From MMH to AltaPointe: What a Difference Ten Years Can Make

When I arrived at Mobile Mental Health 10 years ago, I knew tremendous challenges lay ahead of us. Some of you were here in those days and remember the changes required to save this organization. It was a difficult time of making tough decisions so that we could continue to provide quality care to area residents.

Just how far have we come? We thought it would be interesting to look at some key areas. The following list compares and contrasts our corporate profile then and now. I think you will agree we have come a long way for the better.

Mobile Mental Health now has a fresh new name and brand — AltaPointe. We are planning the opening of a second hospital. We are providing psychiatric care, consultation and management to acute hospitals as well as working in area nursing homes. We continue to enhance and expand community partnerships. Technology such as electronic health records continues to help us improve and increase quality of care. In addition, we have the most highly qualified professional and medical staff we have ever had. This includes 20 physicians and physician extenders, many of whom serve as faculty for the University of South Alabama College of Medicine-Department of Psychiatry.

The data are impressive; however, the real stories are the positive outcomes of thousands of consumers that depend on us to help them get well. Many of you have worked hard to make sure we treat our consumers with dignity and respect. You are responsible for those accomplishments. Thank you for helping to make AltaPointe a success.

Edward R. Murrow is the number one TV newscaster.
Margarine sales take the lead over butter.
On the Air! You would find 2,974 AM radio, 530 FM radio and 471 TV Stations.
Haloid Corporation (later renamed Xerox) develops the first xerographic copy machine.
Kentucky Fried Chicken begins selling chicken in buckets.
Jack Paar takes over as Tonight Show host from Steve Allen.
One thousand computers are sold, and not one of them had a Windows operating system.
US Population: 171,984,130
General Foods Corporation introduces TANG breakfast beverage crystals.
The Southern Christian Leadership Conference (SCLC) was organized.
21.6 percent of wives worked outside the home.
Tennis admits first African American woman, Althea Gibson.
John Lennon and Paul McCartney first meet.
The Styrofoam cooler was invented.
Quick action keeps TLP residents safe during fire

On the night of April 21, Wanda Moulds noticed smoke in the hallway of the Transitional Living Program (TLP) residence. In their rooms down that hallway 10 adolescents were either asleep or headed for bed. It was just past 10 p.m. when the fire alarm sounded, confirming Moulds’ fears of a fire.

She bounded toward the residents’ rooms knocking loudly on doors and instructing them to move quickly, to get outside and away from the house. “Once they were outside, Wanda immediately took a headcount to ensure everyone had gotten out safely, called 911 and then contacted me,” said Michelle Brazeal, TLP coordinator.

Once the Mobile Fire Department and ambulance arrived, Moulds enlisted the help of the ambulance personnel and placed the residents in the emergency vehicle to keep the group together and away from the house.

Firefighters were extinguishing the blaze as Brazeal and Julie Bellcase, AltaPointe Chief Operating Officer, arrived on the scene. They relocated the residents to a local hotel where they resided for one week and then moved into a rental house where they stayed for three more weeks.

“Thanks to Wanda’s actions no resident was physically harmed,” Brazeal said. “They felt safe because of her control of the situation.”

Despite the trauma of a fire and the inconvenience of being displaced, the residents remained cooperative and maintained positive attitudes, Brazeal said.

“The entire TLP staff worked together to ensure delivery of good care and to make certain they could attend school and work,” she added. “In fact, the kids only missed one day of school.”

Brazeal said she sees in retrospect many positives. “AltaPointe’s administrative support was invaluable, and our maintenance crew accomplished miracles by having the home repaired and habitable in a short time. Finance and purchasing assisted by ensuring we had what we needed to operate effectively.

“On top of all this, the State and local Department of Human Resources staff have said they were very impressed with AltaPointe,” she concluded. “Everything worked the way it is supposed to work during an emergency.”

Hurricane season is here — Are you prepared?

It’s that time of year when we turn our thoughts, and our TVs, to the Weather Channel to catch the “tropical updates.” The AltaPointe Health and Safety Committee began reviewing its “Hurricane Watch and Warning” Policy several weeks in advance of hurricane season. Committee Chair Charles Armour, AltaPointe facility manager, encourages all supervisors and staff members to review their specific program or department procedures.

