

**SOUTH CAROLINA DEPARTMENT OF MENTAL HEALTH**

**State Director John H. Magill**

**COASTAL EMPIRE COMMUNITY MENTAL HEALTH CENTER**

**Executive Director Ramon D. Norris**

**Fall 2011**

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.

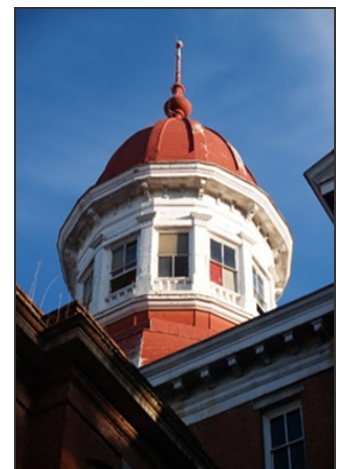
The 1950's saw the discovery of phenothiazines, "miracle drugs" that controlled many severe symptoms of mental illness, making it possible to "unlock" wards. These drugs enabled many patients to function in society and work towards recovery, reducing the need for prolonged hospitalization. Government 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



## Coastal Empire Community Mental Health Center

1050 Ribaut Road  
 Beaufort, SC 29902  
 (843) 524-8899

Counties served: Beaufort, Allendale, Colleton, Hampton, and Jasper

### COASTAL EMPIRE COMMUNITY MENTAL HEALTH CENTER

Coastal Empire Community Mental Health Center (CECMHC) began operations in 1966, serving Beaufort, Colleton and Jasper county residents. Soon thereafter, Hampton and Allendale counties were added to the catchment area. Since 1967, CECMHC has provided over 1,633,000 services/outpatient contacts to adults, children, and families who are impacted by mental illness.

Frederick R. Livingston was the first center director and under his leadership clinics were opened in all five counties. He was succeeded by Dr. Carr, Dr. Warwick Dean, Dr. Archie Hooten, Russ Hughes, PhD, and Ramon D. Norris, M.S., re-

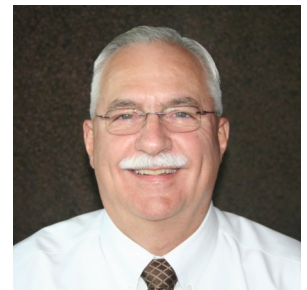
spectively. Center Director Ramon D. Norris transferred into this position from Aiken-Barnwell Mental Health Center in 1984.

When Norris came to CECMHC 28 years ago, there were 43 employees center-wide. Today CECMHC employs more than 90 full-time employees, including three adult psychiatrists, one child psychiatrist, and one psychiatric nurse practitioner, with full-time operations in six clinics. CECMHC provides adult services, active child and adolescent programs, and two day programs. Last year CECMHC provided 52,207 services to 3,753 children and adults. CECMHC is accredited by the Commission on

Accreditation of Rehabilitation Facilities.

Norris believes partnering with other organizations and agencies in the community is important to providing mental health services and that working with hospitals and local mental health advocacy groups, such as National Alliance on Mental Illness (NAMI) and Mental Health America, is key. The local chapter of NAMI is central to the Center's success in supporting the recovery of those with serious mental or emotional illnesses, "Without their services and support, we would not have been able to meet many of the needs of our clients and fami-

**(Continued on page 7)**



Executive Director  
 Ramon D. Norris

CECMHC PROVIDES  
 ADULT SERVICES,  
 ACTIVE CHILD AND  
 ADOLESCENT  
 PROGRAMS, AND  
 TWO DAY  
 PROGRAMS.

