

## Team Prepares to Teach Course

# Mental Health First Aid arrives at AltaPointe

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Dec. 23, 24 & Dec. 31



**Scale Back Alabama**  
Jan. 22-28  
Participant Registration & Weigh-in Week

April 9-15  
Participant Weigh-out Week

Contact:  
Kendra Godbold,  
665-2537

A medical first-aid course teaches people how to respond when they see someone in physical distress. Now, a Mental Health First Aid (MHFA) course can provide its participants with the knowledge and skills necessary to act when they are in the presence of someone who may be in a mental health crisis.

Four AltaPointe clinical staff members have been certified to teach the MHFA course, which introduces course participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments.

Connie Reynolds, performance improvement coordinator; Jasmine Taylor, ACT team leader; Mark Miele and Emily Head, Bridge Team case managers, taught the first MHFA course to AltaPointe staff members Dec. 7. More opportunities to take the course will be offered in 2011.

The program's website compares the goal of MHFA with that of CPR, which is to help support an individual until appropriate professional help arrives.

"Not every person in psychological distress has a mental disorder," Reynolds said. "MHFA is designed to help you assume a helpful role; avoiding derogatory or disrespectful labeling and stereotyping and helps you to learn how to focus on developing a relationship of trust."

MHFA also can reduce stigma, improve mental health literacy, and empower individuals.

"There are many misconceptions about mental



*Mental Health First Aid trainers prepare to begin their classes. Team members are, from left, Connie Reynolds, Emily Head, Mark Miele and Jasmine Taylor.*

illness," Miele said. "This class works to reduce the stigma surrounding those with mental illness and encourages course participants to assist these often feared members of our community."

MHFA originated in Australia in 2001. The National Council for Community Behavioral Healthcare, the Maryland State Department of Health and Mental Hygiene, and the Missouri Department of Mental Health worked with the program's founders to bring the program to the US in 2008.

For more information, go to [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org).

## National Council selects AHS for standards of care pilot

AltaPointe has been selected as one of ten sites nationwide to participate in the National Council for Community Behavioral Healthcare's Advancing Standards of Care Pilot Program. The ultimate goal of the program is to help people with schizophrenia become more active and independent in their daily living activities and to improve their overall quality of life by changing the way care is provided to this population.

The National Council will provide ongoing technical assistance and help AltaPointe and the other pilot sites shift toward more extensive evaluation of functioning among patients.

During the eight-month pilot program, AHS will assess study participants' lives in 20 areas using the Daily Living Activities (DLA-20) assessment tool that

will track how a person with schizophrenia is functioning on a variety of fundamental day-to-day tasks related to his or her overall quality of life.

"The addition of the assessment indicators to our standard assessments and disease management practices will help determine deficiencies in a consumer's quality of life," Megan Griggs, director of adult outpatient services, said. "Then, we can tailor any number of therapeutic events to support a consumer's improvement in that area of his or her life and, hopefully, have a positive impact on overall wellness."

In a national news release announcing the pilot program in October, Linda Rosenberg, president and CEO of the National Council, said it's time to expect more when it comes to treatment options of those with schizophrenia.

## Notes from Tuerk

# AHS plays key role in Searcy census reduction

This August a consumer, whom we shall call Sam, arrived at the Zeigler campus for admission into AltaPointe's adult residential services program. In many ways, he was like any other consumer. In one very different aspect, however, Sam stood out — he had lived 33 years at Searcy Hospital, an unusually long time to be institutionalized.

Sam had received treatment at the state psychiatric facility in Mt. Vernon for paranoid schizophrenia. An early report from his first few days with AltaPointe said that he appeared scared and paranoid and was refusing to take medication or eat. Since then our treatment team has helped him overcome his fears. Now, he is taking his medication, attending doctors' appointments and making progress toward reintegration into community living thanks to the valuable members of his treatment team.

Numerous other inpatient consumers, with situations similar to Sam's, are being discharged from Searcy as well as Bryce Hospital in Tuscaloosa in an effort to continue to deinstitutionalize patients. AltaPointe has been involved in this formal "bed reduction" project since August 1, along with the four other mental health centers in southern Alabama. A similar project is in progress involving centers in the Birmingham area.

Before beginning this project, advocates and clinical specialists established detailed criteria these consumers must meet before they can be discharged. Clinicians thoroughly evaluate each consumer before declaring they are candidates for the project. The participating mental health centers have met the Alabama State Department of Mental Health's challenge to develop and add the

proper services to meet the special needs of these consumers.

As you can see, extensive planning has gone into this project, which is vital to our State's mental healthcare system for two main reasons. First, the people who are still institutionalized deserve the right to live outside those walls. We know the potential for recovery increases dramatically when consumers can receive treatment while living in their communities rather than in institutions.

Our goal is to help all consumers attain the maximum level of self-care, employment, interpersonal relationships and community participation. We believe this goal is more attainable when consumers can live in the community while receiving the appropriate services.

The second reason this bed reduction project is important is that providing treatment in the community costs the government less, which makes this approach to care more responsible. With financial resources vanishing, long-term institutionalization should be reserved for only the most severely ill.

