



Boswell Regional Center Bulletin

January 2016

A Publication for Employees, Family and Friends of BRC

Arc Retreat at BRC

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The Arc of Mississippi was founded in 1961 and is an affiliate of The Arc of the United States, the world's largest grassroots advocacy organization for citizens of all ages with cognitive, intellectual, and developmental disabilities, and their families.

The Arc of Mississippi works to include all children and adults with cognitive, intellectual, and developmental disabilities in every community. They focus on abilities, respect, choice for all and encourage active citizenship and inclusion in every community. The Arc works to ensure that people with intellectual and developmental disabilities and their families have the supports they need to live an ordinary, decent American life.



The publication of the BRC Bulletin is made possible by contributions from our dedicated and talented employees. The articles and pictures were written, taken and formatted by BRC employees. Their contributions are greatly appreciated! We sincerely hope that you enjoy this edition of the Boswell Regional Center Bulletin, January, 2016 Issue.

Matt Nalker (standing), Arc of Mississippi Executive Director. The Arc Retreat was held at Boswell Regional Center on January 15 and 16. <http://www.arcms.org/>



MESSAGE FROM EXECUTIVE DIRECTOR OF THE MISSISSIPPI DEPARTMENT OF MENTAL HEALTH MS. DIANA MIKULA

Over the past several years, Mississippi has had great success in expanding the availability of community-based mental health services throughout the state. This has been thanks to the support of the Mississippi Legislature, which in Fiscal Year 2014 granted the Department of Mental Health (DMH) a \$10 million appropriation dedicated for the expansion of community services. In Fiscal Year 2015, the Legislature continued to fund that same appropriation along with an additional \$6.1 million. This year, Fiscal Year 2016, the Legislature continued to fund that same amount of \$16.1 million.

Of course, these programs would not be possible if not for the hard work and dedication of the employees who have been an essential part of this expansion. I would like to share some of their successes with you, as well as what some of our priorities will be in this year's legislative session.

The funding granted by the Legislature and the commitment of employees in our public mental health system – composed of DMH programs, Community Mental Health Centers and DMH Certified Providers – lets the state offer an array of services that allows people to remain in their homes and communities while still getting the help they need. I can't tell you how grateful I am to be working with all of our DMH employees and our partners in the community who are working to bring these services to those in need.

The services include Programs of Assertive Community Treatment (PACT) Teams, which are often referred to as hospitals without walls. They bring a multidisciplinary team together to treat people in their own homes and communities, helping those who have experienced difficulty remaining in recovery from mental illness while outside of an inpatient setting. There are now eight PACT teams in Mississippi.

Mobile Crisis Response Teams are now available in each of the 14 Community Mental Health Centers in Mississippi. These teams provide community-based crisis services that deliver behavioral health assessments and stabilization at the location of the person who is experiencing the crisis. In FY 2015, the teams made 19,660 total contacts, 9,701 of which were face-to-face interactions, and 929 interactions in conjunction with law enforcement.

For people with intellectual or developmental disabilities, the ID/DD Waiver has been increased with an additional 844 slots since 2012. The ID/DD Waiver provides personalized supports that allow people to live successfully in their homes, providing people with meaningful activities such as supported employment, supervised living and occupational, physical, speech or language therapy. At the end of FY15, there were 2,296 people receiving services through the ID/DD Waiver.

In the 2016 Legislative Session, DMH will also request realignment in the salaries of our Direct Care staff. These employees are the frontline staff members who assist and support the people in our programs every day. They have extensive training to develop their behavior management and crisis intervention skills. They carry a significant responsibility in maintaining a safe and therapeutic environment that facilitates recovery and resiliency.

Despite that, the current start salary for a Direct Care Worker Trainee is only \$15,898 a year. Once they move past the trainee status, their salary is \$17,408. While these employees are compassionate professionals who find great satisfaction in their work, many simply cannot support themselves and their families on those salaries. The vast majority work at least two jobs, and the State Personnel Board tells us that these positions carry the highest rates of turnover in our Mississippi State government. We want to continue to be able to employ people with exemplary skills and dedication, and we will ask the Legislature for a realignment of at least \$2,300 a year in their salaries to allow us to do that.

The one thing all people living with a mental illness or an intellectual/developmental disability have in common is that they deserve the best services and supports we can give them. Our expansion of community-based services ensures we have a continuum of care. I know that by working together, we can all help create a better tomorrow for all Mississippians, and I would like to thank all of you who come to work each and every day to do just that.

Spotlight on Jason Martin



Jason Martin is the Physical Plant Director at Boswell Regional Center. He started his career at Boswell in 2006 as a Maintenance “floater.” During his ten years at Boswell, he has also worked as a Plumber and as a Property Officer. Before coming to Boswell, Jason was the Maintenance Director at Care Center of Laurel for five years.

Jason is originally from Raleigh, MS; however, he now lives in Puckett with his family. He will celebrate his six year anniversary with his wife, Veronica Martin, in April. This past September, they doubled their family by welcoming twins, Brooklynn Danielle and Jaxon Blake.

The Martins are members of the First Baptist Church of Raleigh where Jason serves as a Deacon, is on the Children’s Committee, and on the Fellowship Committee. Jason enjoys hunting, fishing, working in the yard, and working out at the gym.



