

The inΨder: Your Mental Health Newsletter

Winter, 2001

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Beltran Pages, M.D.

Notes From The Director

We start the New Year with much hope for the future of our Department. The work that you did over the holidays following the adversities that occurred at our sister institution - Central Prison – was demonstrative of what we can do to help each other and ourselves. I truly commend all of you for making these past holidays safe for our inmates and staff.

I would like to see initiatives coming from the field. If you think some things can be done better or more efficiently, please pass your ideas on to your Assistant Director. The new outpatient MH forms will be implemented by March 1. Hopefully, we can

get everyone trained and any flaws resolved by then. There are still more proposals coming from the central office that will benefit all of us.

I truly appreciate all of the support you have given me through these months of transition to a more cost-efficient Mental Health delivery system. Together, we will continue to succeed.

Sandy Huffman

(Cub scouts and convicts)

by Leon Morrow

Sandy Huffman's first role in life is that of mother. She is determined to raise her two sons as competent adults. This desire stems from the fact that she felt unprepared to handle life when her own mother passed away when Sandy was 14. Her sons, who are 12 and 15, have benefited from this by becoming more competent than many other children who are their age. Both sons make their own doctors appointments, handle issues at school, etc. Sandy said she tends to avoid allowing inmates to develop dependence on her, instead she teaches competence through behaviors such as adhering to rules, etc.

Her commitment to being a good mother has led her to involvement with Boy Scouts of America. She has been a Webelos Den Leader the last 6 years, she is on the training staff for the Talahi District and she is a merit badge counselor. In addition she is Co-chair for a committee putting together a 300 page book for the annual PowWow. In May 2000, she received the Talahi District Award of Merit.

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Sandy Huffman continued

In 1975 she obtained a B.A (with Honors) in Psychology from UNC-Charlotte and an M.A from ASU in 1979. She began work as an Intern with the DOP in 1979 where she was assigned to the SPA. Later that year and through the early part of 1980 she worked on contract as a psychologist at WYI. In April 1980 she took a job as a Staff Psychologist II in the SPA where she remained until she transferred to her current job as Staff Psychologist II at Albemarle C.I. in 1999.

Especially during the earlier years of her employment, Sandy was in a minority as a female in a predominately male work setting. She has a better understanding of gender issues in the correctional environment than many staff. From that perspective she and two other women developed the Boundaries Workshop. She said Al Harrop asked them to develop a way to help new female hires survive in the DOP.

Initially their program was taught to new staff in MH, then to others. More recently she has been instrumental in developing the *How Could That Have Happened* workshop designed to prevent problems stemming from staff over-familiarization with inmates (have you seen the news from the SC DOC?). She has presented this in a variety of venues in NC prisons.



Sandy Huffman, M.A.

In the short time she has been at Albemarle C.I. she has worked with others to develop the STOP program to teach inmates to avoid domestic violence. She has also developed a geriatric program. She said that while she can't recall one situation over the last 20 years that really stands out, the moments she cherishes are those when she hears from inmates who have been released, some for several years, who let her know they are continuing to do well in the community.

Sandy attributes much of her enthusiasm for her job to the A-team atmosphere that she has enjoyed through much of her career. She was very positive in her comments about the staff she has worked with over the years. She said the mutual respect and support we have for each other is the one thing that has kept her in the DOC for twenty years.

If you would like to talk with Sandy you can reach her at the Albemarle C.I. (Phone 704-422-3036) or by GroupWise.

OPUS Focus by John Woodlock



Hopefully by the time you read this article, the first batch of revised MH forms will be loaded on your computer. These forms will reduce costs by eliminating mass printing and expensive storage. They will also help to standardize documentation across the state and should speed up the process of record review. There is one minor drawback – they are all designed for Microsoft Word for Windows 95 or higher. If your unit is using an older version of MS Word or even, dare I say, WordPerfect you will experience problems. The forms committee will be developing procedures to help these units, but these solutions will only be temporary.

Several years ago, the DOC committed itself to only using MS Word and it no longer loads any other word processing programs on its computers. Therefore, all new forms, whether they are from Mental Health Services or any other section, will come in MS Word format only. As a result, managers may want to take this opportunity to discuss the upgrade of their systems with their administrators. In many cases the newer operating systems and software can simply be loaded onto existing machines. However, there will be a license fee for each machine. Also, some older machines will not be able to handle a newer operating system and will need to be replaced. While these added costs are a serious consideration, it may still be wise to take this opportunity now. There are many more new forms scheduled to be introduced later this year and it will certainly be easier to start using these forms now than to try and catch up later.

DEAR OPIE:

The Ann Landers of the OPUS System:

Q: I have been using GroupWise for some time. However, a few months ago my emails to recipients outside of the DOC started getting returned with an error. What can I do to fix this problem?