This project affects the majority of AltaPointe programs with most staff members playing a direct or indirect role in this project. AltaPointe is helping to transform the mental health service delivery system to one that expects an outcome of recovery, not just the management of symptoms.

Thanks to compassionate, professional and dedicated staff members, we can help more people like Sam find a meaningful life outside the walls of an institution.



## New AHS regional hospital opens in 2011

AltaPointe will open a regional psychiatric hospital for adults in Daphne on the Eastern Shore by late summer 2011. In 2008, AHS purchased the building that housed the former Albert P. Brewer Center, which closed in 2004. In 2009, the State of Alabama granted a certificate of need to AHS to operate a 66-bed facility. The photos on this page are examples of the renovations in progress.

More information about the new hospital will be available during the coming months.



One of the main hallways undergoes major renovation at AltaPointe's hospital facility in Baldwin County.



This space, above, is barely recognizable as a nurses' station at AltaPointe's hospital facility in Baldwin County.

## 5SCS updates AltaPraise program

### Expect new survey, AltaPraise cards

AltaPointe's Five-Star Customer Service (5SCS) Evaluation Work Group has begun developing a series of consumer point-of-contact survey cards for each AltaPointe division. The cards will include three short, specific questions that seek consumer feedback about recent appointments or experiences. Consumers will be instructed to drop the anonymous surveys into existing AltaPraise collection boxes.

The goal of the surveys is to measure the effectiveness of customer service training specifically related to the 5SCS Standards of Behavior. The 5SCS Committee plans to provide routine, constructive reports to division directors based on these survey results.

### 'AltaPraise' activity

The AltaPraise Work Group has created new adult consumer and child and adolescent consumer AltaPraise cards, which will be posted at all AHS locations along with the existing cards. The new cards have a simple format, with the cards for children and adolescents featuring a fun, colorful design.

The 2010 AltaPraise Stars of the Quarters will be announced in January 2011, upon review of this year's AltaPraise submissions. Two AltaPraise cards will be chosen from each season's list based on specific review criteria.

These eight special AltaPraise recipients will be featured in display cases, flyers, new AltaPraise posters and in the upcoming newsletter. A special luncheon will honor the 2010 AltaPraise Stars of the Quarter and the Star of the Year. AltaPraise stars of the quarter and year will receive special awards.

For a complete list of AltaPraise recipients being recognized for summer and fall quarters, check out the Five-Star Flyer posted at all locations and distributed via email. Congratulations to these recent AltaPraise recipients!



## Department of Psychiatry offices move to Old Shell Road

The University of South Alabama (USA) College of Medicine's Department of Psychiatry recently moved its offices from AltaPointe's Adult Outpatient-Gordon Smith location to the former AHS Children's Outpatient Services annex at 3650 Old Shell Road. The more spacious location allows for both the psychiatrists' and residents' offices and is more centrally located to adult outpatient locations, BayPointe, children's outpatient offices, BayView and the USA campus. The building has been remodeled. Physicians also see consumers in these offices.

AltaPointe provides administration and faculty for the USA Department of Psychiatry and both clinical and didactic training to residents, medical students, certified registered nurse practitioner students and physician assistant students.



### Diligent teamwork creates successful placement



Rosita Moore

A young, adult male consumer who transferred to Adult Residential Services (ARS) from the Transitional Living Program (TLP) program was approaching his length of stay at the group home. Since he

also had met the discharge criteria, the group home manager and ARS leadership began meeting and talking about discharge plans for him. Because of some difficult issues pertaining to his family history, he could not live at the home where he resided as a teenager. It was uncertain that any family member would take him.

With the goal of helping this young man successfully transition back into the community, Rosita Moore, assistant coordinator, ARS/Safehaven House, reached out to a family member with whom the consumer had maintained contact. Moore, along with Melissa Agerton, therapist at AOP-W Mobile, talked with the relative about his treatment history and worked diligently to help her understand the ramifications of taking the consumer into her home. In the end, the relative agreed to his being discharged to her.

"Rosita and Melissa made this a successful discharge into the community because of their professionalism and steadfastness," David Beech, director of ARS, said. "They exercised patience and understanding and exhibited excellent communication skills in their dealings with the relative, the consumer and the consumer's entire family."



Melissa Agerton

# People & Positions at the Pointe

The AHS Human Resources Department reports the following new employees joined AltaPointe from June 21 to Sept. 21:



## **Eric Leonhardt, MD—Adjunct Assistant Professor of Psychiatry**

Dr. Leonhardt recently joined AltaPointe and is working at BayView Professional Associates located in the Children's Outpatient Services building at Old Shell Road and Bishop Lane North. He earned his osteopathic medical degree from the Kansas City University of Medicine and Bioscience. He completed his general psychiatric training at Henry Ford Hospital in Detroit, Mich., and his Child and Adolescent Psychiatric Fellowship at John A. Burns School of Medicine in Hawaii. After completing his training, Dr. Leonhardt worked for a private regional psychiatric hospital in Fargo, ND, where he provided full spectrum psychiatric services for children and adolescents. He also held administrative and teaching positions. Dr. Leonhardt was a clinical faculty member at the University of North Dakota, where he received the Dean's Award for Excellence and Dedication for teaching medical students and residents. Dr. Leonhardt's special interests are in the area of children with developmental disabilities.