**Day Treatment  
 Programs:**

**Recovery Center**  
 62 Possum Hill Road  
 Beaufort, SC 29906  
 (843) 846-2913

**Magnolia Place**  
 2004 North Jefferies Blvd.  
 Walterboro, SC 29488  
 (843) 549-6536

#### Numbers at a Glance for Fiscal Year 2011

	<i>Mental Health Center</i>	<i>DMH Statewide</i>
<i>Adult Outpatients Served</i>	2,430	59,427
<i>Child Outpatients Served</i>	1,323	30,058
<i>Total Outpatients Served</i>	3,753	89,485
<i>Population</i>	257,411	4,625,364
<i>Clinical Contacts Provided</i>	52,207	1,175,482
<i>School-Based Schools</i>	4	388
<i>Children Served by School-Based Programs</i>	233	12,064
<i>Supported Community Living Environments</i>	88	3,395



Board Chairman  
Dr. Thomas Miller



Board Treasurer  
Mary Mack

### THOMAS MILLER, DPM; MARY MACK, MSN - BOARD MEMBERS

Podiatrist Dr. Miller, a member of CECMHC's Board since 1987, currently serves as Chairman. Dr. Miller has seen the devastating effects mental illness can cause - a close family member of his struggles with schizophrenia. He has also witnessed the positive results that effective treatment and medication can have. Recovery is possible.

When Dr. Miller's family moved to Beaufort, he found limited medical services for those with mental illness and began working to find out what could be done to get needed services. He was instrumental in founding the Beaufort chapter of the National Alliance on Mental Illness (NAMI), a grassroots, self-help, support, and advocacy organization for people with mental illness, and their families and friends. He was also involved in the development of the Psychiatric Unit at Beaufort Memorial Hospital, which currently has 14 beds. "By being on the Board of CECMHC, I'm able to keep my finger on the pulse of what is happening," said Dr. Miller.

Mary Mack retired from Beaufort-Jasper Comprehensive Services, where she was the Deputy Executive Director from 1986 until 2005. Following her retirement, Mack joined CECMHC's Board of Directors and currently serves as Treasurer. She is also the proprietor of the Red Piano Too Art Gallery on St. Helena Island.

"I've worked 30 years as a registered psychiatric nurse, nine of them at CECMHC. My passion is art and my love is healthcare," said Mack.

"I believe the overall community view of the center is positive. Capacity may be seen as an area of weakness, but services provided are highly praised. The reality is that as budgets get squeezed, Center efforts have been directed away from the "worried well" and aimed primarily at those who have chronic and persistent mental illness," said Mack.

People need to understand the perils of an under-funded mental health care system to understand that taking care of

the mentally ill is the ethical and economically sound thing to do. If mental health care is unavailable, problems do not just go away, they shift. For example, more people go to emergency rooms for help, many become homeless, and others may end up incarcerated. These consequences are tragic and more expensive than providing care up-front.

In light of the budget cuts DMH has had over the past few years, both Mack and Dr. Miller work to promote public support of mental health care. "As more cuts are made, the mentally ill, particularly the homeless, will become more apparent in the community, which in turn, will focus attention on the needs of the Center. You can look at what has happened in other states, to see what happens when mental health care is not adequately funded," said Miller.

"There will always be people in the community unable to take care of themselves; there has to be a mechanism in place to take care of them. Otherwise, society will break down," said Mack.

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### JUDITH TREADWAY, MD - PSYCHIATRIC SERVICE CHIEF

Dr. Treadway came to work for CECMHC in 1993 as a Senior Psychiatrist. In March of 2003, she accepted the position of Psychiatric Service Chief.

As adjunct faculty for the

Osteopathic Medical School of Mesa, Arizona, she is a preceptor for medical students doing community rotations in the Lowcountry. The other CECMHC psychiatrists and nurse practitioner assist with this program. Dr.

Treadway believes that psychiatry is as much an art as a science; she feels she knows less about the brain than when she started practicing. She says it is wonderful that we have the new medications, but given the complexity of

## JUDITH TREADWAY, MD - PSYCHIATRIC SERVICE CHIEF

the human mind, it is a shame that the focus in training programs is not as much on therapeutic skills as it was 20 years ago.

After graduating medical school in England, Dr. Treadway joined Operation Raleigh as a volunteer expedition doctor for six months. She was involved in two phases in remote parts of the Bahamas and in the rain forests of Honduras. She completed her residency at the University of North Carolina at Chapel Hill in community administrative psychiatry. To earn her US citizenship, she was sent by the government to work for a few years in the Appalachian Mountains of remote eastern Kentucky.