A: First of all, we must remember that GroupWise is provided for DOC business only and should not be used for personal reasons. Having said that, there are times that we need to contact people and institutions outside of the DOC. Until recently, MIS maintained a program that was able to differentiate between internally and externally addressed email. This program automatically routed the email seamlessly and effectively. Recently this program was removed from the mainframe. Therefore, a user must now manually add a prefix to all their external email contacts. To do this, open your address book and highlight the desired contact. Click the Information button to reveal the contact's details. Click the Edit button and move to the email address field. If the contact is outside of the DOC add INTERNET: before the email address and select OK. Repeat this for all non-DOC contacts. You should now be able to create and send new email without difficulty. However, you may still experience problems if you use the Reply button, so copy the sender's address to your contact book, edit it and create a new message to respond.

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Dorsey Edmundson Ph.D.

(The Carolina Panthers & the
US Olympic Team)

by Leon Morrow

In his role as Sports Psychologist for the Carolina Panthers he has provided psychological training and assistance for Wesley Walls, the well known receiver. He was the Sports Psychologist for the 1994 US Olympics Team. He has a Ph.D. from Ole Miss. Very few people have such opportunities, and Dorsey Edmundson knows that he is blessed.

He has always enjoyed sports, and played college basketball at UNC-Wilmington before entering the graduate program at the University of Mississippi. He particularly liked the opportunity to receive training in Sports Psychology and Clinical Psychology. Sports Psychology is a field conflicted by the perspectives of those who approach it from a Health Physical Education/ Recreation perspective and those who enter the arena as Clinical Psychologists.

He had the foresight, ability, and University support to write and obtain a grant funded by the NCAA that paid him to work with athletes at Ole Miss; this helped pay for his education and provided valuable experience. Partially as a result of this experience he was selected from a very competitive applicant pool to work with the US Olympic Team in Colorado Springs from the fall of 1993 to the fall of 1994. Working with our nations greatest athletes was an incredibly positive experience for him. He had contact with athletes across almost every field that has a national governing body, including all the shooting teams, judo, swimming, and

in-line skating.

Dorsey obtained the Ph.D. from the University of Mississippi in 1995. During his time in school he had worked with a Forensic Board in west Tennessee and found it fascinating. After an internship in New Orleans, and several months' Post-doctoral work in child psychology, he saw an ad in the APA Monitor for a psychology job in NC. He remembered how much he enjoyed the forensic work and, after a positive meeting with Al Harrop, he decided to take the job at Caledonia C.I. as the Mental Health Program Manager. His mentor while he was in school was the editor of the Journal of the Association of Applied Behavioral Therapy. His strong behavioral orientation reflects those roots. At Caledonia he has easily moved to the use of CBT as a primary therapeutic modality.

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Dorsey Edmundson, Ph.D.

Dorsey Edmundson continued

One of the football players he helped while on the NCAA grant was Wesley Walls. Even when Wesley Walls played for San Francisco and New Orleans the two stayed in touch with each other. After being traded to the Panthers, Wesley was instrumental in putting Dorsey in contact with team management, which has given him an opportunity to consult with the team extensively as a Sports Psychologist. The opportunity to work with a professional football team has been a thrill for him. Dorsey would like for others to see a reflection of God in the things he does and in the way he lives his life.

If you would like to get in touch with Dorsey you may call him at Caledonia C.I. (252-826-5621) or contact him by GroupWise.

OPUS Focus continued

UPDATES: The last OPUS Training was successfully completed on November 16. Due to a delay in publication of the Inpsyder, some of you may not have been able to register in time. Any staff interested in training should contact Randy Palmer (prm03@doc.state.nc.us).

MH52 is up and running. This is a batch job report and can be accessed by typing AS12 0 MHS 52 at the home position. The revised report will sort your OPUS encounters by type and then tally up the total time spent on each. This will aid with monthly reports.

As always, the Opus Committee is looking for new ideas and feedback! If you have any ideas for improvements to OPUS, features for the Web Site or topics you would like discussed in future OPUS articles – LET US KNOW! You can email me at wjk02@doc.state.nc.us or call me at (252) 747-8101 ext. 2165 and I will forward your ideas to the committee.

EDITORIAL COMMENTS—WINTER 2001

A man has no fingers, but is able to use the few, very short digits on his deformed hands to complete most tasks of daily life. He has been described as a manipulative criminal. He is now in a medium custody correctional center. He receives MH assistance, and is one of many unusual people serving time in the DOP. Our MH services must be wide ranging and flexible in order to deal with the diversity of problems that we address. Budgetary limitations and bureaucratic restrictions magnify the complexity of the task. This is just a reminder that the editors know you have a difficult and important job. It is our goal to provide information that will help you better understand each other and the DOP MH system. Please let us know how we can do our job better.