*Eric Leonhardt*



## **Magdi Tageldin, MD—Adjunct Assistant Professor of Psychiatry**

Dr. Tageldin recently joined AltaPointe and is working at the Adult Outpatient Services-Gordon Smith office. Originally from Sudan, he received a scholarship to study medicine at the University of Wroclaw Medical Academy in Poland. After graduating from medical school, he and his wife moved to New York, NY, where he joined the Association for the Help of Retarded Children (AHRC), New York chapter and became a developmental specialist at the Fisher Adult Day Treatment Center. Dr. Tageldin attended his psychiatry residency training at the University of South Alabama and was elected the chief resident in his fourth year. After graduation, he joined the faculty where he is currently an attending psychiatrist at AltaPointe Outpatient Services and an instructor for the board preparation course. He is interested in women's mental health and psychosomatic medicine.

*Magdi Tageldin*

## **Administration**

Human Resources—Assistant: **Allison Luker**; Management Information Services—Avatar Developer: **Melonee Wall**; PC Technician: **Marilyn Gullette**

## **Outpatient Division**

### **Adult Outpatient Services**

Adult Outpatient Services—Dual Therapist/Gordon Smith: **Brenda Naftel**; Office Professional/Gordon Smith: **Adrienne Tate**; Office Professional/West Mobile: **Mandy Little**; Therapist/

West Mobile: **Ryan Zimlich**; Therapist/South Mobile: **Mauri-Laure Hyde, Pam Maumenee**; Counselor/South Mobile: **Tonya Fistein**; Case Manager/Zeigler: **Christina Robbins**; Case Manager/Zeigler: **Tiffani Luckett**; Therapist/Zeigler: **Ella James**; Translator/South Mobile: **Le Carter**

## **Children's Outpatient Services**

Transitional Living—Behavioral Aide: **April Pace**; BayView-Mobile Infirmery—Admissions Professional: **Mollie Miller**

## **Inpatient Division**

BayPointe—Behavioral Aide: **Tyrell Pritchett, Matthew Reid**; Behavioral Aide Acute: **Belinda Bethune, Benjamin Culpepper, Husniyyah Ihsaan, Hillie Sykes**; RN Acute: **Diane Delhomme, Felicia Hudson, Shanita Peoples**; CRNP: **John Hayes**; Office Professional: **Katherine Raulerson**

## **Residential Services Division**

Adult Residential Services—Behavioral Aide/Countrywood Court: **Antrineise Evans**; Behavioral Aide, Therapeutic/Dogwood: **Latanya Sullivan**; Behavioral Aide/Gardenia: **Jessica Batley**; Behavioral Aide Therapeutic/Lakefront: **Casey Crook, Britney Hartfield, Christina Pippins**; Behavioral Aide/Lott Road: **April Pace**; Behavioral Aide, Therapeutic/Medical House: **Cheryl Dees, Chrystal Harris, Judy Thames**; LPN/Medical House: **Gale Chambers, Elizabeth Wilkins**; RN/Medical House: **Pammela Bartlett**; Behavioral Aide/Rosewood: **Phillip Chambers, Cristal Driscoll, Brandolyn Gardner, Courtney Johnson, Janet Robinson, Stephanie Tellis**; Behavioral Aide/Safehaven: **Krystle Pettway**

## **Promotions**



*Dwight Lacy*

**Dwight Lacy** has assumed a new role as the director of Hospital Services. Lacy will oversee the operations at each AltaPointe hospital, including BayPointe and AltaPointe's psychiatric hospital in Daphne, which is expected to open in 2011. Other positions he has held at AltaPointe include director of human resources and director of business services.

**Ingrid Hartman, LPC**, is now the assistant director of Access to Care. Hartman holds a master's degree in counseling and is credentialed by the National Board of Certified Counselors (NBCC). Before joining AltaPointe in 2008, she gained extensive professional experience managing social service, intensive outpatient, quality improvement, community relations, residential and hospital programs. In her new role, Hartman will report directly to Julie Bellcase, chief operating officer.



*Ingrid Hartman*

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# Bravo! Bravo!



Cynthia Stargell

Congratulations to **Cynthia Stargell** for being honored with a “Spirit of Recovery” award by the Drug Education Council. Stargell has been the team leader for the AHS Specialized Women’s Program for the past five years. “I have had the wonderful privilege of learning from her and being inspired by her,” Cheryl Holmes, coordinator of substance abuse services, said. “Cynthia works 40-50 hours a week to assist women in reclaiming their lives.”

**Davey Chastang**, AOP-Gordon Smith therapist, passed his master’s level social work licensure examination in October and is now a licensed social worker (LGSW).