Ms. Gladys

By: Janet Runnels

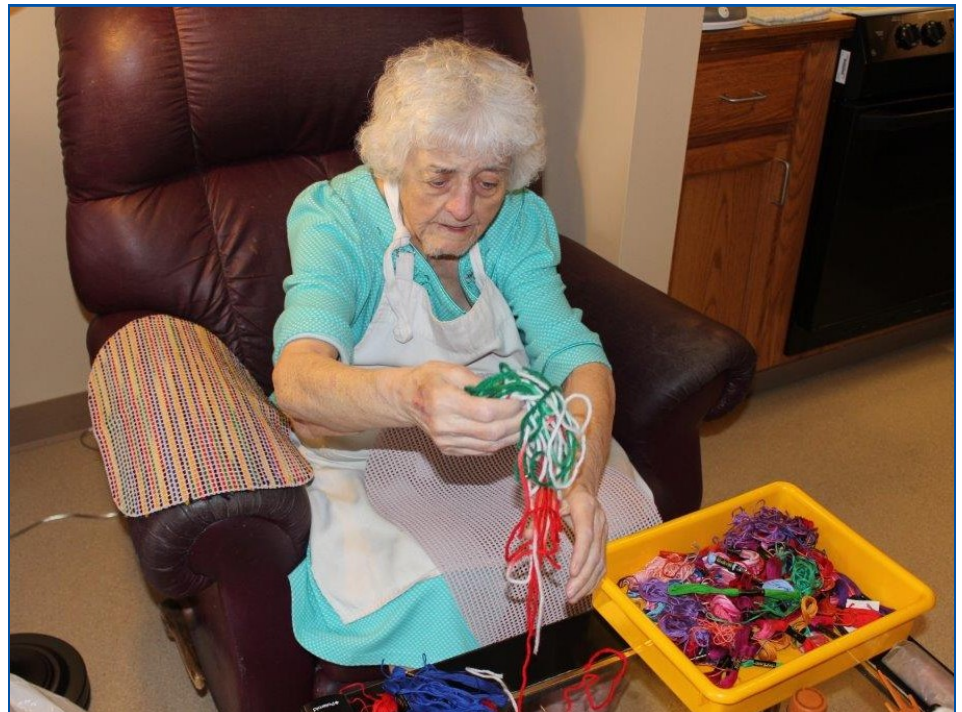
Ms. Gladys has been with Boswell for several years. She currently lives at State Farm Apartments. She says she enjoys it there. We talked about some of the past employees that we both knew/know. When a familiar name was mentioned, she would ask me how they were doing. Her best friend, Tommie, came and sat with us during our visit. Ms. Gladys said that she and Tommie were best friends and had known each other since they were at Ellisville State School.

I asked Ms. Gladys several questions to get to know her better. She told me that she has a twin sister, Sally. Ms. Gladys says her favorite show to watch is Walker, Texas Ranger. She got excited talking about that! She had a boyfriend, Chico, but he passed away. She says that was her "Indian Man." She told me about how they met and "...fell in love in the dining hall. He was the love of my life."

We got to talking about the placemats and pillow cases she embroiders. I asked her where she learned to do that kind of work. She said she taught herself how to do it. She enjoys it and works on it some each day. She said with the pillow cases, she just follows the pattern that's stenciled on there and follows the color scheme. She does some pillow cases with ruffles and some without. She had a set of pillow cases with a girl in a flower field ready to start for her next project.

When it comes to the placemats, she said she does them "...line by line; but you have to make sure you pull those two knots at the end very tight so it will stay." She had one placemat completed and was currently working on another. The placemat Ms. Gladys is working on has the colors red and green in it. She showed me all the different shades of those colors. She has even won 1st place with her placemats. She pulled out the winning placemat with the winning ribbon. She was very proud of that. The placemats that Gladys likes to work on are either round or oval.

Ms. Gladys said she also makes jewelry, but she didn't have any jewelry to show me during our visit. She said she sometimes embroiders scarves. They already have the pattern on them like the pillow cases. Before leaving, Ms. Gladys, Tommie, and I talked again about some of the former employees that we all knew. They asked that if I saw any of those former employees, to tell them to come and visit Gladys and Tommie at their apartments. They enjoyed the company and asked that I come back to see them.