A big challenge of CECMHC is deploying the psychiatrists into such a large catchment area. The doctors travel between 200 and 300 miles per week, which can lead to fatigue. Also, being in different clinics each day can be disorienting. The offices can be somewhat different and there are different staff in each clinic with whom the psychiatrists work. In an effort to keep the doctors from getting too isolated, they meet with the nurse practitioner weekly face-to-face. The collaboration is highly valued by them. They discuss cases, administrative issues, and do supervision. It is a time they can “let off steam.” She says it is like group therapy for the doctors.

One of her wishes is for more high management community care homes. She noted the limited number of placements available. She would also like to hire another child psychiatrist.

According to Dr. Treadway, one of the unique things in the Beaufort office is the Rapid Access Clinic, which allows the clinic to hold slots to schedule aftercare appointments for people coming out of the hospital or moving into the area. The clinic is held once a week. For clients who are chronically and persistently mentally ill, the rapid access clinic gets them in so that their current prescriptions for medications do not lapse.



Dr. Judith Treadway  
Psychiatric Service Chief

## ANDREA S. ALLEN - CECMHC ASSISTANT DIRECTOR AND DIRECTOR OF CHILDREN'S SERVICES

With a plethora of counseling experience gained working in rural areas of Tennessee and a master's degree in social work from the University of South Carolina, Andrea Allen came to CECMHC in October 1978, as a Mental Health Counselor in the Child, Adolescent, and Family Division. By 1987, Allen was the Area Coordinator for the Beaufort Clinic. In the 1990s, she became a member of the executive committee and earned the position of director of Children's Services. In 2006, she also accepted the position of CECMHC assistant director.

Her wide scope of responsibilities include training, consultation and education, credentialing, client advocacy, and more. She especially enjoys public speaking and teaching workshops; most recently she taught a stress management workshop for the Coroner's Association.

“My role is to facilitate the growth of others in the field of Mental Health, both clinical and support staff, guiding and training, adding new skills to their ‘toolbox.’ My satisfaction comes when clients move to a level where they feel good about them-

selves, can accomplish things, and be productive members of society,” she said. “I help in different ways and I find enjoyment in that. My goal is to help people accomplish their goals in life - the things they want to and can accomplish. I am one of many resources available to help move them in positive directions. State agencies shouldn't work in isolation. We need to work together with ‘sister’ agencies, like the Department of Social Services and the Department of Juvenile Justice, because clients usually require the services of multiple agencies.”



Andrea S. Allen  
CECMHC Assistant Director and  
Director of Children's Services

“WE NEED TO WORK TOGETHER WITH ‘SISTER’ AGENCIES, LIKE THE DEPARTMENT OF SOCIAL SERVICES AND THE DEPARTMENT OF JUVENILE JUSTICE, BECAUSE CLIENTS USUALLY REQUIRE THE SERVICES OF MULTIPLE AGENCIES.”



John Aiello, PhD  
Volunteer/Client Advisor

### JOHN AIELLO, PHD - VOLUNTEER/CLIENT ADVISOR

Dr. Aiello, born in upstate New York, completed his undergraduate studies at Clarkson University in Potsdam, NY, and his graduate studies at Syracuse University. After receiving a Ph.D. in Computer Science from UCLA, he embarked on a 27 year career in the communications industry. Retiring to Georgia, he became a professor at a local college where he enjoyed a second career as a classroom instructor and department chair. Teaching gave him a sense of accomplishment. After 17 years in the education field, the last seven as Dean of the Business School, Dr. Aiello retired once again. He resides in Beaufort with his wife, Rebecca, and has been volunteering at CECMHC since 2009.

Dr. Aiello's involvement with mental health is "four pronged." First, he has close

family members with mental illness and has experienced first-hand some of the obstacles families face when trying to get help for a loved one in need of mental health treatment. Second, he volunteers at the Center to give back after gaining so much from the CECMHC. Third, he is the board secretary of the Beaufort Chapter of NAMI, where he and his wife both teach the free family-to-family course. And fourth, with the help of Director Norris, he has become the center's first Client Advisor.