Because these storms make it difficult to know when to activate a plan, AltaPointe offers one basic guideline for its staff members to follow: **As soon as weather reports show a hurricane has entered the Gulf of Mexico, AltaPointe employees should complete their personal hurricane preparedness plans since some staff are required to report to work during a storm.**

**Taking action**

When the National Weather Service (NWS) issues a hurricane “watch,” staff should tune their weather radios to the National Oceanic and Atmospheric Administration (NOAA) and their televisions to local channels or the Weather Channel. As a hurricane approaches land, NWS may issue a “hurricane watch,” which means possible danger; if a hurricane is imminent, the NWS will issue a “hurricane warning.”

AltaPointe Administration will notify all programs when it is time to initiate the hurricane emergency preparedness. To ensure the safety of consumers and staff members, program leaders should then follow their specific procedures and disaster checklists as outlined in AHS Policy # HS 1.3.

The policy also includes plans contingent on a hurricane’s strength. Categories I and II generally do not require evacuation. The NWS may recommend evacuation if a hurricane attains a category III, IV or V and is projected to make landfall between Pensacola, Fla., and Biloxi, Miss.

For more details on hurricane emergency preparedness procedures, contact your supervisor or read the policy in the AltaPointe Policy & Procedure Manual, a copy of which is located in each program.
AOP-Zeigler and Adult Residential Services staff work closely together to provide consumers the best services possible. AOP and ARS coordinators, assistant coordinators, nurses, and clinical staff meet weekly to discuss consumers, their care, discharges, and clinical opinions. “This helps us to get on the same page,” Langley emphasized. “It’s very beneficial to everyone involved.”

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ZOP brings challenges, fulfillment to staff

Around 7 o’clock on a recent weekday morning, Janet Langley, LPC, parked her car in a space at AltaPointe Adult Outpatient Services Office-Zeigler Campus. She described her day as being quiet up until the moment she stepped out of her car. How does she describe a normal day in Outpatient Services at Zeigler where the staff provides services to more than 300 AltaPointe residential consumers?

“Before I even reached my office that day, I helped chase away a snake that had scared some consumers when they saw it in a flower bed, calmed an upset consumer wanting to leave campus, repaired a plumbing problem, and interviewed a prospective employee,” Langley said. “That’s really a fairly normal morning for us.”

Langley is the AltaPointe Adult Outpatient Coordinator at Zeigler and West Mobile, which includes day treatment and rehab programs. She and her staff provide day treatment and therapeutic services to consumers living in AltaPointe’s residential continuum — for example, group and foster homes, shelter-plus apartments — as well as consumers living in the community.

“The goal of day treatment is to help our residential consumers increase symptom awareness, manage their illnesses, and increase compliance with their treatment,” Langley said. “This helps them transition back into a community setting once they leave us.”

Day treatment and AOP services help consumers recover by providing interactive activities and by taking them on field trips to places like the USS Alabama, the Senior Bowl, and the Gulf States Fair. The consumers also participate in special events on campus such as a recent health fair and a talent show.

It takes an understanding staff to respond appropriately and professionally to the consumers’ needs. “Our staff is hard-working, dedicated and compassionate about what they do; they have to be — it gets intense,” Langley said.

When asked how she deals with the demands of her work, Langley quickly replied.

“It’s my heart; I want each consumer to be treated with dignity and respect. I try to think how I would want to be treated if I became ill and the type of care I would want. Here at Zeigler, we must create an environment in which any of us would be proud to be served.”
Welcome to the following new staff members who joined AltaPointe between April 1 and June 15:

Administration — Joyce Cureton, application specialist, Information Technology; Mobilia Imobioh, staff accountant, Finance; Jennifer Neal, accounting clerk, Finance; Cristina Rodgers, human resources specialist;
BayView — Constance Mitchell, billing professional

Rick Buckelew, Vice President of Hospitals
Rick Buckelew joined AltaPointe in June to accept the new position of vice president of hospitals. This includes oversight of BayPointe, the new Baldwin County hospital, and hospital management contracts. Prior to AltaPointe, Buckelew worked for SeniorHealth as its vice president of operations-psychiatric division, and supervised behavioral health operations in Alabama, Arkansas and Tennessee. Buckelew also managed behavioral health facilities for HCA and served in the Office of Special Investigations of the US Air Force and its medical services.