Pastor's Corner



**Bro. Rudy Jackson,
BRC Chaplain**

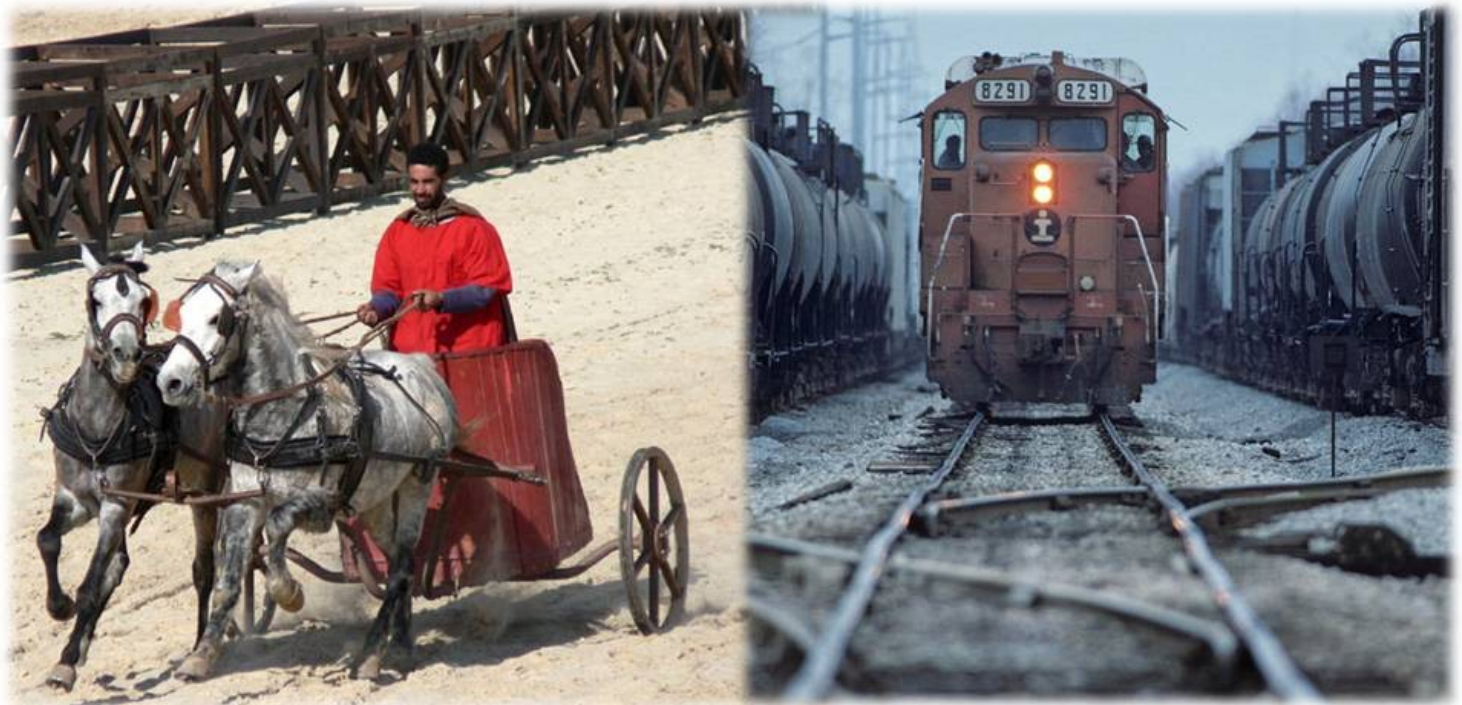
The U.S. standard railroad gauge (distance between rails) is four feet, eight-and-one-half inches. Why such an odd number? Because that's the way they built them in England, and American railroads were built by British expatriates. Why did the English adopt that particular gauge? Because the people who built the pre-railroad tramways used that gauge.

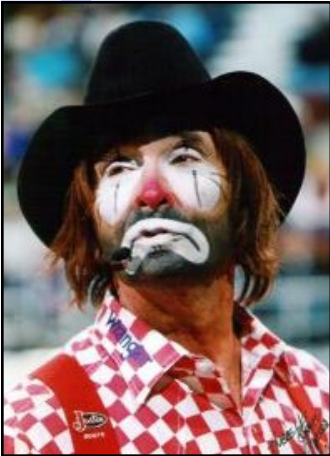
They in turn were locked into that gauge because the people who built tramways used the same standards and tools they had used for building wagons, which were set on a gauge of four feet, eight-and-one-half inches. "Why were wagons built to that scale?" Because with any other size, the wheels did not match the old wheel ruts on the roads. "So who built these old rutted roads?"

"The first long-distance highways in Europe were built by imperial Rome for the benefit of their legions. The roads have been in use ever since. The ruts were first made by Roman war chariots. Four feet, eight-and-one-half inches was the width a chariot needed to be to accommodate the rear ends of two war horses."

Maybe "that's the way it's always been" isn't the great excuse some people believe it to be.

Have a blessed day
Bro Rudy





"The Greatest Show on Dirt"
31ST ANNUAL SOUTHERN MISS
Coca-Cola **CLASSIC**
RODEO
Feb. 19-20, 2016

The "Greatest Show on Dirt" returns Feb. 19-20 for the 31st annual Southern Miss Coca-Cola Classic Rodeo. The Department of Recreational Sports at The University of Southern Mississippi will host the event at the James Lynn Cartlidge Forrest County Multi-Purpose Center, located at 962 Sullivan Road off of U.S. Highway 49 in Hattiesburg.

Lecile Harris, six-time Pro Rodeo Clown of the Year, will again make an appearance at the event. A 50-year rodeo veteran, Harris works nearly 125 performances a year at the world's biggest rodeos. He entered the rodeo scene as a bullfighter in the 1950s and 1960s and helped transform the sport from thrill show to the skillful art it is today. Harris has also worked on various TV shows including a regular role on "HEE HAW" and movies like "The Last Days of Frank and Jesse James" and "W.W. and the Dixie Dance Kings" with Burt Reynolds. Bob Lowe, retired director of Southern Miss Dining and Grand Marshal of the 18th annual Southern Miss Coca-Cola Classic Rodeo, said Harris's comedic mannerisms, acts and jokes are copied by clowns and showmen around the globe. "For nearly half a century, Lecile's bullfighting and comedic ability have saved many a cowboy and brought smiles and laughter to millions of people," Lowe said. "He is truly one of rodeo's legends."

