

THE OUTLOOK

ALABAMA DEPARTMENT OF MENTAL HEALTH NEWSLETTER



DR. MARY STARKE HARPER

CELEBRATING BLACK HISTORY MONTH AND AN ALABAMA MENTAL HEALTH CARE LEGEND

Mental health legend, pioneer, teacher, scholar, presidential adviser, and international consultant are just a few names that describe Dr. Mary Starke Harper. The Alabama Department of Mental Health honored Dr. Harper in the naming of the geriatric psychiatry center, located in Tuscaloosa and in the work we do in her name, every day.

Dr. Harper was born on September 6, 1919, in Fort Mitchell, Alabama to the late Champ and Lillie Starke. As the oldest of eight children, Harper was encouraged to be a high achiever by her parents since early childhood. She earned her nursing diploma from Tuskegee Institute in 1941, her bachelor's and master's degrees in secondary school education, nursing education with a psychiatric nursing clinical specialty from the University of Minnesota in 1950 and 1952. She earned her doctorate in clinical psychology and medical sociology from St. Louis University in 1963.

She was a champion for ending health disparities for racial and ethnic minorities, the mentally ill, and aging populations. She was an outstanding role model and mentor for many health professionals and scientists in nursing, medicine, psychology, sociology, and social work.

For more than 60 years Harper worked with the federal government to improve mental health standards and served in several governmental positions with the Veterans Administration and the National Institutes of Mental Health. Through her work with the government, she gained a reputation as one of the nation's leading authorities on aging and mental health.



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Want to be included in the next issue? Send us your stories, achievements, initiatives, events...etc!

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Harper's career included serving as the personal nurse to the infamous Dr. George Washington Carver and spanned from serving as a student nurse in the Tuskegee Syphilis Study to key governmental positions at the Veterans Administration and the National Institutes of Health. She was the last surviving member of the health care team from the Tuskegee Syphilis Study, an experience that inspired her to ultimately work from the inside to reform the way federally funded research could be conducted on humans.

In the early 1970s, Dr. Harper's concern that the health needs of racial and ethnic minorities were not being adequately examined through research led her to envision and establish the ethnic and racial research scientist development programs for minorities in nursing, psychiatry, psychology, sociology, and social work. At that time, she was Assistant Chief, Center for Mental Health Research, National Institute of Mental Health. There were very few ethnic and racial minorities with PhDs who were prepared to conduct scientific investigations in healthcare.

She recognized that well-prepared minority scientists were needed if health disparities were to be effectively addressed through research.

Harper's life was one of service. She served in advisory capacities to four past U.S. Presidents (Carter, Reagan, G.H. Bush, and Clinton), and to the former U.S. First Lady Rosalynn Carter via way of Johnson & Johnson's Rosalynn Carter Institute for Caregiving. Harper was instrumental in reforming the United States mental health system in the private sector, and consistently developed projects, programs, and policies that encouraged a better life and health for underserved populations, racial/ethnic minorities, and mentally ill and aging populations. In recognition of her pioneering work in geropsychiatric care, the state of Alabama built a 126-bed geropsychiatric hospital in 1996 and named it the Mary Starke Harper Geriatric Psychiatry Center.

After her retirement of nearly 65 years of service in the mental health field, she would still make monthly sojourns to the nation's capital to lend her services as an expert adviser on women's health for the U.S. Department of Health and Human Services. Additionally, she also served as a consultant for the National Institute of Health/ National Institute of Aging National Advisory Council, a consultant for Pennsylvania State University, a member of the research advisory for Dartmouth University's school of medicine, and a member of the national advisory committee for Harvard University.

Harper was a visionary leader who through every adversity withstood the test of time to illuminate the need for fair, equitable, and culturally competent health care for all of this great nation's citizens.



