University of Alabama, Bryce is a symbol of resiliency and reform. As a contemporary of the state Capitol, the 150-year-old structure is an irreplaceable Alabama treasure for future generations.

The following is a synopsis of the 150-year history of this great institution.



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his first time on a ship, wading in the ocean, riding a tender from the ship to the island and getting in a hot tub. He was amazed at the vastness of the ocean, the abundance of foods to choose from and all the sights to see. For McElrath, the trip also marked his longest time ever away from home except for hospitalization.

The trip and the efforts to make it possible resulted in many special moments for McElrath, Banks and Bender. Bender said of the trip, "It is pretty amazing how much you can enjoy just by watching the enjoyment and wonder through another's eyes." As for McElrath, since he was asking Banks and Bender before even arriving back

in Cordova, "Where do we want to go on the next cruise?" it's pretty safe to say he enjoyed his adventure. 🌟

History of Bryce Hospital and its Influence on the Mental Health System in the United States

- In the mid-nineteenth century there was virtually no mental health care system in the nation, and Dorothea Dix relentlessly traveled across the country pleading for the cause of people with mental illnesses.
- Throughout 1849 and 1850, Ms. Dix, along with former Alabama Governor Henry W. Collier, lobbied for the establishment of a state psychiatric hospital. An act was passed in 1852, and \$100,000 was appropriated for the construction of The Alabama Insane Hospital in Tuscaloosa on 326 acres. The hospital admitted its first patient in 1861.
- The architectural plan was drawn by Sloan and Stewart of Philadelphia under the direction of Dr. Thomas S. Kirkbride, a physician at the Pennsylvania Hospital for the Insane. Kirkbride and Sloan developed plans that functionally followed the latest treatment philosophy of their day. The so-called moral treatment philosophy prescribed that patients had rooms with windows, appropriate climate and dignified dining quarters. Spacious grounds for tranquility and outside activities emulated, to some extent, the resort hotels and retreats popular in the nineteenth century.
- The Sloan/Kirkbride plan had a central administrative building with three staggered wings on each side. Although many institutions followed this pattern, the Tuscaloosa hospital was said to have been the finest example of their work.
- Upon the recommendation of Ms. Dix and Dr. Kirkbride, Dr. Peter Bryce was nominated to be the first superintendent of the hospital. Dr. and Mrs. Bryce lived in an upstairs apartment in the central building. Mrs. Bryce became a cornerstone of Tuscaloosa society and a tenacious advocate for people with mental illnesses.
- Dr. Bryce put in place methods of treatment that were in many respects ahead of his time. He was one of the first doctors to use medication in treatment. Early intervention, treatment without the use of restraints and the need for social support were hallmarks of his methodology. After his death in 1892, the hospital was renamed for Dr. Bryce. He was succeeded by Dr. T. J. Searcy.
- Dr. Searcy served as superintendent from 1892 until 1919. He initiated reforms in treatment and medical records and established a second hospital in Mt. Vernon, Alabama, that was renamed for Dr. Searcy after his death.
- Dr. W. D. Partlow served as superintendent from 1919 to 1950. In 1923, a new residential facility was opened for people with intellectual disabilities. The first dormitory for the facility housed nearly 160 persons and was located next to the expanded Bryce agricultural properties in Tuscaloosa. In 1927 the institution was named for Dr. Partlow.
- When Dr. J. T. Tarwater became superintendent of Bryce Hospital in 1950, the system was grossly underfunded. It struggled to remain self-sufficient, as it had from its inception, through the sale of farm products.
- During Dr. Tarwater's tenure, psychological and social service departments were established to assist with the care and discharge of patients transitioning to a slowly-evolving community care network.
- In 1965, Act 881 formed the Alabama Department of Mental Health with a commissioner appointed by the governor. Until that time services were provided under the umbrella of the Alabama Department of Public Health and were managed by the hospital superintendents. Over the next five years the state made steady improvements with the emergence of several more community mental health programs. The progress, however, was woefully inadequate to meet growing demand.
- The lack of minimal standards of care and rising demand for services reached a crisis point in 1970. At that time the hospitals and residential facilities were overcrowded, short-staffed and underfunded. Bryce Hospital, for example, had more than 5,000 patients with only three psychiatrists. A lawsuit, known as *Wyatt v. Stickney*, was filed in federal court and became the catalyst for change across the nation.
- Through rulings associated with the Wyatt case, U.S. District Judge Frank Johnson, Jr. and succeeding judges mandated minimum standards of care. These essentially reduced censuses in facilities, established basic patient rights and encouraged the development of the community mental health system as an alternative to institutionalization.
- In December 2003, U.S. District Judge Myron Thompson, Jr. terminated the Wyatt case. More than 98 percent of individuals with mental illnesses who receive services through Alabama's public mental health system are now served in community-based care, and institutions have been downsized to serve a census of hundreds rather than thousands.
- In 2008, the Bryce Hospital Historical Preservation Committee was established. Descendants of the Bryce, Searcy, Tarwater and Partlow families serve with others who have expertise and interest in historical preservation. Current Alabama Department of Mental Health Commissioner Zelia Baugh has supported the continuing work and contributions of the committee.
- The University of Alabama purchased the Bryce Hospital campus in May 2010. The department continues to operate the hospital while a new facility is being built on the front acreage of the nearby Partlow campus. The new hospital is scheduled for completion in 2013. 🌟

