

**SOUTH CAROLINA DEPARTMENT OF MENTAL HEALTH
STATE DIRECTOR JOHN H. MAGILL**

**SPARTANBURG AREA MENTAL HEALTH CENTER
EXECUTIVE DIRECTOR WILLIAM S. POWELL, M.D.**

Fall 2012

DMH
OPERATES A
NETWORK OF
SEVENTEEN
COMMUNITY
MENTAL HEALTH
CENTERS,
42 CLINICS,
FOUR
HOSPITALS,
THREE
VETERANS'
NURSING
HOMES, AND
ONE
COMMUNITY
NURSING HOME.

**DMH HOSPITALS
AND
NURSING HOMES**

Columbia, SC

G. Werber Bryan Psychiatric Hospital

William S. Hall Psychiatric Institute (Child & Adolescents)

Morris Village Alcohol & Drug Addiction Treatment Center

C.M. Tucker, Jr. Nursing Care Center - Stone Pavilion (Veterans Nursing Home)

C.M. Tucker, Jr. Nursing Care Center - Roddey Pavilion

Anderson, SC

Patrick B. Harris Psychiatric Hospital

Richard M. Campbell Veterans Nursing Home

Walterboro, SC

Veterans Victory House (Veterans Nursing Home)

DMH HISTORY AND DEMOGRAPHICS

South Carolina has a long history of caring for those suffering from mental illness. In 1694, the Lords Proprietors of South Carolina established that the destitute mentally ill should be cared for by local governments. The concept of "Outdoor Relief," based upon Elizabethan Poor Laws, affirmed that the poor, sick and/or disabled should be taken in or boarded at public expense. In 1762, the Fellowship Society of Charleston established an infirmary for the mentally ill. But it was not until the 1800's that the mental health movement received legislative attention at the state level.

Championing the mentally ill, South Carolina Legislators Colonel Samuel Farrow and Major William Crafts worked zealously to sensitize their fellow lawmakers to the needs of the mentally ill, and on December 20, 1821, the South Carolina State Legislature passed a statute-at-large approving \$30,000 to build the South Carolina Lunatic Asylum and a school for the 'deaf and dumb'. This legislation made South Carolina the second state in the nation (after Virginia) to provide funds for the care and treatment of people with mental illnesses.

The Mills Building, designed by renowned architect Robert Mills, was completed and operational in 1828 as the South Carolina Lunatic Asylum. The facilities

grew through the decades to meet demand, until inpatient occupancy peaked in the 1960's at well over 6,000 patients on any given day. From 1828 through 2011, South Carolina state-run hospitals and nursing homes treated over 947,000 patients and provided over 148,500,000 bed days.

In the 1920's, treatment of the mentally ill began to include outpatient care as well as institutional care. The first outpatient center in South Carolina was established in Columbia in 1923.

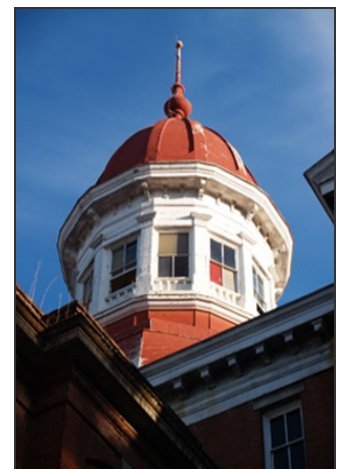
The 1950's saw the discovery of phenothiazines, "miracle drugs" that controlled many severe symptoms of mental illness, making it possible to "unlock" wards. These drugs enabled many patients to function in society and work towards recovery, reducing the need for prolonged hospitalization. Government support and spending increased in the 1960's. The South Carolina Community Mental Health Services Act (1961) and the Federal Community Health Centers Act (1963) provided more funds for local mental health care.

The South Carolina Department of Mental Health (DMH) was founded in 1964. In 1967, the first mental healthcare complex in the South, the Columbia Area Mental Health Center, was built. The centers and clinics have served over 2,800,000 patients, providing over

38,000,000 clinical contacts.

Today, DMH operates a network of 17 community mental health centers, 42 clinics, three veterans' nursing homes, and one community nursing home. DMH is one of the largest hospital and community-based systems of care in South Carolina. In FY11, DMH outpatient clinics provided 1,175,482 clinical contacts and DMH hospitals and nursing homes provided nearly 530,000 bed days. Last year, DMH treated nearly 100,000 citizens, including approximately 30,000 children and adolescents.

DMH
MISSION:
TO SUPPORT
THE RECOVERY
OF PEOPLE
WITH
MENTAL
ILLNESSES.



