



Columbia Area Mental Health Center

CARF ACCREDITED

Columbia Area Mental Health Center (CAMHC) provides outpatient mental health services to Richland and Fairfield County residents. Priority is given to adults with serious and persistent mental illnesses, to seriously emotionally disturbed children and adolescents and their families, and to persons experiencing psychiatric emergencies. From crisis to intensive to forensic to clinic services, CAMHC programs focus on stabilizing patients, reducing the need for hospitalization, and supporting patients in living healthy and productive lives in the community.

The Center was awarded its first Commission on Accreditation of Rehabilitation Facilities (CARF) accreditation in 1998, and it is currently CARF accredited in the areas of Community Integration (Adults), Crisis Intervention (Adults), Crisis Intervention (Children and Adolescents), Outpatient Treatment (Adults), and Outpatient Treatment (Children and Adolescents).

CAMHC partners with various community organizations, such as Richland County schools, Prisma Health, local law enforcement, and the Richland Alcohol and Drug Abuse Council (LRADAC). Center staff members are actively involved in educational programs and advocacy efforts throughout the community.

CAMHC HISTORY

One of the first public laws addressing community mental health services was passed in 1952. Less than a year later, in October 1953, the Richland County Mental Health Clinic (RCMHC) opened, and, within a year, was seeing patients from 17 surrounding counties.

In 1967, RCMHC was certified as the first 'comprehensive community mental health center' in the southeast, and the Columbia clinic changed its name to Columbia Area Mental Health Center. In order to qualify for this designation, the Center had to meet federal standards for a wide range of services. Since the most visible community mental health component to people in the community was and remains 24-hour emergency services, the Center contracted to pay part of the salaries of four emergency room physicians at the county general hospital (now Prisma Health Richland Hospital). These doctors, acting for the Center, provided round-the-clock emergency psychiatric screening services.

In 1977, CAMHC was one of 12 centers in the country to be fully accredited as a 'Psychiatric Facility' by the Joint Commission, a national, independent, non-profit, health care standard-setting and accrediting body.

COLUMBIA AREA MENTAL HEALTH CENTER

2715 Colonial Drive
Suite 100B
Columbia, SC 29203

Administration:
(803) 898-4800
Crisis Line:
(833) 364-2274

FAIRFIELD COUNTY MENTAL HEALTH CLINIC

1073 US Highway 321 Bypass
Winnsboro, SC 29180
(803) 635-4689

WEBSITES:

WWW.COLAMHC.ORG
WWW.SCDMH.NET



Denise Morgan,
Executive Director

DENISE MORGAN, EXECUTIVE DIRECTOR

Denise Morgan's career with CAMHC began when she accepted a position in the Community Liaison unit, a community outreach program. She then worked in two clubhouse programs and was promoted to coordinator of Rosewood Clubhouse. After 12 years there, Morgan was excited to take over the Chief Hospital Liaison position. In 2012, she coordinated the consolidation and move of the Center's Intake Services to the Emergency Services unit, and in October 2013, Morgan assumed responsibility for Emergency Services, which includes the Emergency Services unit, the Behavioral Health team in Prisma Richland's emergency department, and crisis on-call services. In February 2016, she was promoted to director of Clinical Operations, and to interim executive director in June 2017. In October 2017, Morgan was selected as the Center's new executive director.

Morgan believes her 32 years of experience in programs throughout the Center prepared her well for her role as executive director. Through community outreach to hospitals and other community organizations, she developed relationships with community partners who can assist patients with housing, employment, and

primary health care needs. By working in and running clubhouse programs treating very sick patients, Morgan learned management and organizational skills. In addition to managing the Center's relationship with 52 community care homes, as hospital liaison, Morgan screened patients to be discharged from area and SCDMH hospitals. By supervising Emergency Services, the gateway to adult services at the Center, she increased her knowledge of both inpatient and forensic services.

As executive director, Morgan examines operational trends and reports and strives to improve operations to meet the current and future needs of patients and the community. Ensuring the safety of patients and staff is her top priority. In addition, she is dedicated to expanding both Adult Mental Health Court and School Mental Health services.

Born and raised in Columbia, Denise Morgan was the youngest of three sisters. Morgan graduated with a B.S. in Sociology from Charleston Southern University. A few years later, she earned her M.Ed. at night from the University of South Carolina while working full-time.

SCDMH Mission: To support the recovery of people with mental illnesses.