**Latrina Thomas**, COP case manager, recently received her master’s degree in criminal justice.

**Rebecca Stephens**, AOP-Zeigler therapist, was named AOP-Z’s September “Employee of the Month.” She was recognized for providing excellent customer service and for outstanding teamwork.

**Robin Lawrence**, RN, AOP-Z, and **Anne Brye**, RN, AOP-South Mobile, received their certifications to be medication assistant supervisor (MASS) nurses.

**Michael Goldman**, coordinator of AltaPointe’s Community Counseling Center of Washington County, spoke at the United Way’s annual campaign drive kick-off rally in Washington County. The Center’s staff helped to host the United Way’s kick-off event.

**ARS Dogwood** and **ID Case Management** staff members recently participated in volleyball and softball tournaments, and the two teams represented AltaPointe well. The ARS Dogwood team won the Volunteers of America-sponsored volleyball tournament and ownership of the first place trophy for one year. *(See ID Softball Tourney photos on page 11.)*

The Southern Public Relations Federation presented a Lantern Award to AltaPointe for its **AltaPraise Rewards and Recognition Program** in the Public Relations Planning category. **Carol Mann**, director of public relations, accepted the award at SPRF’s annual conference this September in Baton Rouge. SPRF is a 1,400-member organization for public relations professionals who work in Alabama, Louisiana, Mississippi and the Florida panhandle.



## People & Positions at the Pointe *Continued from Page 5*



Stephanie Gatlin

**Stephanie Gatlin** is now the coordinator of Children’s Outpatient Services.



Elizabeth Crooke

**Amy Conway**, is coordinator of BayPointe Residential Services (formerly Child and Adolescent Residential Services).

**Elizabeth Crooke**, ALC, is now the assistant coordinator at LeMoyné School and BayPointe’s day treatment program.

**Kara Whitney** is coordinator of Adult Residential Services.



Tamieka Martin

**Tamieka Martin**, MA, is now the coordinator for the Children’s Hospital at BayPointe.

**Jessica Robertson** is the assistant coordinator of AOP-South Mobile’s outpatient services and of the Project Rebound-AltaPointe Oil Spill Crisis Team.



Amy Conway



Kara Whitney

**Kyla Lamar** is the office professional team leader for the AOP-West Mobile office.

### Moves

**Valerie McQueen Green** is now an office professional team leader at COP.

**Rebecca Stephens** is now a cohort therapist at AOP-Zeigler, specifically addressing needs related to the bed reduction project for Searcy Hospital, the State’s psychiatric facility for southern Alabama.

## Donations Requested

AOP Day Treatment has created a clothes closet where consumers may spend “day treatment dollars” earned for making progress in their treatment. A library also has been created for consumers’ use. Donations of new or gently used clothing and books are being accepted. Call Davey Chastang at 450-5993 for information or to arrange for pick-up.



# BayPointe helps save and transform patients' lives

*Editor's note: AltaNews interviewed BayPointe Hospital Administrator Angela Ferrara for this article. The next issue of AltaNews will print another feature article on BayPointe, its staff members and its affects on the community.*

BayPointe Hospital and Children's Residential Services staff members know that most patients admitted to their care will be at the lowest points in their lives. "That makes working here demanding," Angela Ferrara, LPC, BayPointe Hospital Administrator, said. "You are keeping someone alive. You have the opportunity to affect positive changes and see patients move toward a purpose in life."

BayPointe provides around-the-clock treatment for children, adolescents and adults who are suffering from moderate to severe emotional and behavioral disturbances or severe mental illnesses. They receive short-term stabilization, assessment and treatment for suicidal, aggressive or other unsafe behaviors.

The nature of the work makes each day new and challenging. "You must find ways to help each patient rise above his or her unique symptoms and circumstances," Ferrara said.

## Benefits of the AltaPointe continuum

The AltaPointe continuum of care offers all the resources necessary to meet the difficult challenges staff members face. "We don't have to go beyond AltaPointe and BayPointe," Ferrara said. "Centralized operations such as electronic medical records and TeleHealth are just two examples of major benefits of the AHS continuum."

A patient may enter the continuum through adult or children's outpatient services, adult residential services, a transitional age home or BayView Professional Associates. Other community resources in Mobile, Baldwin, Washington or other Alabama counties also make referrals.

## Inpatient services for adults

Adults in psychiatric crisis who require 24-hour monitoring receive assessment and stabilization at BayPointe Adult Hospital. Adults admitted for involuntary evaluation come to BayPointe through the Mobile County Probate Court.

"Our goal is to prevent psychiatric commitment and return them to the least restrictive level of care," Ferrara said.

BayPointe also admits adults who come voluntarily for evaluation. "The community need was so great for this population that we have expanded our adult hospital to include an additional 16-bed unit," Ferrara said. "Typically, these patients are not chronically ill and usually require a short-term stay."

Discharge plans for adults often include aftercare services through AltaPointe's Adult Outpatient Services, Adult Residential Services programs or BayView.

## Inpatient services for children and adolescents

In cases of children ages 5 to 18, patients may receive services through one of three programs.