The Southern Miss Coca-Cola Classic Rodeo, which began in 1986 at the Southern Miss Equestrian Center with J. Hugh Mitchell as the first Grand Marshal, serves as a fundraiser for student scholarships and professional development. The rodeo has been held at the Forrest County Multi-Purpose Center since its opening in 1999. Each year at the rodeo, cowboys and cowgirls show off their elite skills in barrel racing, calf roping, steer wrestling, saddle bronco riding, bareback riding, team roping, and bull riding. The top riders will qualify for the Wrangler National Finals Rodeo in Las Vegas.

"We are fortunate that the rodeo continues to be produced by Harper and Morgan Rodeo, the producers of the Dixie Nationals and provider of livestock to the National Finals Rodeo. Because of the quality and consistency of a professionally produced PRCA/WPRA rodeo, we have been able provide scholarships annually to Southern Miss students," said Mark Crager, director of Southern Miss Recreational Sports. Tickets will go on sale beginning Jan. 15 at Boot Country on U.S. Highway 49 and Hub City West on U.S. Pioneer Road in Hattiesburg. Tickets are \$12 in advance and \$15 after Feb. 18. All seats are reserved and have chair backs.

The rodeo is also sponsored by Southern Beverage, Comcast, B-95, McMullan Motors, Keith's Super Stores, Hattiesburg Clinic Sports Medicine, Forrest General Hospital, Copy Cats Printing, *The Hattiesburg American*, Neel Schaffer, Service Master and Southern Miss Recreational Sports. For directions to the James Lynn Cartlidge Forrest County Multi-Purpose Center, visit <http://www.forrestcountycenter.com/index.php?>



A Special Gift



For many receiving a gift in December is all part of the Christmas tradition. For one of our individuals, D. Strite, getting a special package was a long-shot. The Family Services division of Autism Speaks held a technology grant award for approximately 1000 iPad Air devices. The response, according to their response letter, was over 12,000 applications. D. Strite not only received the device, but he also received some extra protection for his iPad, a protective case, donated by a special friend of Boswell Regional Center, Ken Duff.

D. Strite's device isn't just for him to play music, videos, or even play games on. It will also be utilized to help him find ways to improve his communication and enhance his independence. This isn't an easy road, so if you see D. Strite around, please give him as much encouragement as possible. Congratulations on your special gift!

Mission Statement

Boswell Regional Center offers specialized program options to Mississippians with Intellectual and Developmental Disabilities.

These programs are designed to identify the necessary supports for successful community transition.

With collaboration between the person, family, and community, dreams can become reality.

Where Dreams Can Become Reality

Governor's Service Award



Boswell Regional Center employee received Governor's service award in recognition of 10 years of state service. Shonda Fontenot was recognized for the dedication to BRC at the January Directors' Meeting. Congratulations, Shonda!

BRC EOM'S



During the January Directors' Meeting, BRC employees were recognized for their outstanding services. Congratulations to the October Employee of the Month: Kelly Gordon, Community Services; November Employee of the Month: Shelia Sullivan, Pinelake Geriatrics; and December Employees of the Month: Trinessa Fezell, Community Services and Greg Amason, Maintenance Department. Boswell Regional Center appreciates your hard work and dedication. Not pictured is November Employee of the month: Vernon Winn, Community Services.



MAC December EOM

MAC EOM for December 2015,
was Rebecca Butler

IT Tip

TAX SCAMS

It's tax season, which means it's also time for tax scams, with numerous online scams that attempt to steal people's tax refunds, bank accounts, or identities. In 2013, the IRS reported paying an estimated \$5.2 billion in fraudulent identity theft refunds.

Many schemes take advantage of users who have already filed their returns by alleging to have information about the filer's refund, or noting a problem with the return that was previously filed.

Some of the most common email scams are:

- An email that says the user is owed a refund and should forward a bank account number where the refund may be deposited.
- An email that contains exciting offers or refunds for participating in an "IRS Survey." This fake survey is actually used to obtain information to perform identity theft.
- An email that threatens the user with fines or jail time for not making an immediate payment or responding to the email.
- An email that includes a "helpful" downloadable document such as "new changes in the tax law." In reality, the download is a malicious file intended to infect your computer.

Tips to avoid tax scams:

- Do not respond to email appearing to be from the IRS. The IRS does not initiate taxpayer communications through email or social media to request personal or financial information. If you receive an unsolicited email claiming to be from the IRS, send it to phishing@irs.gov.
- Do not respond to unsolicited emails and do not provide sensitive information via email.
- Carefully select the tax sites you visit. Use caution when searching online for tax forms, advice on deductibles, tax preparers, and other similar topics.
- Secure your computer. Make sure your computer has all operating system and application software updates. Anti-virus and anti-spyware software should be installed, running, and receiving automatic updates.