BayPointe/Acute Care — Lebarron Barnes, Andre Brown, Betty Churchman, Carrie Ealey, Jeketa Gordon, Shenevia Johnson, Urishica Kyles, Michael Lett, Melissa McCrory, Tamorris Pettway, George Shehi, Sandra Sims, Quintin St. Julien, Schelisa Sylvester, and Ashley Wadibia, behavioral aides; Jeseka Hunt, Kristin Stiggers, and Jamie Turner, behavioral specialists; Lahoma Dubrock, RN; Annie Glover, RN; Sondora Leverett, LPN; Spiccey Nelson, therapist; Tiffany Rhodes, LPN; Kristy Taylor, recreational aide; and Kristen Townsley, therapist

Farah Khan, MD, psychiatrist, BayPointe
Farah Khan, MD, has joined AltaPointe as a psychiatrist working in the Adult Evaluation Unit at BayPointe. She received her medical degree from The Aga Khan University-Medical College, Karachi, Pakistan. Khan completed her adult psychiatry training at Texas A&M University-College of Health Science Center. She practiced psychiatry for the South Carolina Department of Mental Health before moving to Alabama.

Nagy Youssef, MD, psychiatrist, BayPointe
Nagy Youssef, MD, joined AltaPointe this spring and works in the Adult Evaluation Unit at BayPointe. Youssef graduated with highest honors from Cairo University School of Medicine. He pursued two years of residency in primary care and two years of psychiatry residency at Behman Hospital in Egypt. He completed his psychiatry residency at the University of South Alabama, earned an appointment as a Chief Resident in 2003, and graduated in 2004. Yousef is board certified by four psychiatry boards including the American Board of Psychiatry and Neurology.

Kevin Sanders, MD, psychiatrist, Child and Adolescent Outpatient
Kevin Sanders, MD, has joined AltaPointe to work with children and adolescents. He is originally from Tennessee, earned his undergraduate degree at the University of Tennessee (UT), and attended the UT College of Medicine. He completed his general psychiatry internship and residency at the University of North Carolina at Chapel Hill. Sanders then went to Duke University where he completed his child psychiatry fellowship and held the position of chief resident. He currently is on faculty at Florida State University-College of Medicine. Sanders has been in private practice in Pensacola since 2002. He has a special interest in autistic spectrum disorders and anxiety disorders as well as cognitive behavioral therapy.

Adult Residential Services — Ashley Chaney, behavioral aide/therapeutic, Zeigler; Felicia Warmack, behavioral aide, Zeigler; Diane Kirksey, community resource liaison, Rosewood

Child & Adolescent Outpatient/Transitional Living Program (TLP) — Lathasa Gilmore, case manager; Asia Johnson, behavioral aide; Tina Williams, assessment specialist

Adult Outpatient — Tedra Morris, community resource liaison, Zeigler; Maranda Pierotti, behavioral specialist, Gordon Smith; Christy Williams, case manager, Gordon Smith

Position changes
Mary Dooley and Stephen Zito have been promoted within the Adolescent Transitional Living program. Dooley, formerly a behavioral specialist, is now working as a TLP case manager. Zito, formerly a case manager, is now the TLP house manager.
Bravo! Bravo!

University of South Alabama 2008 graduating medical students selected Bayani Abordo, MD, to receive the “red sash” award as an “outstanding attending” at the June Honors Convocation. The designation means that the students agreed Dr. Abordo was one of their faculty members to have the greatest impact on their medical education. Faculty members named were invited to wear a red sash over their academic regalia at Honors Convocation and recognized as a group at that ceremony.

Congratulations to Tina Baker, LCSW, a BayView Professional therapist since November 2007, who passed her Licensed Certified Social Worker (LCSW) examination this spring.

Reneta Powe, RN, completed her coursework and earned an Associates Degree in Nursing on May 9 from Bishop State University. Powe is the specialized care nurse for Adult Outpatient Services-Gordon Smith. The Mobile Licensed Professional Counselor Association (MLPCA) has elected Joyce Barber, LPC, as its secretary for the upcoming year. Barber is the AltaPointe Utilization Review Coordinator.

Beth Blair, LPC, and Lisa Jones recently presented “Increasing Numbers for Supported Employment with the MI Population” at the Alabama Association for Persons in Supported Employment (AL-APSE) held in Montgomery. The presentation discussed the 2007 successes of AltaPointe’s program when Jones assessed, coached, and/or placed more than 25 people in competitive employment jobs in our community, a record number of placements for AltaPointe.