"A child or adolescent can move fluidly from the LeMoyné School Day Treatment program to the more intensive residential setting or to the children's hospital, depending on individual need,"



BayPointe supervisors include, from left, seated, Demeitrus Hollins, Tiffany Rush, Tamieka Martin, Elizabeth Crooke; standing, from left, Grace Moffett, Carla Ladnier, Angela Ferrara and Joyce Barber. Gloria Wright, Amy Conway, and LaTonja Herron were unavailable for this photo.

Ferrara said. The majority of children discharged from BayPointe receive aftercare through AltaPointe Children's Outpatient Services.

## Teamwork is essential

Each patient benefits from the collaborative efforts of a treatment team. Teams include a psychiatrist, nurse practitioner, nurses, therapists, social workers, clinical and educational coordinators, discharge planners, recreational therapists, behavioral specialists and behavioral aides.

"They all work diligently and carefully to ensure the best care for each consumer," Ferrara said. "However, our behavioral staff members are on the front line with the patients 24 hours a day, seven days a week, which makes their jobs among the toughest."

Behavioral aides and specialists make up 80 percent of BayPointe's 200-member staff. They are with patients minute-by-minute, providing meals and activities, teaching social and coping skills and redirecting their patients' behaviors.

"To the kids, they are surrogate parents," Ferrara said. "Lots of times, they give and give without much return. Patients aren't telling them what a good job they're doing."

Turnover is highest in the behavioral positions. "Staff members care deeply, making their jobs more difficult," Ferrara said. "The staff members who don't last often haven't learned how to leave the sad stuff they witness at the door when they go home."

BayPointe supervisors are supportive and know these jobs are hard, Ferrara said. "We know they must remind themselves their work will pay off at some point. Encouraging the teams is important. So, we are working on ways to more effectively demonstrate our appreciation to all of our staff."

# One child's story: Hoping for a better life

*Editor's note: \*Many of the children admitted to BayPointe have similar experiences and symptoms. We have changed the name of the child and altered the details of the case described in the following story to maintain confidentiality.*

Billy\* hated his life, and he was only nine years old. He arrived at BayPointe Children's Hospital by ambulance late one night after he had threatened suicide by holding a knife to his throat. The BayPointe professionals who kept Billy safe through that night had been involved in hundreds of similar cases.

Tamieka Martin, coordinator of the children's hospital, became Billy's therapist. She observed the child's behaviors during the admissions process, asking questions about his feelings, why he had attempted suicide.

Billy was in DHR custody because his mom was addicted to drugs and his step dad had physically abused him. "He hadn't seen his mom in eight months and was depressed and angry," Martin said. "Billy reacted violently every time he was told 'no.' He would use anything he could find to tie around his throat to try to choke himself. Hospital staff members were constantly taking things away from him."

Nearly a month after the BayPointe Children's Hospital staff members stabilized him through a combination of medication and therapy, the hospital discharged him to a therapeutic foster home — a home where DHR trains the family to handle mental diagnoses, places only one child and there are no other children in the household. Billy's condition would escalate, however, causing a return visit to BayPointe.

"On this particular day, Billy wanted to play video games. His foster mom had told him 'no,' that he should finish his homework instead and left him to prepare supper," Martin said. The foster mom returned to the child's bedroom when she heard yelling and loud noises. "He had lost control, throwing furniture and screaming. He yelled, 'I just want to die,' kicking and hitting her as she tried to subdue him."

**"He feels everyone is going to leave him no matter what he does. He feels unimportant and alone."**

Another call to 911 and an ambulance ride to BayPointe followed. This time, the clinical team employed a unique approach to help Billy display his feelings.

"I used a therapeutic technique that I have found effective in children with deep anger," Martin said. "I took Billy outdoors, told him it was all right to scream, that it would help him feel better. He hesitated and looked at me 'kind of' funny, but then I demonstrated screaming. When he tried it, he began to enjoy the release it gave him.

"Then, I asked him to shout the phrase 'I matter,' repeatedly" Martin continued. "Often, in my office, I would have him hold a mirror, look at himself and say, 'I matter,' whispering it at first, then saying it louder and louder until he could begin to believe that he might just matter."

Martin said Billy's experiences had caused a low self-image and trust issues. "He feels everyone is going to leave him no matter what he does. He feels unimportant and alone."

Children whose parents have been absent or who have been victims of physical or sexual abuse are looking for guidance and support, Martin said. "So they attach to us, their caregivers and clinical team. They're not used to someone caring."

Billy made progress despite learning in one day that his mom had lost custody of him, that his foster parents were divorcing and that his clinical team had decided he should move into the BayPointe Child & Adolescent Residential unit for pre-adolescents.

His treatment team has set a goal for a short-term stay and eventual discharge to another therapeutic foster home. "It has been tough for him," Martin said optimistically. "I believe that if he can overcome his adjustment disorder and learn to believe that he matters, Billy can have a chance at success. There's hope for a better life."

## BayPointe Facts & Milestones

60-bed hospital license — 40 adult, 20 child & adolescent (5-18 yrs.)  
34 residential beds — 10 child (5-12 yrs.), 24 adolescent (13-18 yrs.)