ActiveYou

The ActiveHealth® newsletter that helps you live healthy and well

JANUARY 2016

Tracking your success

Looking to stay fit? All it takes, say the experts, is being physically active for at least 2 ½ hours a week. And walking is one of the best ways to do that. But you don't have to do your walking all at once. You can split it up.

For most people, walking is an easy and low-cost way to stay in shape. You might want to use an activity tracker such as a pedometer or wearable device. This can help you track the number of steps you take each day. It can also help keep you aware of how much you are moving throughout the day.



Make wearing your activity tracker a habit

- **Try to find your activity level.** For the first week, go about your usual routine. Don't change how active you are yet. Sync your wearable device with the trackers or track your steps on MyActiveHealth. Review your activity for the week to see where you can add steps to your daily routine.
- **Set goals.** Set a goal for the second week. At first, try to add 300 to 500 steps to your day. Then work toward 2,000 more steps a day. Increase your walking in simple ways such as taking the stairs rather than the elevator. You might also want to park farther than usual from your workplace or the store.
- **Keep moving.** Check how well you did from week one to week two. Set a new goal for the next week. Work your way up to walking at least 10,000 steps a day.

Healthy tip

Taking 10,000 steps a day is a great way to stay fit and healthy. Just walking for 20 minutes, or about 1 mile, adds about 2,000 more steps a day!



Source:
How many steps/day are enough? for adults.
Retrieved December 29, 2015, from:
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3197470/>



Upcoming events

Motivating Mississippi Webinar

"Go digital. Go healthy."

Jan. 26th, 9:30 AM and 1:30 PM CT

<http://go.activehealth.com/mississippi-webinar>

Goodbye, couch. Hello, good health!

Did you know that sitting for long periods of time is a serious health risk? In fact, it can lead to weight gain, metabolic syndrome, and increased risk of death from heart disease and cancer. Sitting around is a health risk even if you get lots of good exercise almost every day.



So what's the answer? One thing you might do is try to break up your periods of sitting with short breaks. Use your phone or computer to set reminders to stay active and move around during the day. And use your activity tracker to get fired up about meeting your daily physical activity goals. Try to get up and move around every 30 to 60 minutes.

Other tips for staying active during the day:

1. Schedule a walking meeting with someone at work
2. Stand while talking on the phone or during your meetings



January Webinar Presenter

Scott is an onsite wellness coach supporting health and well-being in the southern part of Mississippi. Scott has a background in exercise science and is also very technology savvy. Scott looks forward to sharing information on wearable devices and digital tools that can help you stay fit and healthy.

Digital tip:

Digital tools, such as wearable devices, can help you stay excited about making healthy lifestyle changes. Be sure to sync your wearable device or app with MyActiveHealth. That way you can keep all your health data in one place.



Join Scott on January 26 for the Wellness Webinar, "Go digital. Go healthy." To register, visit, <http://go.activehealth.com/mississippi-webinars>



A wealth of health resources!

At MyActiveHealth.com/Mississippi you'll find lots of ways to better manage your health. Check out healthy recipes. Use interactive health trackers, health care decision support and information on wellness and conditions? You'll find all of these great tools in the Resources section. Just click on My Action Plan in the left sidebar.



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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01/2016



2016

Wellness Webinars


MOTIVATING MISSISSIPPI WELLNESS WEBINARS
9:30AM AND 1:30PM CT
REGISTER AT: <http://go.activehealth.com/mississippi-webinars>

JANUARY 26	GO DIGITAL, GO HEALTHY
FEBRUARY 23	CONTROLLING YOUR BLOOD PRESSURE
MARCH 22	SUPERFOODS 101: UNDERSTANDING THE BASICS
APRIL 26	RESILIENCE: BOUNCING BACK
MAY 24	SECRETS TO STAYING ACTIVE
JUNE 28	PREVENTATIVE POSTURE
JULY 26	THE BUZZ ABOUT BONES
AUGUST 23	HEALTHY MIND, HEALTHY BODY
SEPTEMBER 27	FALL IN LOVE WITH VEGGIES
OCTOBER 25	WOMEN'S HEALTH
NOVEMBER 29	IT'S A GUYS THING
DECEMBER 13	THE GIFT OF HEALTH: HEALTHY HOLIDAYS





It's easy with free Online Group Coaching

Join these fun health programs right from your computer



The Weight is Over: How to start managing your weight and living well today

- Learn helpful tips for living well and feeling better
- See and hear your health coach during each class
- Ask questions and get the answers live
- Start living the healthier life that you deserve!

The program starts Tuesday January 19th at **11am CT** or Wednesday January 20th at **3pm CT**.

- 6 week series
- 30 minute sessions
- Delivered virtually right to your computer!
- **REGISTRATION REQUIRED.** Space is limited.

*Please only register for 1 session time due to limited availability

Participants completing all 6 sessions will be entered to win a FitBit® Zip™.

*Sweepstakes Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C.) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc., 1333 Broadway, 4th floor, New York, NY 10018

Ready to start getting healthy?



1. Click on this link : [11am CT Session REGISTER HERE](#) or [3pm CT Session REGISTER HERE](#)
2. Enter your registration information and click on "register."
3. Check your email for your registration confirmation.
4. Save the group coaching series to your calendar for the day/time you choose.
5. The day of class, follow the WebEx link provided to you and follow instructions to join the audio portion.
6. Come prepared to learn, interact, and have fun!