Jim Mullen,
Board Chair

JIM MULLEN, CAMHC BOARD CHAIR

Born in Plainfield, New Jersey, CAMHC board member James (Jim) Mullen, Jr. was raised in Green Brook, NJ alongside two brothers and a sister. He completed his undergraduate studies at the New Jersey Institute of Technology and graduated with a B.S. in Civil Engineering. He later earned his professional engineering license, an M.B.A from Rutgers University, and his professional planning license. During his career, Jim worked as director of the Green Brook Township Works, as an engineer and planning consultant for a large international planning firm, and as a project manager for the Hamon Cooling Tower division of Research Cotrell. He then started his own Engineering and Planning Firm and still consults in his "free" time.

When Jim met his future wife, her family owned Hacker Industries. She soon took over the business, and he became the general manager. Now 100% owner of Hacker, Jim relocated the business from NJ to Winnsboro around 15 years ago. He chose Fairfield County for its rural setting, proximity to Charlotte International Airport, and number of available buildings.

Jim is a past president of his Rotary Club, a Boy Scout leader, and chair of the Midlands Regional Education Center Advisory Board. He's the father of two sons, one daughter, and five rescue dogs.



Columbia Area Mental Health Center

KATHY HUGG, CHIEF OF STAFF

CAMHC Chief of Staff Kathy Hugg began her career with CAMHC in 2002 at New Horizons day treatment program for adults.

One of her youngest patients, aged 21, had his first psychotic episode while in college and was hospitalized for treatment. After his hospitalization, he attempted college again with no success. When Hugg met him, he was living in a community care home and attending a day program, both with much older people. His dreams were to live independently, own a car, go to school, and work—what most people want in life. However, Hugg said she had a hard time getting him to believe that recovery, and these dreams, were possible. She spent lots of one-on-one time with him and even took him to tour the Midlands Technical College campus. This patient was Hugg's inspiration for proposing a young adult program for patients aged 18-30 years old at CAMHC. Her proposals were accepted and funded, and the *Insights Young Adult Program* opened its doors in January of 2008. Originally designed to serve up to 60 patients, Insights provided 10,794 services to 603 patients during FY 2019.

From 2015-2017, Hugg also supervised the Center's Homeless Outreach and Forensic Services programs while continuing to manage Insights. She then managed CAMHC's Lower Richland Clinic while continuing to lead the Insights program. In February 2020, Hugg was promoted to CAMHC chief of staff.

Born and raised in Spartanburg, Hugg graduated from Lander University with a bachelor's degree in Psychology, and from the USC School of Medicine with a master's degree in Rehabilitation Counseling. Until she started her career in Mental Health, Hugg wanted to work in a hospital with children and their families as a child life specialist. However, a 'psychiatric track' scholarship she was awarded while at USC required her to work in the mental health field for four years. She quickly learned that she "got it" and that Mental Health was a good fit for her.

Oh, and the young patient who inspired the Insights program? He now lives independently, owns a car, finished college, has a job, and is happily married.

If you or someone you know is experiencing a mental health crisis, contact SCDMH's Community Crisis Response and Intervention Team (CCRI), statewide, toll-free, 24/7.

CCRI ACCESS LINE:
833-DMH-CCRI
(833) 364-2274



**Kathy Hugg,
Chief of Staff**



Joshua LaGrant, M.D.
Medical Director

JOSHUA LAGRANT, M.D., MEDICAL DIRECTOR

CAMHC Medical Director Joshua LaGrant, M.D., was born in Franklin, Indiana, but his family moved to Lexington when he was 11 years old. After graduating from Pelion High School and the University of South Carolina, he attended the Philadelphia College of Osteopathic Medicine at their Suwanee, Georgia, campus where he earned a Doctor of Osteopathic Medicine. As a Second Lieutenant in the Army Reserve (Inactive) while in medical school, Dr. LaGrant was awarded the F. Edward Herbert Armed Forces Health Professions Scholarship which helped pay for his education. Upon graduation from medical school, Dr. LaGrant was recommissioned as a Captain in the active Regular Army and ordered to Tripler Army Medical Center in Honolulu, Hawaii, where he would spend the next five years completing his Internship, Residency in Psychiatry, and Fellowship in Child and Adolescent Psychiatry.

After his fellowship training was completed, Dr. LaGrant was ordered to Blanchfield Army Community Hospital at Fort Campbell, Kentucky—home of the Army's 101st Airborne Division. For four years he was the only full-time Child and Adolescent Psychiatrist for the entire installation and surrounding community. While at Fort Campbell, Dr. LaGrant was promoted to the rank of Major, and he served in various leadership roles, including Chief of Child and Family Behavioral Health Services. He very much enjoyed working with this population, as he often was the only stable medical professional for families since Primary Care Physicians rotated in and out.