2001	Purchased facility from former Charter Hospital LeMoyne School moved to BayPointe
2002	Opened child & adolescent residential and crisis stabilization services
2003	Completed adult hospital addition
2004	Earned hospital licensure from Alabama Dept. of Public Health Earned Joint Commission Accreditation Opened Adult Evaluation Unit Approved as Probate Court Annex
2010	Opened additional 16-bed hospital unit for adults

BayPointe Hospital Total Admissions	FY '08 – '09	FY '09 – '10
Children's Hospital	327	456
Adult Hospital	633	757

# Program Progress

## Adult Outpatient Services (AOP)

### Bed reduction project requires new programs and staff

Adult Outpatient Services has added new programs and staff at AOP-Zeigler to work with the consumers being moved as part of the Searcy Hospital bed reduction project. **Rebecca Stephens**, cohort therapist, and **Tiffani Lockett**, cohort case manager, will address bed reduction needs. Additionally, a second Permanent Supportive Housing Program was created to address needs related to Searcy cohort discharges. **Christina Robbins**, case manager, will work to support the new Supportive Housing Program.

### Evidence-Based Permanent Supportive Housing expands

The Evidence-Based Permanent Supportive Housing Program offered through the AOP-Zeigler office is one of only two of its kind in the Mobile area, consisting of 12 single-bedroom apartments in various complexes. AHS created these programs to foster consumer independence while reducing the census at Searcy Hospital. This fall, AltaPointe opened two additional adult foster homes: an eight-bed home in Eight Mile, called Bayou Oaks Three; and a 10-bed home in Theodore, called Quita's Foster Home.

These foster homes provide a long-term, supervised environment for consumers who need an additional level of support to maintain independence in a community setting. AltaPointe also has contracted with a new specialty-care assisted living facility, Carrington Specialty Care, to support expansion of available living options for consumers.

### AHS staff collaborate on Peer Listening training

**Megan Griggs**, clinical director of adult outpatient services (AOP), and **Janet Langley**, assistant director of AOP, have been working with the Mississippi-Alabama Sea Grant Consortium to develop a community peer listening training program in response to the Gulf Coast oil spill. It is designed to help affected residents reconnect and improve their community social support networks, establish emotional balance, improve coping skills and regain the strength necessary to move forward. The program proposes that a peer listener network can serve as an informal support service for community members, particularly for those individuals who are reluctant to use formal support networks.

The curriculum is an adaptation of a program developed by the Prince William Sound Regional Citizens' Advisory Council and Steve Picou, PhD., University of South Alabama and is funded by the Mississippi-Alabama Sea Grant Consortium.

### Project Rebound Team reaches out in South Mobile County

To address a growing need for services in those communities hardest hit by the effects of the Gulf Coast oil spill, the Project Rebound-AltaPointe Oil Spill Crisis Team has been active in



*Project Rebound Team AltaPointe's Project Rebound Team members who work in south Mobile County include, from left, Danny Nguyen, Tammy House, Jessi Robertson, Le Carter, Pam Maumenee, and Tonya Fistein.*

south Mobile County. The team's activities include notifying local schools of AHS services; providing stress management training to school faculty and daycare workers; providing on-site counseling to teachers and daycare staff; individual, group and family counseling at schools, the Bayou La Batre Community Center, and at the AHS Community Counseling Center of South Mobile County. The team also has been conducting group therapy for local transitional housing programs and in an after-school program for children. As part of the effort to engage the area's Asian population, team members have coordinated meetings with local Buddhist and Cambodian religious leaders.

The team participated in a training session on cultural issues specifically related to the area's Asian population. It also has received special training from a representative of Penelope House in Mobile, which helps victims of domestic violence regain social and economic independence.

### Children's Outpatient Services Contract allows COP to provide services at Early Head Start centers

Children's Outpatient Services (COP) has contracted with Gulf Regional Childcare Management/GRCMA Early Childhood Directions in four Early Head Start centers. COP's services include providing classroom and individual mental health observation; planning, assessment and crisis management; and training and technical assistance for the centers and for parents. COP now holds parent and consumer groups every night of the week.

Coping Power is a group for kids diagnosed with oppositional defiance disorder or who have disruptive behavior disorder. Family Support is a group for those who need ongoing support and encouragement, but who are relatively stable. Parent Support is for parents of children with autism, Asperger's syndrome and pervasive

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# Hope of Recovery exhibit displays consumer art for third year

AltaPointe staff members, consumers, consumers' families and members of the community turned out to support AHS's third-annual Hope of Recovery Art Exhibit Sept. 26. The exhibit featured art created by individuals battling drug and alcohol addiction who are currently enrolled in AHS's intensive outpatient and dual diagnosis programs.



The team of AHS staff members that organized the Hope of Recovery Art Exhibit enjoying a moment at the event include, standing from left, Cheryl Holmes, Davey Chastang, Brandie Johnson, Cynthia Stargell; seated from left, Kimberly Meadows and Leticeia Hooker.