Program details:

WEEK 1

Why Weight? How to eat better and start losing weight.

An overview of weight management and the benefits of watching your weight. You'll learn all about sources of energy, including carbohydrates, fats and proteins.

WEEK 2

The balancing act nutrition and exercise

Why balancing your diet is good for your health—and how the "MyPlate" food guide can help. You'll learn the advantages of being active and how to assess your activity goals and levels.

WEEK 3

Daily living: Building healthy habits every day

We'll talk about how to make physical activity an important part of your daily life. You'll learn how healthy eating and physical activity can work together to help.

WEEK 4

On the go: Tips for grocery shopping and dining out

Helpful tips for grocery shopping and eating healthy when away from home. We'll also discuss the importance of mindful eating strategies for managing your weight.

WEEK 5

Yes, you can! Taming temptations and thinking positive

Keys to identifying the triggers for eating and physical activity behaviors. You'll also learn how negative thoughts influence your behavior—and how to stop them.

WEEK 6

On top for your life: Managing stress and staying motivated

A discussion of coping strategies, and how stress can affect lifestyle behaviors. We'll review key points from this series and talk about managing your weight for the long-term.

Online Group Coaching

It's free. It's easy. And it just may change your life.



Department of Mental Health

Community Expansion Funds

What are Community Expansion Funds?

For the past three fiscal years, the Mississippi Legislature has appropriated funds to the Mississippi Department of Mental Health to expand community-based services that have improved the State of Mississippi's compliance with the Olmstead decision of the United States Supreme Court.

A total of \$16.1 million in general funds was appropriated to DMH in FY 2016. The same amount of \$16.1 million is requested for FY2017.

With these funds, new services and supports have been added to the public mental health system as well as the expansion of current services.

As noted below, DMH has established Programs of Assertive Community Treatment (PACT) teams in different areas of the state, funded Mobile Crisis Response Teams at 14 Community Mental Health Centers (CMHCs) that serve people throughout the state, and has utilized these funds to meet the Medicaid match requirements of people now served in the community through the Home and Community Based Services program (Medicaid Waiver).

DMH respectfully requests that these funds be continued to ensure that these services to people throughout the state are sustained.

What services and supports are being provided with the \$16.1 million?

Mobile Crisis Response Teams (MCeRT)

MCeRTs provide community-based crisis services that deliver solution-focused and recovery-oriented behavioral health assessments and stabilization of crisis in the location where the person is experiencing the crisis. The Teams work hand-in-hand with local law enforcement, Chancery Judges and Clerks, and the Crisis Stabilization Units to ensure a seamless process.

Without mobile crisis intervention, a person experiencing a crisis may be inappropriately and unnecessarily placed in a jail, holding facility, hospital, or inpatient treatment program. The goal is to respond in a timely manner to where the person is experiencing the crisis or meet the person at a designated location such as the local hospital. These services are available statewide through the 14 CMHCs and are available to all populations.

Programs of Assertive Community Treatment (PACT) Teams

PACT is an individual-centered, recovery-oriented, mental health service delivery model for facilitating community living, psychological rehabilitation and recovery for persons who have the most severe and persistent mental illnesses and have not benefited from traditional outpatient services. PACT Teams serve people who may have gone without appropriate services.

PACT Teams are mobile and deliver services in the community to enable a person to live in their own residence instead of expecting a person to come to a program location.

Mississippi now has eight PACT Teams operated by the following CMHCs: Warren-Yazoo Mental Health Services, Life Help, Pine Belt Mental Health (operates two PACT – one on the Gulf Coast), Hinds Behavioral Health, Weems Community Mental Health Center, Region III Mental Health Center and Timber Hills Mental Health Services.

At full capacity, the eight PACT teams have the ability to serve 640 people

FY15 MCeRT Data



Department of Mental Health

Community Expansion Funds

What services and supports are being provided with the \$16.1 million?

IDD Waiver Slots

Mississippi's ID/DD Waiver provides individualized supports to people with intellectual/developmental disabilities to assist them in living successfully at home and in the community. These Medicaid funded supports are designed to provide people with meaningful days consisting of activities of the person's choice. In FY14, 200 waiver slots were added to the (HCBW) Home and Community Based Waiver allowing people to be served at home. In FY15, an additional 250 Waiver Slots for IDD were added including anticipated rate increases as a result of the rate study. In FY16, an additional 250 Waiver Slots for IDD will be added including anticipated rate increases as a result of the rate study.

Since FY12, the Waiver has been increased with 844 additional slots (20%), allowing people to be served in the community and their homes.

At the close of FY 15, there were 2,296 people receiving services through the Waiver. The number on the Waiver Planning List is approximately 1,775.

IDD Crisis Beds

In FY14, a total of eight out-of-home regional crisis beds for people with IDD were established as part of the community in the Magee area. These beds are operated by Boswell Regional Center. Since March 2014, a total of 48 people have been served in these short-term stabilization beds. An additional six crisis beds will be established in FY16 – three in North Mississippi and three in South Mississippi.