ADMH Leads Statewide Efforts Celebrating Recovery Month

22nd Anniversary of Observance That Increases Awareness and Support



ADMH staff and substance abuse advocacy group members gather as Governor Bentley signs a proclamation declaring September as Recovery Month in Alabama.



Attendees listen to personal testimonies at Recovery Sunday.

Events were held statewide throughout the month of September to celebrate what is now known as National Recovery Month. Sponsored by the Substance Abuse and Mental Health Services Administration, Recovery Month had been known since 1998 as National Alcohol and Drug

Addiction Recovery Month. This year, the observance evolved to include all aspects of behavioral health and became National Recovery Month. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective, and people can and do recover from substance use

disorders, mental illnesses and co-occurring disorders. Governor Robert Bentley proclaimed September as Recovery Month in Alabama. ADMH's Division of Mental Illness & Substance Abuse Services, along with many advocacy groups and community partners, coordinated more than 14 events statewide to celebrate. ➤



Participants in the 5k Recovery Run/Walk in Montgomery pose with their awards.



Jim Ware (left) of Recovery Resources and Connie Ewing (right) of NAMI Alabama present a Spirit of Recovery award to Linda Carter (center), who represented the Probate Court of Mobile County. The Spirit of Recovery Awards honor efforts of people who support addiction recovery in the community, either in their work or in their personal lives, and were presented at the 7th Annual Spirit of Recovery Breakfast hosted by the Drug Education Council.

Join us! Spread the Word!

In his latter years, successful football player and championship coach Charley Pell was a great advocate for people who shared his battle with mental illness. He was a passionate speaker and served on the ADMH Board of Trustees.

Tournament proceeds are used to promote the message of Charley Pell through education and anti-stigma campaigns. Please come and support our efforts to decrease the negative attitudes that surround mental illness and encourage individuals to support their friends and loved ones who are living with mental illnesses. This year, proceeds will be used for the Project Rebound campaign.

Come & play at the award winning Ol' Colony Golf Course

What? 11th Annual Golf Tournament to benefit individuals with mental illnesses, intellectual disabilities, substance use disorders & co-occurring disorders

When? November 4, 2011

Where? Ol' Colony Golf Course in Tuscaloosa

Questions? Contact Jane Davis 334-242-3107 or Shannon Byrd 334-353-7576

Charley Pell classic
11th annual
friday,
november 4, 2011

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people frustrated with the perception that no one cares. Victims often face challenges accessing FEMA assistance, dealing with insurance issues and managing housing repairs that are not considered to be storm-related. In addition, Turley mentions that smaller communities feel forgotten or ignored as much of the media coverage focuses on metro areas or communities with total devastation. Still, Turley says she sees miraculous progress, but knows that Project Rebound's work is not over. "Recovery is a slow, systematic process. Oftentimes, we expect to be back to 'normal' in a matter of weeks. The physical recovery of our homes and communities will take several years. Likewise, our emotional recovery is also a slow and systematic process. We need

to allow survivors to grieve, express their frustrations and share their journey of recovery and resiliency." One story of recovery and resiliency touched several Project Rebound team members in Tuscaloosa. A woman contacted the call center requesting counseling for herself and her six-year-old son. A team went out to a new home the family had recently settled into after losing their previous home entirely. The woman's son was having the hardest time adjusting, saying he missed his old house and his old room. He was having trouble sleeping and was experiencing nightmares since the tornado. After talking to the family at length, Project Rebound team members heard the family's story about all six of them hiding under their kitchen table

when the tornado hit. They lost everything but that kitchen table, and they showed the team members the only thing that made it from their old house into the new house and what they felt saved their lives. Turley says, "The team members of Project Rebound are privileged to walk beside our friends and neighbors during the months ahead. By providing an opportunity for someone to share their story, linking them to resources or providing education about recovery, our team members make the recovery process a little less intimidating and empower each survivor to move forward." ➤

Keep Up to Date on Mental Health Happenings!

A great way to stay in-the-know about mental health issues and events is to visit ADMH's website at www.mh.alabama.gov. There you'll find an Events Calendar with various events sponsored by the department, advocacy groups or other organizations that are mental health related. Also, be sure to check our Press Page often as it is updated with press releases the department distributes as well as the latest news articles from around the state that feature ADMH or mental health related information. Finally, the Media Center is a useful resource for the latest department newsletters, special publications and videos. We hope you'll bookmark the ADMH website and check it regularly!

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