Babcock Building Cupola



Spartanburg Area Mental Health Center
 250 Dewey Avenue
 Spartanburg, SC 29303
 864-585-0366

Counties Served: Spartanburg, Union, Cherokee

SPARTANBURG AREA MENTAL HEALTH CENTER

The Spartanburg Area Mental Health Center (SAMHC) is a comprehensive outpatient facility of the South Carolina Department of Mental Health (DMH), with clinics in Spartanburg, Cherokee, and Union counties.

SAMHC officially opened on December 8, 1947, when Probate Judge William Davenport and the local Mental Hygiene Association secured \$20,000 in funding to open a three-room clinic, the philosophy of which was geared towards early detection and treatment as preventive measures. Early efforts were spent on those considered most treatable or those who were not considered seriously disturbed. When grants became

available to expand the Clinic into a comprehensive community mental health center, a day, evening, and night hospital program, and the first vocational rehabilitation evaluation facility in the state were added to its services.

The Clinic continued to grow until DMH downsizing began in the mid 1970's and 80's, at which time SAMHC needed to change its programming to stay in-line with available resources. Community support, boarding home programs, and Toward Local Care programs replaced inpatient programs for clients who had lived for years in the state hospital system. The Center's mission also changed, focusing on provid-

ing services to persons with chronic and persistent mental illness. SAMHC has been housed in its current location since 2001.

William Powell, M.D., the second of only two directors of SAMHC, has been in his position since 1978. Dr. Powell is an ardent advocate for building strong relationships with the community and enjoys having family practice residents rotate through the Center as part of their education. He encourages psychiatry residents from the Medical University of South Carolina (MUSC) in Charleston to come spend time in the Center. SAMHC welcomes students from nursing and social work programs, as well as physician assistants and

other college students who may want to have a supervised experience in a clinical setting.

When it comes to providing services, Dr. Powell and his staff also look to partnerships with providers in the community. To that end, many of SAMHC's recent initiatives have been in partnership with other agencies. This includes programs in Union, with the Department of Juvenile Justice; in Gaffney, with the Department of Social Services; and the collaboration of the Center's crisis programs with the local drug and alcohol detox center. All counties have also expanded services to persons with co-occurring disorders through a Co-Occurring State Incentive Grant (COSIG). The Center also offers Child and Adolescent services, which are provided primarily through school-based services.

SAMHC is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).



<i>Numbers at a Glance for Fiscal Year 2011</i>		
	<i>Spartanburg Area Mental Health Center</i>	<i>DMH Statewide</i>
<i>Adult Outpatients Served</i>	4,551	59,427
<i>Child Outpatients Served</i>	2,314	30,058
<i>Total Outpatients Served</i>	6,865	89,485
<i>Population</i>	368,610	4,625,364
<i>Clinical Contacts Provided</i>	69,285	1,175,482
<i>School-Based Schools</i>	54	388
<i>Children Served by School-Based Programs</i>	1,473	12,064
<i>Supported Community Living Environments</i>	298	3,395

REVEREND DEWITT CLYDE, BOARD CHAIR AND HAL WARLICK, BOARD VICE-CHAIR



Reverend Dewitt Clyde,
Board Chair

The distinguished SAMHC Board of Trustees is piloted by Reverend Dewitt Clyde. Clyde, a Board member since the 1980's, has served as chair for more than 10 years. He holds a bachelor's degree in Psychology, and his early work as pastor of a Philadelphia Church unlocked a natural progression from ministry to Mental Health.

At Reverend Clyde's side is Vice-Chair Hal Warlick, who has been a Board member for 15 years. Warlick earned a degree in Sociology from the University of Tennessee and became interested in mental health while studying at Eastern State Hospital in Knoxville.

"As a whole, the community has accepted, very graciously, the work that Mental Health is doing," said Clyde. He believes the SAMHC school-based program has been wel-

comed by both school officials and community members. Warlick agrees that Center staff members have great rapport with clients and their families; however, he feels community members not personally involved with the Center are complacent as to the need for community mental health services. "If it is not happening to them or their family they are not concerned," he said.

The current economic climate provides another challenge for the Center. While most SAMHC employees are dedicated, Clyde worries about lucrative financial offers from competing employers. Warlick attributes the Center staff's dedication and high employee morale to the sterling leadership of Director Powell.

Looking to the future, the Board is researching the possi-

bility of starting a foundation to support Center programs. Members would like to see additional programs related to alcohol and drug issues and homelessness developed. In addition, Clyde and Warlick are interested in the Center initiating prevention programs, particularly for children and adolescents.