Wraparound Facilitation for Children and Youth

In partnership with the Division of Medicaid and the University of Southern Mississippi's School of Social Work, DMH created the Mississippi Wraparound Initiative (MWI) to train, support and sustain high-fidelity Wraparound in the State. Wraparound Facilitation is family and youth guided and provides intensive services to allow children and youth to remain in their homes and community.

In FY 15, 360 Wraparound Facilitators were trained. Seven (7) DMH certified providers served 1,419 children/youth with Wraparound Facilitation.

Supported Employment for People with SMI

In January 2015, DMH provided funding to develop four pilot sites to offer Supported Employment to 75 people with mental illness. The sites are located in Community Mental Health Center Regions 2, 7, 10 and 12. As of December 2015, a total of 63 people were currently employed.

Supported Employment, an evidenced-based way to help people diagnosed with mental illnesses secure and keep employment, begins with the idea that every person with a serious mental illness is capable of working competitively in the community.

DMH believes that work plays a critical role in improving quality of life and mental health outcomes of the people we serve as part of their recovery journey.



Department of Mental Health

Direct Care Series Realignment

Who are Direct Care Workers?

Direct Care Staff are the front line staff who assist and support the people served by the Department of Mental Health with all of their daily life activities. Direct Care Staff participate in extensive training to develop their behavior management and crisis intervention skills. These skills are necessary to safely assist individuals with de-escalation of agitated and aggressive behaviors that are sometimes associated with mental illnesses and intellectual disabilities.

Why is a realignment for these positions needed?

Direct Care Staff play an integral part in the safe provision of quality care. Other mental health clinicians would not be able to adequately perform their duties without the unique skill set, knowledge base, and contribution of direct care workers.

Currently, an entry level Direct Care Trainee earns \$7.64 a hour, and while often times they find great personal and professional satisfaction in the work they do assisting others, they are not paid enough to support themselves and their families.

A vast majority of Direct Care Staff must work two or even three jobs, often working 60-70 hours per week, just to piece together a living wage.

What is the turnover rate?

Direct Care Staff are the employees with the highest rate of turnover in state government. According to the Mississippi State Personnel Board, in FY15 turnover in Direct Care Trainee and Worker positions was approximately 48%. The training required for these positions is much greater than for similarly paid positions in the private sector, making turnover costs that much more expensive.

This turnover rate results in increased costs for DMH. Turnover costs for Direct Care Staff training are \$2,300 - \$2,600 for each Certified Nurse Assistant or DCW.

Direct Care Staff bear a significant level of responsibility for maintaining a safe and therapeutic environment that facilitates recovery and enhances independence in living, learning, and working. Their service and dedication is exemplary and they make a difference in the lives of those they serve every day.

Position	Current Start Salary	Hourly Current	Realignment	New Start Salary
Direct Care Worker, Trainee	\$15,898.24	\$7.64	\$2,384.74	\$18,282.98
Direct Care Worker	\$17,408.94	\$8.37	\$2,611.34	\$20,020.28



For more information, contact Chip Butler, DMH Human Resources Director at 601-359-6557.

Boswell Video Care Plan

Summary

The video care plan is designed to help people transition successfully to a new living arrangement with as much ease as possible. The video will also provide the new caregivers visual insight of the person's interests/preferences, abilities/skills, employment, typical day/typical frustrations, concerns/issues, important to/important for, and expectations. This video gives the new caregivers an easily accessible introduction to the person they are meeting for the first time.

Process

1. AT INTAKE, the social worker, case manager, or whomever is involved with the family or legal guardian will:
 - a. Share the video care plan summary.
 - b. Get a signed photo release.
 - c. Take photos of the person and possibly of the family.
2. During the Person Centered Planning meeting, information and insight should be gathered about the person from the person, direct support staff, family, and friends. This information should include their interests/preferences, abilities/skills, typical day, typical frustration, concerns/issues, what is important to them, and dreams.
3. Throughout the person's stay at Boswell, the person, staff (direct support, Team), family, and friends will gather more insight, information, and photos for the video.
4. All of this information then goes to the video production specialist who inputs it into PowerPoint slides. Then, internet image searches are conducted for clip art that reflects the specifics of the person's story; favorite foods, TV shows, music, fashion, celebrities, and even emotions and attitudes. After all the images are collected, they are then placed on the appropriate slides.

Each Video Introduction uses a popular tune to identify the person. This allows a unique auditory memory connection with the information and images in the video. If possible, we will use the person's favorite song or artist. Otherwise, we will strive to make a music selection which is reflective of the person's information. The mp3 music file is imported into the slideshow and configured to play automatically.

Finally, the PowerPoint file is exported as an mp4 video and burned to a disc for distribution. Each disc is labeled to indicate it should be viewed only by authorized staff, and that the disc should be returned to the ITS department for destruction when it is no longer needed.

All video care plans are to be in Person first language, and all slides are to reflect a positive view of the person although negative behaviors may be described.

CHECKLIST

Photo Release Consent	
Photos (At least 12)	
Hometown/Family	
Religion	
Interests/Preferences (likes/dislikes)	
Abilities/Skills	
Employment History	
Typical Frustrations	
Other Behaviors	
Important To/For	
Medications:	
Prescriptions	
Self-Administer	
Allergies	
Personal Dreams	



Health FAIR

“Happiness is an inside job.”