GOVERNOR IVEY INCLUDES EXPANSION OF CRISIS CARE IN STATE OF THE STATE ADDRESS

In this year's State of the State Address, Governor Kay Ivey outlined her recommended fiscal year 2023 budget. And once again, she detailed a request for mental health crisis care to be expanded. In the last two years, the Alabama Department of Mental Health is grateful for the inclusion of a total of \$24 million to implement four new Crisis Centers in the state. Three of the four centers have served over 600 individuals in just the first six months. The fourth - J.B.S. Mental Health Center - funded separately in FY22, will be operational in Summer 2022.

In this year's address, Governor Ivey called for an additional \$12 million investment in crisis care, for two additional Crisis Centers to serve individuals with mental health conditions in two additional regions of the state. We are thankful for the Governor's and Legislature's interest, compassion, and continued investment in a crucial part of our state's health and vitality.

ADMH IS ON SOCIAL MEDIA!

HELP US SHARE POSITIVE MENTAL HEALTH STORIES

Through our social media channels, we promote mental health news, events, jobs and more from around the state.

Connect with us for the most up-to-date information from ADMH!



Like on **Facebook**



Find photos on **Flickr**



Follow on **Twitter**



Find jobs on **LinkedIn**



Follow on **Instagram**



Subscribe on **YouTube**

TRAUMATIC BRAIN INJURY AND MENTAL HEALTH

RESEARCH AND RESULTS: THE IMPORTANCE OF SCREENING

In FY21, the Alabama Department of Rehabilitation Services (ADRS) Traumatic Brain Injury (TBI) Program concluded a two-year Federal Administration for Community Living Grant, partnering with the Alabama Department of Mental Health (ADMH) to screen, identify and customize treatment interventions for individuals with TBI within the state behavioral health and substance use disorder programs. The partnership between ADRS and ADMH implemented a brief screener for TBI in mental health settings that included Bryce Hospital, East Alabama Mental Health Center Chemical Addictions Program and Outpatient Center and Spectracare Health, to test the feasibility of implementation of such a screener, and to examine the scope of TBI among patients with mental health and/or substance use disorder.

- Over 180 individuals were screened and nearly one in three were positive for TBI
- Those with a suicide attempt were 2.6 times likely to have a TBI
- Those diagnosed with a trauma disorder were 1.14 time more likely to have a history of TBI

The project’s authors state “screening for TBI in behavioral health settings should be routine.” There was a high prevalence of TBI among those screened (32%) and this three times more than in the general population in developed countries.

Recommendations for future work with individuals with TBI includes additional mental health staff training, a focus on patients with severe mental illness, history of suicide and/or history of addiction, to establish ADMH’s definition of head injury/TBI/acquired brain injury, a statewide implementation of TBI screening tools, and guidance on the next steps after TBI Identification.

For more information, please visit www.alabamatbi.org.

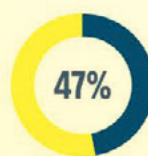
To view the final report and recommendations, please visit <https://bit.ly/3dKx4Z9>

To view the full infographic related to the final report, please visit <https://bit.ly/3m0jNAN>

Risk factors for TBI in pilot sample

- History of suicide attempt
- Severe mental illness and medications used to treat those illnesses
- NOT gender – In general population, men are 2x more likely than women to have history of TBI

186 people screened



Female



Non-Caucasian



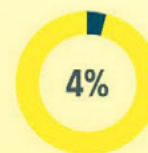
22-59 years old



Employed



Uninsured



Veteran



Nearly 1 in 3 screened positive for TBI



SUMMARY OF CRISIS CENTERS

AltaPointe Health (Mobile) · WellStone (Huntsville) · Montgomery Area Mental Health Authority (Montgomery)