Dr. LaGrant is married and is the father of four children ages 12, 7, and 3-year-old twins. In high school and college he sang and played the saxophone in a jazz band. During his residency and fellowship in Hawaii, Dr. LaGrant and his fellow residents discovered karaoke and were hooked. Now back in Lexington, he enjoys family time, boating, and singing.



Kimberly Watt-Brockington

KIMBERLY WATT-BROCKINGTON, 2019 CAMHC EMPLOYEE OF THE YEAR

Kimberly Watt-Brockington, born and raised in Spartanburg, graduated from Dorman High School and earned a bachelor's degree in Sociology with minor in Social Work and a master's degree in Social Work from University of South Carolina.

During her career, Watt-Brockington worked with pregnant teens, women living with addiction, girls who had been victimized, young offenders, and children and adolescents in a school setting. These experiences prepared her well for the past 14 years working as a therapist in the CAMHC's Child, Adolescent & Family (CAF) clinic.

Watt-Brockington comes from a family focused on helping others. Her father was a minister and her mother is a retired nurse. Watt-Brockington's husband of 25 years, Troy, is a teacher. Her 21 year-old son, Amir, works in a nursing home and her 18 year-old daughter, Amaya, plans to be a nurse.

Very involved in her church, Watt-Brockington particularly enjoys teaching Children's Church. In addition, she's an active member of the Blythewood chapter of Alpha Kappa Alpha Sorority. During her free time, Watt-Brockington enjoys walking, reading and spending time with her family.

CAF Director Monica McConnell, Ph.D., states, "Kimberly Watt-Brockington exemplifies a model employee every day. She arrives at work with focus and an open attitude. She works diligently to see her patients, complete her documentation, and help her fellow co-workers. She is caring and compassionate in her work with her patients and their families. The families she works with often comment on how helpful she has been, how kind she is, and how grateful they are to have her as a resource. She is well liked and well-respected by her fellow co-workers."

COLUMBIA AREA MENTAL HEALTH CENTER HONORED FOR ITS SUPPORT OF TRANSITIONS HOMELESS CENTER

CAMHC received the Partner in Excellence award from Transitions at the organization's 5th annual Volunteer Leader Awards luncheon held February 11, 2020.

The Award recognizes a service organization that makes a significant contribution to, and lasting impact on, Transitions' fight against homelessness. The honoree is "in the fight against homelessness for the long haul... [and] consistently supports Transitions year after year," according to the Columbia-based nonprofit.

Specifically, Transitions thanked the Center for its consistent presence at its facility, helping clients with their health needs. It distinguished CAMHC's Bruce Cannon for his dedication to assisting clients, and his dependability in supporting them on their "journey home".



L to R: Bruce Cannon and CAMHC Executive Director Denise Morgan accept the award from Transitions staff.

If you or someone you know is experiencing a mental health crisis, contact SCDMH's Community Crisis Response and Intervention Team (CCRI), statewide, toll-free, 24/7. Call 833-DMH-CCRI

COMMUNITY CRISIS RESPONSE & INTERVENTION (CCRI)

SCDMH recently enhanced its crisis services to include a statewide, on-site, community crisis emergency psychiatric screening and assessment program. Community Crisis Response & Intervention (CCRI) provides services 24/7/365 within 60 minutes of contact with the CCRI team to meet mental health needs, with law enforcement accompaniment, where appropriate. The program provides adults and children with clinical screening in several ways: in person at the location of the crisis; in person at the local SCDMH community mental health center; via telephone; or via telehealth communications software. The main reasons people call the crisis line are: anxieties, suicidal thoughts, depression, mania, and paranoia for adults and aggressive and out of control behaviors, defiant behaviors, anxieties, and suicidal thoughts for children.

CCRI's goals are to:

- ◆ Provide access and link patients to appropriate levels of care and divert them from unnecessary hospitalizations and incarcerations.
- ◆ Build partnerships with local law enforcement, hospitals, judges, community providers, and local mental health providers.
- ◆ Provide follow-up care by calling and connecting with each and every patient until they engage in treatment, begin services with mental health, or follow up with other resources provided to them.

833-DMH-CCRI or (833) 364-2274, is the statewide, toll-free number to access CCRI. Anyone can make the call —law enforcement, family, friends, Emergency Medical Services (EMS) workers and others. All calls are answered by an operator who directs the caller to a CCRI team in the caller's area. A clinically trained team member takes the call and determines the type of assessment needed based on the situation. If a face-to-face, crisis location assessment is required, two clinicians and law enforcement (when appropriate) meet at the crisis location. If the clinical team determines, based on a mental status exam, the patient needs hospitalization, law enforcement transports the patient to the appropriate local hospital.