Friday, February 5, 2016

10:00 am – 2:00 pm

BRC's Training Center

- ♥ MS Blood Services will be joining us for a Blood Drive from 9 am – 4 pm.
- ♥ MSU Extension Services is providing a Skin Analyzer Station and a Nutrition Display.
- ♥ Co-Lin Nursing students will be providing a FREE Blood Pressure Screening, Glucose Screening, Cholesterol Screening, and Weight Check.
- ♥ MDOT is bringing their Drunk Goggles demonstration.
- ♥ Employment Services will be treating us with FREE Popcorn.
- ♥ There will be Door Prizes!

Be sure to wear RED for National Wear Red Day.

Celebrate Life with a Happy, Healthy Heart!

Featured Relias Trainings

January 2016

Helping Children and Adolescents Cope with Violence and Disasters

Disasters and traumatic events can happen to anyone at any time. Despite our best efforts to protect children and adolescents from experiencing disasters or trauma, it is impossible to shelter them from every potentially traumatic event. Children exposed to traumatic events and disasters are particularly vulnerable to complicated physical and emotional responses, in part due to their limited life experiences. This course provides you with clear information about how to apply best practices outlined by the National Institutes of Mental Health when working with children exposed to violence and disasters.

Beck Depression Inventory-II® In Health & Human Service Settings

Practitioners in a variety of healthcare settings frequently find themselves working with individuals who present with possible symptoms of depression. Quick and accurate assessment of depression can be an essential component of mental as well as physical health diagnosis and treatment. However, it can be difficult to accurately assess clinical depression when it is accompanied by other presenting symptoms and concerns. In this course, you will be introduced to the Beck Depression Inventory-II, an evidence-based tool for assessing consumers for depression.

Inclusion: Children with Disabilities

Infants and young children with varied developmental disabilities or developmental delays can be found in all communities throughout the nation. Families have the desire to provide high quality care and education for their children in their local communities. Federal, state, and local laws have authorized that programs and related services should be provided in settings where children with disabilities or developmental delays can have the opportunity to develop social relationships.

For more information about Relias Learning, please contact Michael Jordan at 601-359-6515 or by email at Michael.Jordan@dmh.state.ms.us

POSITIONS AVAILABLE
(Magee, Brookhaven, New Hebron
and Shivers)

Direct Support Professionals are needed
for all shifts and locations.

If you believe that helping people
matters, then we need you at BRC!

For more information contact:

Human Resources
601-867-5000 Ext. 75079

P. O. Box 128
Magee, MS 39111



Boswell Regional Center

Where dreams can become reality.

Mission Statement

Boswell Regional Center (BRC) offers specialized program options to Mississippians with Intellectual and Developmental Disabilities (IDD). These programs are designed to identify the necessary supports for successful community transition. With collaboration between the person, family, and community, dreams can become reality.

Programs

Boswell Regional Center programs offer an extensive range of program and service options to those with Intellectual and Developmental Disabilities (IDD). The primary goal of each existing program using a person centered approach is to allow each person to live more independently and to fulfill their lives through meaningful days.

Programs and services offered through BRC include:

Community Options:

- In Home Services
- Community Living
- Crisis Transition Homes
- Employment Opportunities
 - Day Options
 - Behavior Services
 - Autism Services



Campus Options:

On Campus Residential Services

On Site Day Programs

Membership Information

Indicate at right which type of membership you wish by circling the appropriate amount.

Name: _____

Address: _____

City: _____

State: _____

Zip Code: _____

Phone: _____

Email: _____

Please make your check payable to:
Friends & Family Association
P.O. Box 128
Magee, MS 39111

Annual Membership Fees

Single/BRC Employee - Free

Single/Non-employee \$5

Bronze \$25

Silver \$50

Gold \$100

Platinum \$500

Fundraisers

Some examples of fundraisers that have been held are:

Scrub Sales

Jewelry Sales

Book Fairs

RADA Knives

T-shirt Sales

Special Hosted Events

Purpose

To promote and support the individuals of Boswell Regional Center

To foster the development of programs on their behalf

To recognize and reward the efforts of employees of Boswell Regional Center

To raise and receive funds for the accomplishment of the above purposes.

Boswell Regional Center's



Boswell Regional Center

Boswell Regional Center
Post Office Box 128
Magee, MS 39111
Telephone: 601-867-5000
www.brc.state.ms.us

A MS Department of Mental Health Facility



Boswell Regional Center's Friends & Family Association is a non profit all volunteer organization that works to ensure Boswell individuals are valued and loved.

All monies received from memberships are donated to the organization to purchase items for the individuals served by Boswell Regional Center.

Donations

Donations may be made in memory or honor of a loved one:

In Memory of _____

In Honor of _____

By: _____

Acknowledgement should be sent to the following:

Name: _____

Address: _____

State: ___ Zip Code: _____

Phone: (___) _____

Email: _____

Boswell Regional Center

**Friends & Family Association
P.O. Box 128
Magee, MS 39111**

**Boswell
Regional
Center
Friends and
Family
Association**



*Where Dreams Can
Become Reality!*