BY THE NUMBERS

524 Screenings

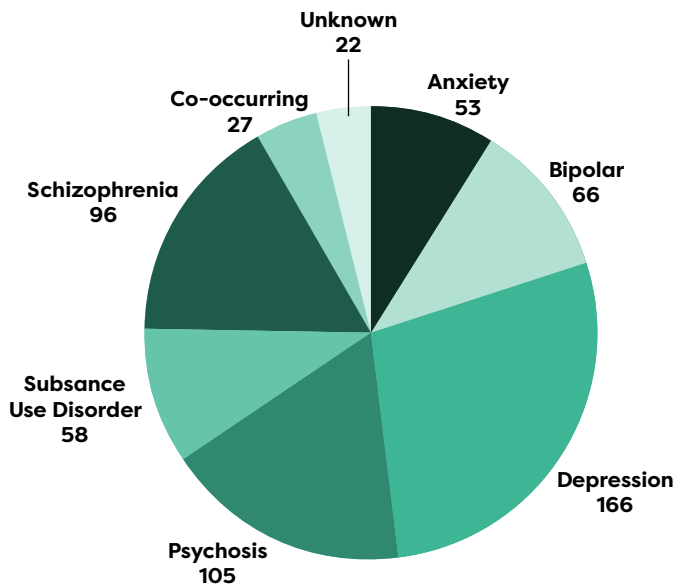
471 Individuals Avoided Jail Admission or Emergency Department Admission

111 Walk-ins

85 Law Enforcement Drop-offs

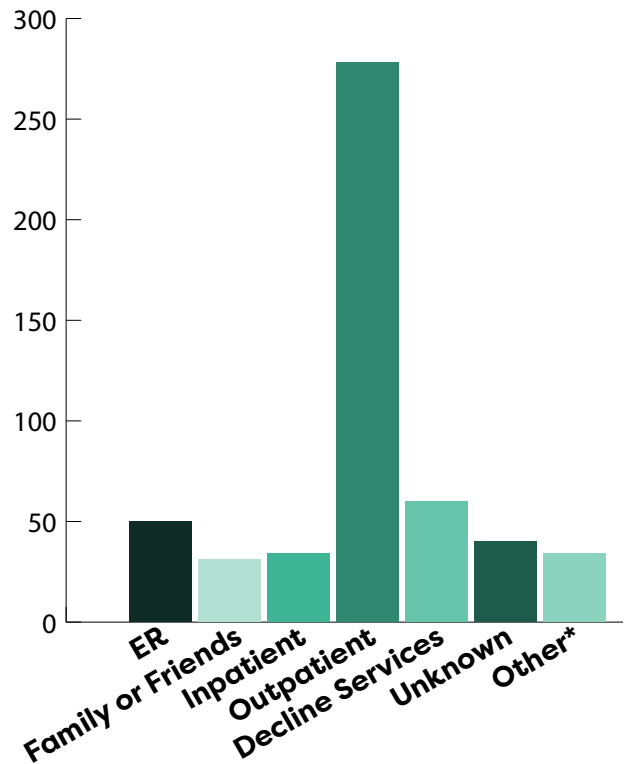
MOST COMMON

Primary Diagnosis

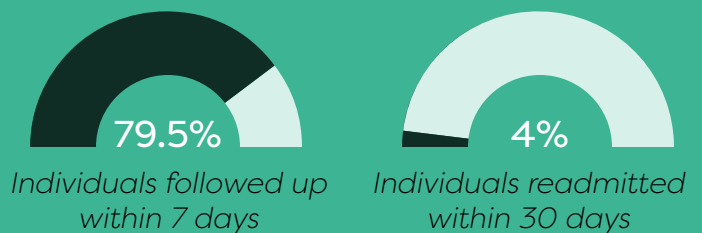


MOST COMMON

Care Referral



FOLLOW-UP & READMISSION



*Other: Recovery Services Team 13, Group Home 8, Peer Services 6, Shelter 6, Substance Abuse Inpatient 1