Some clients do not always get the assistance they need because of lack of transportation and the fact that employees of other agencies do not always have the patience it takes to work with mental health patients. As Client Advisor, Dr. Aiello eliminates these obstacles by personally taking clients to agencies and

walking them through application processes and helping them fill out necessary forms. He has helped clients successfully apply for Social Security Disability Insurance, Medicaid, food stamps, etc. This is a passion of Dr. Aiello because so many DMH clients have difficulty expressing themselves. He hopes to be able to expand this service by training other volunteers to be Client Advisors in other parts of the catchment area.

"At Coastal Empire Community Mental Health Center the mental health professionals are caring and make the clients and family feel like part of the team. They do good work," said Dr. Aiello.

CECMHC appreciates the efforts of all its volunteers, if you would like to volunteer please contact Mike Masters at 843-524-8899 on Tuesday and Thursday mornings.

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### JANE PAVONI - DETENTION CENTER LIAISON



Jane Pavoni  
Detention Center Liaison

Jane Pavoni was born in Oxford, England and raised in Queens, NY. With a master's degree in social work, she has worked in the corrections system in a variety of roles; a probation officer in Rockford County, NY, a victim advocate for the Mount Pleasant Police Department, and more. Pavoni has served as the CECMHC Detention Center Liaison, since December of 2010.

At the Detention Center, she performs crisis intervention and stabilization, mental

health assessments, suicide evaluations, and court-ordered evaluations. She coordinates care with case managers when clients are incarcerated to ensure they stay current on their medications. According to Pavoni, DMH clients are typically arrested for misdemeanors, such as disorderly conduct, trespassing, etc. While there will always be those who keep coming back, her primary goal is to reduce recidivism.

Pavoni noted that Director of the Detention Center, Phil

Foot, is very cognizant of mental health issues and of the number of inmates with mental health issues. She feels the services she provides are valued and appreciated, but the needs are great. "I would like to have myself cloned or have someone waiting when inmates are released, to take them where they need to go, whether it is to CECMHC or to Drug and Alcohol Commission. I believe anything is possible, and I try to instill in the inmates the desire to never give up," said Pavoni.

## JANICE YORK - HOMESHARE COORDINATOR

For 24 years, Janice York has been a dedicated employee of the CECMHC. She began working at the Clubhouse, now called The Recovery Center, and in 1994 came to the Beaufort Clinic to establish and coordinate the Homeshare program. Homeshare is an innovative placement option for psychiatrically disabled individuals in need of a stable living environment and re-integration into the community after hos-

pitalization. Clients in Homeshare are matched with caregivers in the community who are willing to share their homes and work with the Homeshare team to meet the needs of the client.

CECMHC Homeshare program currently has 20 clients, 20 providers. In the Coastal area there is no shortage of people willing to be providers, take the required training, and have someone with a

chronic mental illness living in their homes. This may be surprising, since Homeshare clients are typically symptomatic most of the time. The first client placed has been in the program for more than 17 years. "It's a good program with a very low recidivism rate. It enables clients to live in the community and, most importantly, the clients have the feeling of being part of a family," said York.



Janice York  
Homeshare Coordinator

## CAROLA ELDRIDGE - BOARD MEMBER & CLIENT AFFAIRS COORDINATOR

Since 2006, Eldridge has generously volunteered her time to serve as a CECMHC board member. Since 2009, she also serves as the CECMHC Client Affairs Coordinator (CAC). CACs are former or present clients of DMH. CACs are encouraged to voice the consumer perspective during key meetings and policy sessions, and strive to overcome stigma in the community, giving hope to consumers, staff, and families that people with mental illnesses can and do recover.

As part of her duties at CECMHC, Eldridge is the Art of Recovery liaison and has set in motion the Client Enrichment Series, in which local artists hold art classes for clients on some Saturdays. The art classes have been very successful; client response in terms of enthusiasm has been remarkable, and Eldridge hopes to expand the Client Enrichment Series to include other forms of creativity, such as music, writing, ceramics, and others.