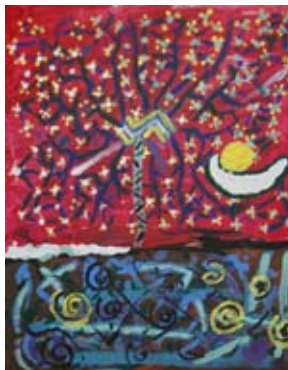
AOP-West Mobile's clinic was transformed into a gallery for a day, with a bold black-and-white theme, soft lighting and soothing music performed by an acoustic guitar duo. Art themes included photography installations, colorful oil on canvas pieces and Warhol-inspired "faces of recovery" collages. All proceeds from sales went directly to the artists. The Mobile Press-Register featured the

exhibit on Sept. 25, and Fox 10 and Local 15 aired their stories multiple times on Sept. 26. Addiction and Art, a national organization supported by professors at Johns Hopkins University in Baltimore, Md., has asked to feature AltaPointe's Hope of Recovery event on its website.

Some of the consumers involved in this event reaped much more than a few dollars. **Davey Chastang**, an AOP therapist assisting the dual diagnosis program, reported one consumer has since been commissioned by a friend and a local church to paint pieces at a paid rate.

**Brandie Johnson**, substance abuse program therapist and coordinator of the event, reported that another consumer plans to save money for her own camera and continue photography as a healthy leisure activity. A third consumer stated that the event 'put dignity back into treatment.'

"This event provides an opportunity to raise awareness that addiction is not the end of the story; lives can be rebuilt and hope can be restored through the process of recovery," Johnson said. "It is a privilege to witness the transformation as our consumers build a life worth living."



## Continued from Page 8

developmental disorder. Additional groups include an ADHD group and a grief support group.

## Adult Residential Services

### Mobile unit provides medical, dental services

AltaPointe and Franklin Primary Health have arranged for Franklin's state-of-the-art mobile unit to provide medical and dental services to AHS consumers residing in group homes. Since August, the mobile unit has visited the Zeigler campus each Wednesday, which means that group home consumers no longer have to be transported downtown



Louise Turner, left, Franklin Primary nurse practitioner, and Brenda Phelan, ARS driver, stand next to the Franklin Primary Medical Mobile Unit at AltaPointe's ARS Zeigler campus waiting for consumers to arrive at the unit.

to Franklin for medical, or most lab, services. In addition, the mobile unit provides dental services every other Friday.

"Because of our partnership with Franklin to use their mobile unit on the Zeigler campus, our group home consumers are receiving more integrated and comprehensive primary and behavioral healthcare than ever before," **Mildred Hopkins**, ARS Nurse Manager, said.

## BayView Professional Associates BayView earns new EAP contract

The Mobile County Public School System has again selected BayView to provide Employee Assistance Program (EAP) services for its staff members. BayView's EAP is a counseling service provided to any employee of a company that has contracted with BayView to provide confidential, professional counseling services for its employees and their families. The program is offered as a benefit for employees and eligible dependents experiencing personal or workplace problems.

# AltaPointe supports NAMI

## 'The Lives They Left Behind: Suitcases from a State Hospital Attic'



Attending the "The Lives They Left Behind" opening night reception are, from left, Olivia Nettles, Zina May, Sherill Alexander and Angela Ferrara.

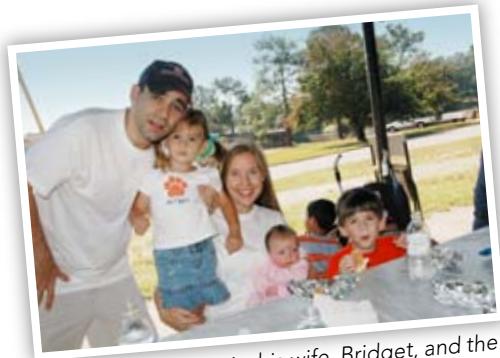


Sister Lucindia Claghorn reads one of the Suitcase exhibit stories Oct. 18.

### Exhibit raises compelling questions

AltaPointe was a sponsor for "The Lives they Left Behind" that was on display at the Mobile Government Plaza Atrium from Oct. 18 through Nov. 12. The display featured nine patients who had been committed to New York's Willard Psychiatric Center and died there. The exhibit gives insight into psychiatric institutions in the early-to-mid-20th century and raises difficult and compelling questions about commitment, institutionalization and the treatment of those locked away from society during that time. For more information, go to [www.suitcaseexhibit.org](http://www.suitcaseexhibit.org).

## NAMI Friends & Family Walk



Dr. Kenan Penaskovic, his wife, Bridget, and their children enjoy the day and supporting NAMI.



Karen Hutchens shows off her NAMI T-shirt.



Ameya Scanlon, left, and Wanda Moore, help post signage for the Walk.



NAMI-Mobile held its first Friends & Family Walk Oct. 9 at Municipal Park. A few of the more than 40 AHS staff members, and Molly, the dog, gather for a photo before the walk.