SUMMARY OF MOBILE CRISIS UNITS

BY THE NUMBERS

1809 Interventions

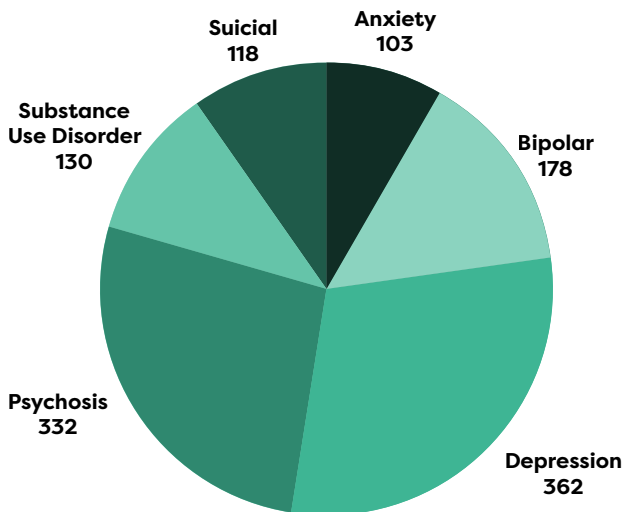
419 Individuals Avoided Emergency Department Admission

210 Individuals Avoided Jail Admission

7 Crisis Center Drop-offs

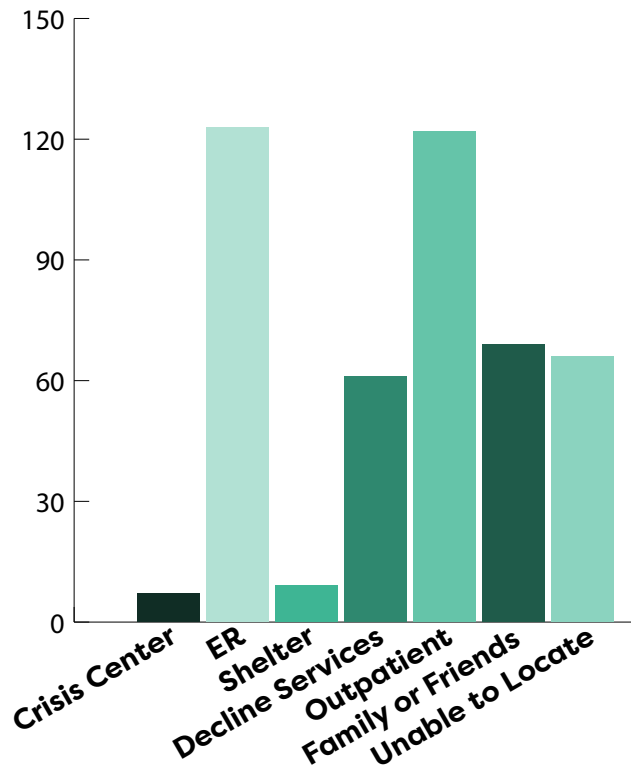
MOST COMMON

Mental Health Concern at Intervention

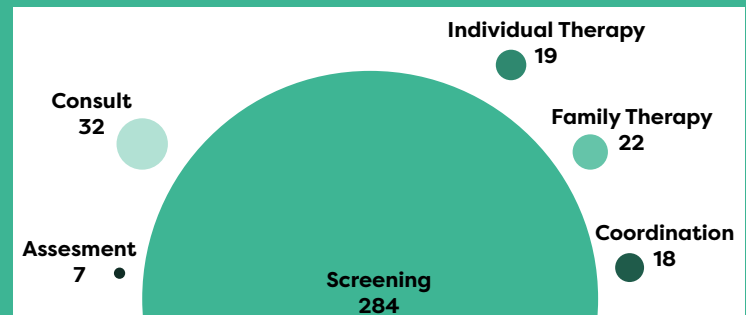


MOST COMMON

Warm Handoff



SERVICES PROVIDED



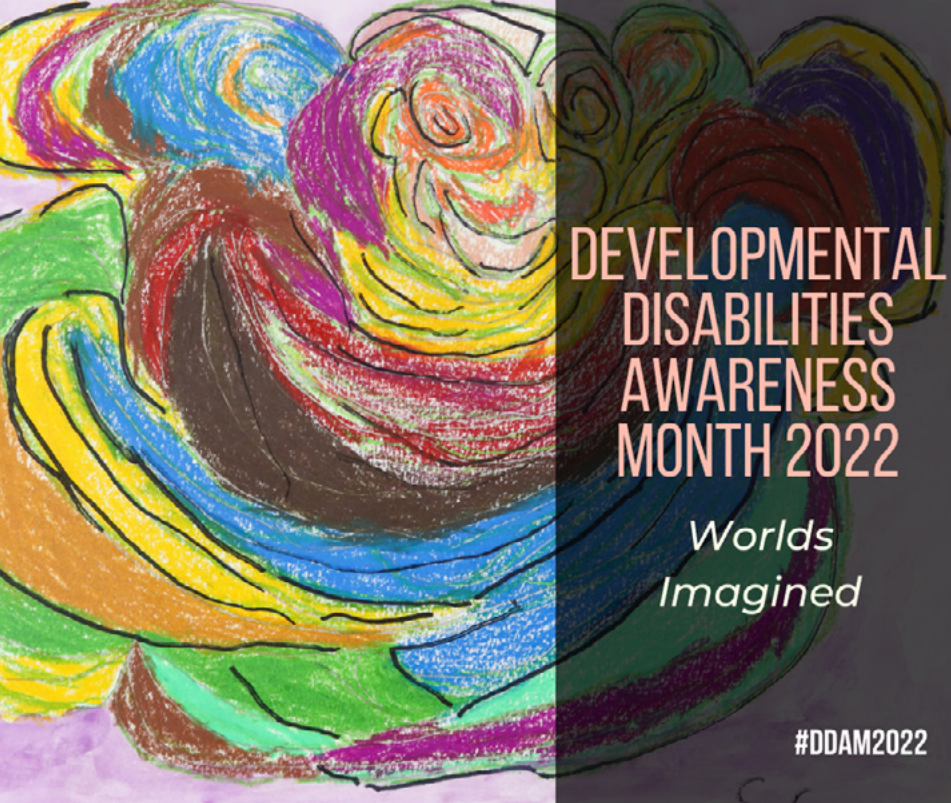
Notable African Americans in Mental Health



Celebrating Black Americans in the field of mental health, substance abuse, and advocacy

During Black History Month, the Alabama Department of Mental Health celebrates the men and women of African American heritage who have contributed to the field of mental health, substance abuse and advocacy. Throughout the years, African Americans and their achievements have oftentimes been overlooked. To honor their legacies, ADMH will feature stories on our social media pages that will shine a light on how the contributions of blacks continue making the world mentally healthier. Black History is more than just one month and beyond 365 days. We salute those pioneers who answered the call and those who continue to answer the call of mental health service.

[Click here to view a non-exhaustive list of Black and African American mental health resources.](#)



STATE EMPLOYEE ASSISTANCE PROGRAM TRAINING

The State Employee Assistance Program (EAP) is pleased to announce its first quarter training for 2022. ***Diversity & Inclusion: Keys to Developing a More Inclusive Team*** on February 10th & 17th. These trainings are offered free of charge to employees of the Alabama Department of Mental Health.

As a reminder, to access the training you will need to either create a new user account through the new portal by visiting <https://riskmgt-connect.alabama.gov/>, or if you have an account, simply login to access the link. Employees should request to attend the training with their supervisors. Please do what you can to ensure that any employee who wishes to attend this virtual training can be allowed to do so.

PREPARE FOR THE CELEBRATION BY SHARING RESOURCES & SHOWCASING STAFF AND INDIVIDUALS!

Each March, the National Association of Councils on Developmental Disabilities ([NACDD](https://www.nacdd.org/)), and our partners work together to create a social media campaign that highlights the many ways in which people with and without disabilities come together to form strong, diverse communities.

The campaign seeks to raise awareness about the inclusion of people with developmental disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live. ADMH will feature success stories of individuals served all around the state by our dedicated providers!