Eldridge volunteers with NAMI and is a trained facilitator of a NAMI Connection Recovery Support Group, a support group for people living with mental illness, in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding. Support group meetings allow participants to let their guard down for discussion since, as Eldridge says, "We're all in this thing together."



Carola Eldridge  
Board Member &  
Client Affairs Coordinator

## CECMHC EXECUTIVE DIRECTOR RAMON NORRIS (CONTINUED FROM PAGE 3)

lies," said Norris. Most of the Center's board members are active members of NAMI.

Beaufort County has a very progressive human service alliance; 60 to 70 people attend coalition meetings quarterly to discuss county issues and to share information. The coalition forms working subgroups aimed at community planning. CECMHC is involved in the sub-group

whose goal is championing improved access to mental health services.

"A reliable public transportation system in our rural areas is greatly needed and would enhance CECMHC's ability to deliver services to more people. A system that runs Monday through Friday, twelve hours a day, and on the weekends eight hours a day, would allow people to

live more independently," said Norris.

Norris plans to retire in a few years, however, in the meantime, his goal is to keep the Center functioning at the highest level possible. He hopes future leadership will continue to improve and expand center operations to support the recovery of people with mental illnesses.

NORRIS HOPES  
FUTURE  
LEADERSHIP WILL  
CONTINUE TO  
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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

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### RECOVERY SPOTLIGHT – BY J.B.

My name is J.B. I was diagnosed with schizoaffective disorder and bipolar affective disorder on separate occasions. I first fell ill at 23 years old. I was able to work for about 30 years as a secretary in New York City. I never took medication until I moved to Pennsylvania in 1991. While there, the doctors put me on antidepressants. They helped, which allowed me to earn my bachelor's degree in elementary education.

I have been coming to Magnolia Place, a CECMHC Psychosocial Rehabilitation Program, for about four years. I did not want to be there at first, but slowly I came out of my shell and interacted

with other people off and on. I refused to get involved in activities because I was fearful of not being able to apply myself and concentrate on the task at hand.

One staff member said to me that they believed I could do anything that I chose to do. I still resisted, but I never forgot those words.

Over the years I have had multiple hospitalizations and shock treatment. Full of fear, I came back to Walterboro to live with my daughter. Magnolia Place staff pointed out my strengths to me over and over, but I concentrated only on my weakness. I knew I had a lot of work in front of me if I wanted to get well. Staff was always willing to sit

## COASTAL EMPIRE COMMUNITY MENTAL HEALTH CENTER

**Allendale County Mental Health Clinic**  
603 Barnwell Road - Allendale, SC 29810  
(803) 584-4636

**Beaufort Mental Health Clinic**  
1050 Ribaut Road - Beaufort, SC 29902  
(843) 524-3378  
**Administration Office**  
(843) 524-8899

**Colleton County Mental Health Clinic**  
507 Forest Circle - Walterboro, SC 29488  
(843) 549-1551

**Hampton County Mental Health Clinic**  
65 Forest Drive - Varnville, SC 29944  
(803) 943-2828

**Hilton Head Mental Health Clinic**  
151 Dillon Road - Hilton Head Island, SC 29925  
(843) 681-4865

**Jasper County Mental Health Clinic**  
1510 Grays Highway - Ridgeland, SC 29936  
(843) 726-8030

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WWW.CECMHC.ORG

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and talk with me about my fears and doubts. Many times I felt hopeless and could not see my way out. Would I ever be well again?

I faithfully took my medication. Staff noticed I was beginning to stabilize and started involving me in helping in the canteen. At first, I was so timid. Finally, my fears fell by the wayside, and I began to feel self-confident. Then staff asked if I would like to volunteer at the hospital. Oh! I was so afraid of these new responsibilities. I have been volunteering for about three months at the

front desk. These accomplishments have helped me to feel I can do other things.

I am driving myself to places I need and want to go. I plan to enroll this January to work on obtaining a master's degree in theology. God was instrumental in my recovery. I've had to start leaning on Him more and more. My recovery was a combination of taking advantage of all Magnolia Place had to offer and the deep belief that, through Christ, I could do all things within reason, as He strengthens me.