Pender's Horticultural Therapy Featured at 13th Annual Symposium

by Susanna Jarvis

The Carolina's Chapter of the American Horticultural Therapy Association (CCAHTA) will be holding its 13th Annual Symposium April 26-27 at Caswell Beach, NC. This symposium "will emphasize water gardening, our coastal ecosystems and the use of music and botanical watercolors, all in an effort to bring "HORTICULTURE₂ OTHERS."

Workshops to be held on Thursday include Watercolor Botanical Drawings, Music Therapy Through Nature and the Healing Arts Network at New Hanover Regional Medical Center. Our proud congratulations are extended to the hortithery staff at Pender Correctional Institution, who will be presenting on the successful experiences they have with inmates involved in horticultural therapy in their Day Treatment Program for developmentally disabled inmates.

Friday tours will be held at the New Hanover Arboretum and at Pender Correctional Institution. Additional activities include a relaxing afternoon yoga session by the sea and early morning Tai-Chi at the Arboretum.

For additional information, you may contact Hortitherapist Nicolle Nicolle at Pender C.I. @ 910/259-8735. Registration is \$75 (\$10 late fee if after April 1 and nonrefundable if after 4/13/01) and may be arranged by contacting Emilie Swearingen, Coordinator of the CCAHTA @ 910/458-4430 or eswearingen@mindspring.com.

For information about CCAHTA, please contact Nancy Easterling, President @ 919/962-0522 or write her c/o North Carolina Botanical Garden: The University of North Carolina at Chapel Hill, CB 3375, Totten Center, Chapel Hill, NC 27599-3375.



Personnel Corner – by Susanna Jarvis

Change is inevitable in a department as large as ours. Listed below are some, though likely not a comprehensive reflection, of personnel changes in Mental Health Services since October 2000. Plans are to make this a regular column as communicating between sites is certainly easier when you know whom to contact! Even those of you who pride yourselves on being “in the know” may learn a little. A big thank you goes to Lisa Brown, Administrative Assistant extraordinaire, who helped compile this information.

Eastern Region:

At Pasquotank C.I., Jeanine Brent, Staff Psychologist transferred to the SOAR program at Harnett C.I. and George Manning began duties as a Staff Psychologist at Pasquotank in December 2000.

At Craven C.I., Tamara Stevens came on board as a Staff Psychologist effective 01/02/01 and Sunny Street, Social Worker, resigned effective 01/26/01.

South Central Region:

At Hoke C.I., Larry Hubble, Ph.D. is the new Program Manager and Jennifer Fortier, M.S. is the new Staff Psychologist in outpatient MH Services.

Kathryn Fisher, M.A. made a lateral transfer as Staff Psychologist from Pender to Harnett C.I., where she is working in outpatient MH services.

George Martin, MD is the new full time psychiatrist in the South Central Region, covering many of the units previously handled by Dr. Kneece. Dr. Martin had been working as Director of the Cumberland County Mental Health Center.

Central Region:

Milton Gipstein, MD is the new contractual psychiatrist covering most of the Central region. He is a board certified psychiatrist who also has a law degree and worked for the DOP several years ago.

Personnel Corner continued

Steve Thornton, Ph.D is the new Staff Psychologist at Franklin C.C. This former Navy psychologist is leaving private practice and brutal Maine winters and coming south for a more temperate climate.

George Vergolias, Psy.D is the new Staff Psychologist at Central Prison inpatient MH services. This transplant from Indiana completed his pre-doctoral internship at the Durham VA before moving to Indiana where he served as coordinator of mental health services at the Thomas N. Frederick Juvenile Justice Center in South Bend.

Piedmont Region:

In December 2000 at Brown Creek C.I., Shelia Floyd-Evans, M.A. resigned as Staff Psychologist in outpatient MH services and moved back to Columbia, SC. Behavior Specialist Sean McIndoo, B.A. resigned and moved to Boston, MA where he hopes to gain admission to graduate school to pursue a career as a psychologist. Best Wishes, Sean!!

Lucille Rease will join the eagerly awaiting MH staff at Brown Creek C.I. as our contractual Social Worker effective 01/22/01.

Western Region:

Eva Triplette, MA is the new staff psychologist II at Mountain View C.I. She is a native of Avery County and a graduate of ASU. She is a former DOP intern who is warmly welcomed back to the agency.

Retired is said to mean being "tired again" to some people. This is not true for the energetic Sara Dugan, Social Worker, who has retired again, this time from her DOP contract.

Contact the Editors:

View the Newsletter at the DOC Webpage:

<http://www.doc.state.nc.us/dop/mhs/news>

**Comments, suggestions, and questions
are welcome.**

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