NACDD wants to use this campaign to showcase the excellent work that is being done to celebrate and improve the lives of people with developmental disabilities. If you have resources or materials that could be included and shared, please send! NACDD will feature applicable submissions in the resource guide and be shared with a national audience.

Examples of resources include, but are in no way limited to, videos, toolkits, news articles, photos, personal stories, promising practices, etc. If you have resources that you would like to submit or would like your artwork to be featured, please send them to Rafael Rolon-Muniz at rrolon-muniz@nacdd.org.



DID YOU KNOW?

ADMH Autism Services and the AIACC Diagnostics and Health Subcommittee have partnered to develop and utilize the [Autism Diagnostic Tool for Healthcare Providers](#). *This tool guides pediatricians and physicians as they consider giving an Autism Spectrum Diagnosis.*

Share this information!



Chameleon Fish
Holly

PREVIEW: THE 2022 CAPITOL SHOWCASE ART EXHIBITION

MAY IS MENTAL HEALTH MONTH!

Join us May 1-23 at the State Capitol, Old Supreme Court Library to view the fantastic art of the people we serve! This year, we are planning an in-person event!

Since 2005, ADMH has hosted an art show at Alabama's State Capitol. Artists from around the state with mental illnesses, developmental disabilities, substance use disorders and co-occurring disorders are invited to have their abilities showcased throughout the month of May in the Capitol in observance of National Mental Health Month. With each piece of art, a short narrative is attached. The artists offer heartfelt information about their lives and how art is an integral part of their mental health.

May is Mental Health Month. National Mental Health Month raises awareness about mental illness and related issues in the United States. Through awareness and acceptance, attitudes towards mental health issues appear to be changing. Negative attitudes and stigma associated with mental health have reduced and there has been growing acceptance towards mental health issues and support for people with them.

Join ADMH and its providers for this beautiful, art experience to celebrate the Month.

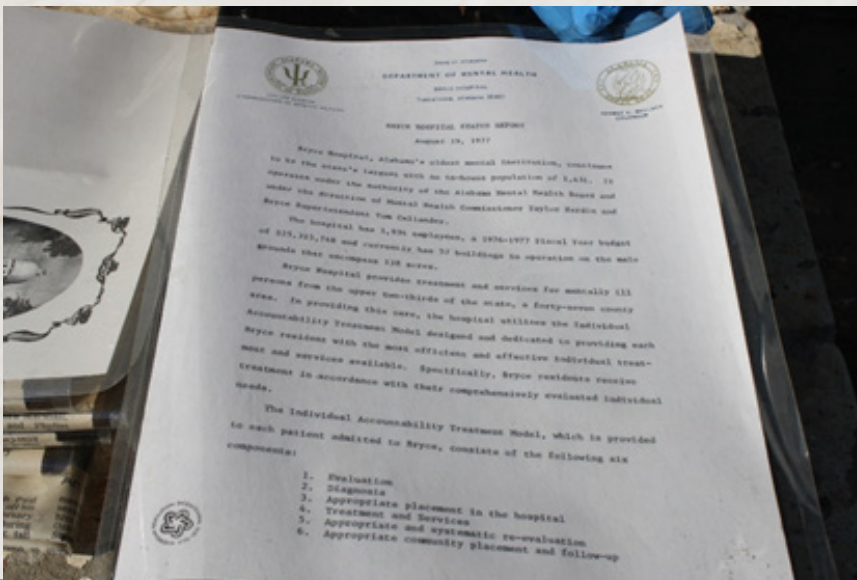


The Simple Life
Adam

HISTORY IS ALWAYS HAPPENING AT ADMH...



On January 27, ADMH Historian Steven Davis met with University of Alabama staff to open the cornerstone at the Bryce Hospital old campus and remove materials that were placed there in 1978. University staff is taking the box to the Office of Archaeological Research for documentation and preservation.



ADMH STAFF SHOWCASE:

KATRINA HUNTER, STAFF DEVELOPMENT MANAGER

Katrina is one of our newest staff members – Learn more about her!