The Board leadership feels one of its essential roles is to keep state legislators current with regard to mental health issues. As such, they invite legislators to monthly Board meetings.

Clyde feels that DMH State Director John H. Magill's use of community forums has been very effective as a way to bring people together, and hopes the Department continues the effort. "We need to keep spreading the word," he said.



Hal Warlick,
Board Vice-Chair

WILLIAM S. POWELL, M.D., CENTER EXECUTIVE AND MEDICAL DIRECTOR

In 1977, William S. Powell, M.D., was enticed from his position as assistant professor of Psychiatry at the Medical University of South Carolina (MUSC) to become the executive director of SAMHC. Originally, Dr. Powell had not considered a career in Psychiatry. After finishing medical school, he completed an internship in mixed medicine and an externship in surgery. He then joined the Navy as a general medical officer.

The only physician in the

squadron, Dr. Powell dealt with the usual ailments, fractures and injuries. His biggest challenge during those early days was the psychological problems the young men were experiencing during the Vietnam War. Struggling with the demands of service-life and being away from home, many of the sailors and marines experienced anxiety and depression, and some had severe mental health problems that required hospitalization.

In order to better understand the psychological and mental disorders he was facing, Dr. Powell went to the local naval hospital to study and receive consultation whenever the ship would port. Many servicemen had very complicated problems including Post Traumatic Stress Disorder and depression. After completing his tour of duty in the Navy, Dr. Powell decided to go into Psychiatry and joined the Psychiatry Residency program at MUSC.

WARLICK ATTRIBUTES THE CENTER STAFF'S DEDICATION AND HIGH EMPLOYEE MORALE TO THE STERLING LEADERSHIP OF DIRECTOR POWELL.

WILLIAM S. POWELL, M.D. (CONTINUED FROM PAGE 4)

Today, Dr. Powell feels his dual roles of psychiatrist and executive director complement each other. As executive director, Powell said he looks for potential employees who are competent and have high self-esteem with a positive attitude. He likes the staff to be able to take care of themselves and have the ability to pass knowledge onto others so that clients can benefit as well. He looks for leaders with good communication skills who have great ideas about developing programs and who also have the capability to implement those programs and monitor their progress.

Dr. Powell believes the students who come through the SAMHC Internship Program are also instrumental in the

Center's success. Having Spartanburg Regional Medical Center Family Practice residents rotate through the Center, as well as residents from MUSC, has helped him recruit quality psychiatrists. "SAMHC will continue welcoming students from multiple programs who want to have a supervised experience in a clinical setting," he said. These and other community relationships are vital to the success of SAMHC.

One of the most important relationships for SAMHC is the one it has with Spartanburg Regional Medical Center (SRMC). Dr. Powell is an "active senior attending physician" there and feels the SRMC's willingness to see SAMHC clients with medical problems and manage some of

the less complicated psychiatric concerns is critical.

Dr. Powell says he is impressed with the progress of public mental health in general and believes under the direction of DMH State Director John H. Magill, the Department is on the right track. Concerned with the overall stigma associated with mental illness, Dr. Powell is very aware of the political challenge of staying visible and presenting a positive message. He believes it is important to understand that people are more alike than they are different. Understanding this and identifying with what we have in common allows us to establish a therapeutic communication process.



William Powell, M.D.,
Center Executive and
Medical Director

ELIZABETH NIETO, TOWARD LOCAL CARE (TLC) COORDINATOR

Elizabeth Nieto, a Florida native, has served as a mental health counselor at SAMHC for over four years and became the TLC coordinator in July 2012. She earned a bachelor's degree in Psychology from Florida State University and a master's degree in Clinical/Community Psychology from the University of North Carolina at Charlotte. Nieto is also an adjunct faculty member in the Psychology Department at the University of South Carolina-Upstate.

Under Nieto's direction, the TLC program provides residential and rehabilitative services to help clients integrate into their communities, while

addressing their clinical needs and providing stabilization services that assist individuals in distress without hospitalization.

Nieto finds appropriate housing in boarding homes and Community Residential Care Facilities (CRCFs) for clients who have had multiple hospitalizations or who are at risk of being hospitalized. The level of care needed by these clients is determined by their mental and physical health and may change over time.

Nieto's is most satisfied when she has a client ready and able to move on to a lower level of care. "Helping people transition out of the hospital and

moving toward recovery, that's success," she said.

Nieto and her staff ensure the homes are operating properly to meet client needs. "The TLC counselors go above and beyond the call of duty. We have great communication. We lean on each other and learn from each other," said Nieto.