CCRI gets people the type of treatment they need. Patients have immediate hope that they can get help and that others care about them. The majority of assessments result in the patient staying in the community and receiving treatment.



CAMHC's CCRI Team: Paula Bess, Gwen Pringle, Roosevelt Dixon, Elasha Leary, and Coordinator Lourdes Tepper

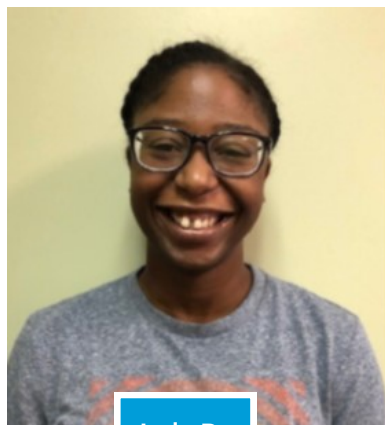
INSIGHTS—YOUNG ADULT PROGRAM

Insights first opened its doors in 2008 with five staff and an expectation of serving up to 60 patients in a Psychosocial Rehabilitation Services (PRS) program. The current program structure includes a PRS day program, case management, individual/family/group therapy, crisis intervention services, nursing services, psychiatrist/nurse practitioner appointments, job coaching/job development through Work in Progress, and care coordination. The staff has grown to 18 who serve 366 patients.



Maria Marin,
Insights Therapist

JADE'S STORY OF RECOVERY



Jade B.

Jade B. became a Columbia Area Mental Health (CAMHC) patient in 2016 when she and her family moved to Columbia from New York where she had been treated for generalized anxiety. During her initial assessment, staff noted she “only left the house with family,” “had no friends,” and “would not give full eye contact.” Jade began services at Insights, the Center’s young adult program. Chief of Staff and former Insights Director Kathy Hugg commented, “Jade would literally hide behind her mother like a toddler...she would only talk through her mother.” Her fears were she “wouldn’t know the way” or people would get near her which would cause her heart to race and cause dizziness. Her doctor stated Jade had “an odd ideation of people looking at her.”

Jade started having problems during fifth grade when her family moved from New York to Colorado. At school where she knew no one, she would start feeling anxious and faint forcing her mother to take her home almost daily. Jade eventually dropped out of school in the seventh grade.

Jade’s Insights treatment team recommended intensive individual, family, and group counseling. As she had a great deal to overcome, therapist Maria Marin addressed Jade’s issues one by one. Marin taught Jade how to be aware of her surroundings but not anxious by giving her tools to reduce her anxiety. Therapy also involved homework assignments; after a year of treatment, Jade started creating assignments herself. An example was, “I’d like to go to a crowded place.” Sharing her concerns about being around people and finding the exits, Jade and Marin worked on imaging. Jade then practiced imaging as her homework assignment. When Jade returned to school they would role play talking and chatting online with classmates. When faced with transportation issues, Marin insisted Jade could ride the bus to school. With patience and encouragement from all Insights staff, Jade learned to ride the bus. After 18 months of treatment at Insights, she rode the bus to New York by herself.

A distress tolerance group using art therapy techniques, led by Mary How, “provided her socialization and an opportunity to learn and practice practical skills in mindfulness and general coping skills in a non-threatening way. This works because the art process allows patients to sublimate their emotions/anxiety onto the art. The art making also offers distraction which can make the social aspect easier to tolerate.”

After attending classes, Jade earned her G.E.D. She performed so well in the G.E.D. program that Richland School District I decided to sponsor her for college. She currently attends Midlands Technically College-Airport Campus working towards her computer electronics certification and Associate of Arts degree. Jade rides the bus to classes and actively participates in class discussions. She also holds down two part-time jobs. Jade said she has “opened up and grown a lot” working with Marin. She attributes the patience and encouragement from all Insights staff for getting her this far. Giggling, she said they “treat me like their kid.”

ABOUT SCDMH

The South Carolina Department of Mental Health (SCDMH) serves approximately 100,000 people each year, approximately 30,000 of whom are children and adolescents. As South Carolina’s public mental health system, it provides outpatient mental health services through a network of 16 community mental health centers and associated clinics, serving all 46 counties, and psychiatric hospital services via three State hospitals, including one for substance use treatment. In addition to mental health services, the Agency provides long-term care services in one community nursing care center and three State veterans’ nursing homes.

- ◆ SCDMH is one of the largest hospital systems and nursing home bed providers in South Carolina.
- ◆ SCDMH provides services regardless of ability to pay.
- ◆ All SCDMH facilities are licensed or accredited by applicable accreditation groups.