I was born and raised in Montgomery, Alabama! Growing up, I was always reading some book or writing stories, so I definitely had an imagination! I developed my artistic skills while attending Baldwin Arts and Academic Magnet High School located in downtown Montgomery. From there, I attended Sidney Lanier High School. I received my bachelor's degree in graphic arts from Alabama State University (ASU), which is also my mother's alma mater; that is something very special to me. It was during my attendance at ASU that I discovered and cultivated my administrative ability. I later graduated with a master's degree in management from Troy University.

When I am not working, I love doing any type of creative activity! I enjoy writing, drawing, and painting. Sometimes, I will take my artwork and create journals to write in with the artwork as the cover. If it can be created or crafted, I'm all for it! When possible, I like to give away some of my journals to organizations that offer support services to women and girls. I also love listening to music and doing exercise activities. When time permits, binge watching a TV show or movie with good food is always an excellent idea to me!

Prior to joining ADMH, I was employed with the Alabama ABC Board for fifteen years. For the first part of my career at ABC, I worked as a Compliance Specialist in the Responsible Vendor Program, which is the educational division of the agency. I evaluated employee training records, monitored training sessions, and reviewed courses for approval. In the latter part of my career with ABC, I was a Licensing Inspector Supervisor for two large divisions. In this position, I was responsible for ensuring alcohol licensed and tobacco permitted locations complied with state laws and regulations. During my tenure with ABC, I was able to serve in various capacities, including as Chair of the Restriction of Youth Access to Tobacco Advisory Board.

I joined ADMH in September 2021 as the Staff Development Manager I in the Human Resources Bureau. In this position, I manage our learning management system, Relias, for internal use and our community providers. I am responsible for creating courses and collaborating with the service divisions to develop training plans, eLearning content, and specialized reports.



For many reasons, I was excited about the opportunity to come work for ADMH in this position! One of the reasons was that this position was a perfect fit for me. Being a Staff Development Manager provides endless ways for me to use my creativity daily, but also allows me to bring my administrative talents to the table. I really get into instruction, forms, lessons, outlines, etc., sometimes maybe a little too much! Therefore, this position made sense to me.

Another reason I chose this work was because I believe in the mission of the agency and I am an advocate for mental health. From a personal and professional standpoint, I believe I have the unique privilege of working for an agency and division that gives me the best of both worlds.

DATES TO REMEMBER

MENTAL HEALTH RELATED EVENTS OF INTEREST

02/25

[Alabama Autism Conference](#)

Bryant Conference Center in Tuscaloosa

03/11

R.O.S.S. at the End Addiction Bham Walk Networking Event from 5pm to 7pm
Birmingham Recovery Center

03/12

R.O.S.S. at the End Addiction Bham Walk from 10am to 2pm
Railroad Park in Birmingham

03/19

[Alabama School of Alcohol and Other Drug Studies](#)

Bryant Conference Center in Tuscaloosa

03/22

R.O.S.S. at ASADS

Bryant Conference Center in Tuscaloosa

03/26

[Community Engagement Social](#)

P.E.I.R. in Mobile



Brenda Taylor-Moody, Benefits Specialist/CWIC
graduated with a master's in social work from
Alabama A&M in December. Perfect 4.0!

ADMH Advocacy is proud to announce three advocates received graduate degrees in 2021.

- **Yolondra Taylor, Advocate II**, based in Advocacy Service Area II West in Tuscaloosa, received her Master of Science in Counseling/ Psychology on May 8, 2021 from the University of West Alabama.
- **Brandon Heath, Advocate II**, based at Taylor Hardin Secure Medical Facility, received his Master of Arts in Clinical Mental Health Counseling from the University of Alabama on December 11, 2021.
- **Shavon Brewster, Advocate II**, based in Advocacy Service Area III in Montgomery, received her Master of Social Science from Troy University on December 19, 2021

Serve • Empower • Support