"My goals are to expand the program and demonstrate kindness. People with mental illness are like everyone else; show them kindness and give them hope. With help and treatment, they don't have to keep going in and out of hospitals. Recovery is possible."



Elizabeth Nieto,
Toward Local Care Coordinator



Celesta Frum,
Adult Services Director

CELESTA FRUM, ADULT SERVICES DIRECTOR

After a harsh winter with 64 inches of snow, Celesta Frum moved from West Virginia to South Carolina in 1995 with her husband, Terry. In 1996, with a Bachelor of Science in Journalism and a Master of Science in Rehabilitation Counseling from West Virginia University, and a few years of counseling experience, she joined the SAMHC team to work in the Child and Adolescent Department. There, she was instrumental in the formation of the Center's school-based program and later served as School-based supervisor. Eventually, she moved into the position of Community Liaison in Adult Services, and in 2008 became the director of Adult Services.

Frum's tenure in a variety of positions at SAMHC has given her the ability to see the full scope of things. She

understands both the administrative and clinical side of operations and has experience counseling both children and adults.

Frum has been with SAMHC long enough to see many of the clients she counseled as children transition into adult services.

As part of her duties as Adult Services director, Frum supervises SAMHC's Internship and Volunteer program. MUSC, Converse College, Wofford College, USC-Upstate, Liberty College and VCOM all participate in the program. SAMHC has student interns in the fields of osteopathic medicine, nursing, counseling, social work and physician assistance. "This program is critical because it helps us to grow our own employees. Today's interns are tomorrow's staff," she said.

Frum is a firm believer in obtaining professional credentials. In 2009, she became a CARF Program Surveyor, and in 2010, with the support of SAMHC, became a Certified Public Manager.

Frum has been active on various community committees. She helped to establish Access Health Spartanburg, and the Mental Wellness Partnership of Spartanburg. She continues to work with the Homeless Program including the PATH Grant and Shelter Plus-Care, the Crisis Program, Youth and Transition and Peer Support.

Frum lives by the mantra to work hard, be responsible, and keep commitments. Center Director Powell said, "Celeste is a go to person. Whenever I have a tough case, she's the one I go to first."

SAMHC HAS
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SHERRY McLAUGHLIN, PEER SUPPORT SPECIALIST (PSS)

Peer Support Specialist Sherry McLaughlin has been with SAMHC since 2004. A recovering alcoholic and former client of the Center, McLaughlin worked hard to manage her clinical depression and is currently celebrating more than 27 years of sobriety.

According to McLaughlin, both alcohol addiction and depression run in her family. For years she struggled with a family history of alcohol abuse and depression that included both parents and all of her siblings. Despite her addiction, McLaughlin con-

siders her mother an early pioneer of services for the mentally ill because of her outspoken honesty about her illness. With her mother's support, McLaughlin was able to get control of her own addiction at the age of 28.

As a PSS, McLaughlin shares her personal experiences with clients. She teaches recovery skills, anger management, and skills used to manage depression and stress. She also helps clients find Alcoholics Anonymous groups and accompanies them to meetings.

McLaughlin believes in the Peer Support program and feels that she brings hope and encouragement to people struggling with addiction and mental illness. "What I offer most is hope – hope that you can get better, but you have to do the footwork. It's hard work. It doesn't come easy," said McLaughlin.

McLaughlin earned a certificate in Accounting from Spartanburg Community College. Her goal is to further her education and hopes to one day to be an addiction counselor.



Sherry McLaughlin,
Peer Support Specialist

NIKKI COMPTON, CHILDREN AND FAMILY SERVICES DIRECTOR

Nikki Compton's career path began in Junior High School when she realized she always wanted to solve everyone's problems. "That's when I set the goal to become professionally trained in how to help others," she explained.

After obtaining a Master of Arts degree in counseling from Webster University, Compton began her career at SAMHC in 2004. She interned at SAMHC and was hired by SAMHC upon graduation.

Compton has been deeply rooted in both the school-based program and clinic-based outpatient services, providing crisis services, on-call services, and serving as liaison to the community. In 2012, she was promoted to

Children and Family Services (CAF) director.

Currently the SAMHC school-based program serves 59 schools with 17.5 counselors in Spartanburg, Cherokee, and Union counties. The school-based teams as well as clinic-based counselors, are available to all school districts and the community when a tragedy or crisis occurs.

"I am very proud of the work accomplished by both programs. I give credit to the staff, some of which have been part of CAF for well over 10 years. We have mutual respect, caring and positive regard for one another in our department, which makes coming to work a pleasant way of life.