# Softball tourney generates competition, fun

## ID hosts first tournament

AOP-Intellectual Disability Case Management hosted its first annual softball tournament Oct. 15 at Sage Park with the following providers participating: VOA, New Way Out, Noble Residential and JLW Place. Representing AltaPointe in the tournament were teams from Adult Residential Services and ID Case Management, with ID winning first place and ARS winning second place during this fun event.



Shouting words of encouragement from the sidelines to the ID Team are, from left, Devon Adams, Sonya Henderson and Johnnice Edwards.



From left, Paul Wiese, Wanda Moore and Brenda Phelan cheer on the ARS Team.



Devon Adams sports AltaPointe orange and teal socks with her uniform.



Sharronda Cobb, left, and Heather Metzger display their team spirit.



Rose Skanes, tournament organizer, proudly shows off the first and second place trophies for the top two teams.



Jennifer Thomas, left, and Kim Freeman laugh at the action on the field.

## BayPointe shows appreciation for staff

BayPointe Hospital & Children's Residential Services management team hosted two employee appreciation events this October, treating staff members to a meal of grilled chicken, slaw, baked beans and dessert. Prizes were awarded during a game modeled after an old-fashioned "cake walk" with staff taking home a variety of items imprinted with the AltaPointe logo.



Diane James, left, and Caprina Boykin visit over dinner in the BayPointe courtyard.



Deborah Outlaw, left, and Julie Bellcase, greet one another at the BayPointe employee appreciation event.

# AltaPointe in the Community

## Staff participate in conferences, fairs and walks

AltaPointe sponsored or supported more than 17 community events this summer and early fall, including: the Community Development Corporation of Grand Bay's annual health fair; the Bayou La Batre annual community health fair; the Salvation Army of Mobile's annual social services fair; Juvenile Court of Mobile County's Strickland Youth Center Social Services Fair; the American Heart Association's START! Heart Walk; Victory Health Partner's Let Love Serve Tennis Tournament; Mobile County Department of Human Resources' annual Provider Fair; Mobile County Task Force on Domestic Violence's annual regional conference; Mobile Area Chamber of Commerce's annual Health Occupations Fair for youth; Mobile Area Stand Down for Veterans; Alabama Primary Health Care Association's annual conference; the Society for Human Resource Management's annual conference; National Alliance on Mental Illness's (NAMI) Mental Health Awareness week and Friends and Family Walk; NAMI's "The Lives They Left Behind" traveling suitcase exhibit and reception; the American Foundation for Suicide Prevention's Out of the Darkness Community Walk and the United Way of Southwest Alabama's annual campaign drives in Mobile and Washington counties.



AltaPointe staff members enjoy a sunny morning Sept. 25 at the Five-Rivers Delta Resource Center in Spanish Fort while participating in the American Heart Association's START! Heart Walk. Staff gathering that day include, front row from left: Alicia Donoghue, Grace Moffett, Reneta Powe. Standing, from left: Phyllis Mason, Toby Cummings, Nick Brattoli, Patricia James and Robin Lawrence.



AltaPointe staff and their families showing support for the Out of the Darkness Suicide Prevention Walk Sunday, Nov. 7 include, from left, Kathy Rouse, Tina Williams, Sarah Whitfield, Emone McGaster, Jamya Williams (in back), Jonathan Williams (in front), Sonya Sims, Stephanie Pope, Josh Pope and Olivia Nettles.

Down's Syndrome and autism-spectrum disorders. **Tamiaka Martin**, MA, coordinator of the BayPointe Children's Hospital (formerly ABS), spoke to a group of 40 teachers at Mae Eanes Middle School about the signs of depression in teenagers.

As part of AltaPointe's Speakers Bureau, **Judith Boswell**, LCSW, therapist at AOP-Gordon Smith, gave a presentation about coping with stress to Mobile Infirmery Medical Center's stroke survivors' support group members. **Sarah Whitfield**, LPC, therapist at COP, spoke to the Mobile County Down's Syndrome Association's parent support group on the topic of talking about sexuality with young persons and adults with

## In Memory of Regina Williams



BayPointe Hospital and AltaPointe staff members are mourning the death of Regina Williams who worked as a behavioral aide at the hospital for 10 years.

Her coworkers from the "A" rotation on the BayPointe Adult Hospital said Regina possessed many God-given talents, great strength, professionalism and character.

"She was firm, flexible and fair with the consumers assigned to her, and they loved her for it," her colleagues wrote in a tribute to Regina. "She was a wonderful friend to those who knew her best. Regina was one of God's special flowers."

## Think about this...

Suppose you were to come upon someone in the woods working feverishly to saw down a tree. "What are you doing?" you ask. "Can't you see?" comes the impatient reply. "I'm sawing down this tree." "You look exhausted!" you exclaim. "How long have you been at it?" "Over five hours," he returns, "and I'm beat! This is hard work." "Well, why don't you take a break for a few minutes and sharpen that saw?" you inquire. "I'm sure it would go a lot faster." "I don't have time to sharpen the saw," the man says emphatically. "I'm too busy sawing!"

— Stephen Covey