The staff is an integral part of the decision-making process, they have the freedom to utilize their personal, creative clinical style. This motivates them to perform at their highest level, which most importantly improves the lives of the children we serve," she said.

"We work to overcome barriers to give children the therapy they need. We frequently work nights and weekends to be available when needed.

I enjoy doing for others. If my passion wasn't strong enough already, the arrival of my son deepened my desire to help family members stay together and thrive. My work is not a job to me, but a way of life."



Nikki Compton, Children and Family Services Director

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MONIKA SCOTT-ROGERS, HOMELESS COORDINATOR

Monika Scott-Rogers, the SAMHC Homeless coordinator, oversees the Project for Assistance in Transition from Homelessness (PATH) and Shelter Plus Care.

Through the PATH Homeless Outreach Program, Scott-Rogers and her team engage clients in services through intensive street and shelter outreach, providing educational and resource information. They also make connections with other community providers.

Shelter Plus Care is a housing project collaboration with the Upstate Homeless Coalition. The Coalition provides permanent housing for clients transitioning from homelessness to independent living;

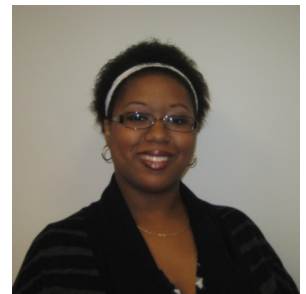
SAMHC provides case management and therapeutic services to these clients. Staff conduct home visits, assist with basic living skills and teach clients coping skills and interviewing skills for those returning to work. Scott-Rogers feels strongly about helping her clients become self-sufficient. "I believe education is power," she said. "We can empower other people by giving them the resources and tools they need."

Scott-Rogers collaborates with local providers, and is the President of the Cherokee, Union, and Spartanburg Homeless Coalition. Partnering agencies include: The Butterfly Foundation, The Upstate Homeless Coalition,

The Haven, Miracle Hill, and the local Veterans' Association. The committee meets once a month to discuss the needs of the community.

Scott-Rogers' goal for the future is to expand the presence of the SAMHC homeless program in Cherokee and Union counties by tapping into existing community resources and networking with other community providers eager to assist the homeless population in those counties.

Scott-Rogers has been with SAMHC since 2010. She has a bachelor's degree in Spanish from the University of South Carolina and a master's degree in Professional Counseling from South University in Columbia.



Monika Scott-Rogers, Homeless Coordinator



TO SUPPORT THE RECOVERY OF
PEOPLE WITH MENTAL ILLNESSES.

SC DEPARTMENT OF MENTAL HEALTH

2414 Bull Street
Columbia, South Carolina 29201

Phone: (803) 898 - 8581

WWW.SCDMH.ORG

SPARTANBURG AREA MENTAL HEALTH CENTER

250 Dewey Avenue
Spartanburg, SC 29303
864-585-0366

Cherokee Mental Health Clinic

125 East Robinson Street
Gaffney, SC 29340
(864) 487-2710

Union Mental Health Center

130 Medical Sciences Drive
Union, SC 29379
(864) 427-1224

RECOVERY SPOTLIGHT

BY- SHERYL S.

When I was thirteen, I became very rebellious in school and at home. Not a day went by that I did not contemplate suicide.

My grades were low and the school told my parents that I needed to see a psychologist. I did and I was committed to the psychiatric ward at Spartanburg Regional Hospital, where I spent the next three months receiving medication and intensive therapy. I was diagnosed with Bipolar Disorder. Months went by and I became depressed and attempted

suicide. For insurance reasons, I had to go to the Spartanburg Area Mental Health Center and state hospitals. I was hospitalized five times between the ages of thirteen and seventeen. At seventeen, my parents were told that I would need to live the rest of my life in a group home and for me to go on disability because I would never work and manage my own money.

While I waited for a bed in a group home, I returned home to my parents' house. I met a counselor

who believed in me. I earned my GED, went to college, received an Associates degree, and held down a job.

Recently, I fell into a state of depression. I lost my job and insurance and my father passed away. I could no longer afford private counselors or a psychiatrist.

I returned to Spartanburg Area Mental Health Center, where I have received the best treatment by everyone. I regret to say that I went on disability due to the medications that I have

to take. I give back. I work for SC SHARE as a mentor; I'm a certified Peer Support Specialist and an active member of the National Alliance on Mental Illness (NAMI), where I serve as a Facilitator.

With the help of my friends at Spartanburg Area Mental Health Center, I am reaching my goal of being a productive citizen.