Judith Boswell, LCSW, a therapist at AOP-Gordon Smith, spoke at a monthly meeting for Goodwill Easter Seals staff on April 10. Her topic was “A Check-Up from the Neck Up: A Discussion About Mental Health.”

Twenty-three employees succeed at ‘Scale Back Alabama’

AltaPointe’s first-ever participation in the 10-week Scale Back Alabama initiative this spring was a successful venture. Seventy-five percent of participants “weighed out” at the end of the initiative with 23 staff members losing 10 or more pounds totaling 296 pounds. That is equivalent to one well-toned high school football linebacker or two-and-a-half female gymnasts! Dozens of other employees lost up to 10 pounds, which are not counted in this total.

AltaPointe employees, along with their team names, who met or exceeded the 10-pound goal, include: Nikki Odom, MR Case Management; Tamika Watson, Victory; Vanessa Pettway, Dolgos Girls; Leigh Ann Macon, Sara Whitfield, The Gatlin Gang; Pam Colston, The Bobbettes; Bill Hamilton, Fantastic Four; Charles Graham, Julie McMullen, Dolores Bray, Big Daddy and The Sweethearts; Queenie McDewitt, Elizabeth Fox, BayPointe Incredibles; Tomeka Finklea, The Surviving Team; Emma Hayles, Ollie Doyle, Winners; Dennis Perry, Lisa Jones, Outkast; Renda Locket, The BayPointe Dream Team; Malika Ali, Felicia Miller, Royal Court; and Kevin Markham, Wanna’ Be Skinny. Congratulations to our “biggest losers,” who dropped between 15 to 18 pounds. They include Dolores Bray, Orda Powell, Samartia Leonard, and Emma Hayles.

Staff honor retiring colleagues

Judy Glaude, medical records clerk, retired on June 27 after more than 35 years at AltaPointe. Her friends and colleagues hosted a retirement reception for her at Adult Outpatient-Gordon Smith. Cathy Singleton and Barbara Chance had this to say about their friend: “Judy has always gone far beyond the call of duty; given advice in a gentle, patient way... and most of all, she respected the staff and the consumers.”

Peggy Sherman retired in May after working nearly 14 years as a nurse with AltaPointe. Adult Outpatient Services-Zeigler honored Sherman at a retirement reception. Her co-workers applaud her calmness in the face of crises and her encouragement to nursing students to work in the mental health field. “Over the years, Peggy has talked with me about her love for travel... her two sons and husband, and her love for flowers. We will miss her,” her friend, Gale Sellers, said.
Baldwin hospital plans begin
Since an administrative law judge recommended a Certificate of Need (CON) to AltaPointe, for an adult 66-bed hospital, in May, architects have been working on Phase I renovation plans for the AltaPointe hospital facility located in Baldwin County. The first priority will be to bring the building up to code, which will take several months. Other actions include forming an advisory committee to give input into the plans for the new hospital operation.

Child & Adolescent Outpatient offices move
AltaPointe Child & Adolescent Outpatient Services vacated its long-time LeMoyne Center location at Old Shell and North Bishop Lane in May to clear the way for major renovations to that building. The entire operation moved next door into a former church facility for which AltaPointe holds a lease. Child & Adolescent Outpatient Services will serve consumers from both buildings when renovations are complete in the former LeMoyne Center.

AltaPointe adds second adolescent residential program
AltaPointe will open another transitional living program for adolescents with a serious mental illness diagnosis in August. The program is licensed and partially funded by the Department of Mental Health/Mental Retardation. Michelle Brazeal, LGSW, coordinates this program as well as an adolescent transitional living and an independent transitional living program for youth under the care of the Alabama Department of Human Resources. These programs provide opportunities to make a successful transition from adolescence into adulthood.

ARS Safety Committee reminds staff to ‘Always Be Careful’
The Adult Residential Services Health and Safety Committee has chosen ABC — “Always Be Careful” as its slogan. The Committee meets monthly and comprises representatives from each group home, behavioral aides, behavioral specialists, nurses, a maintenance representative, and human resources. ARS formed the committee due to an increased number of beds, which means more staff and consumers and greater possibilities for accidents.

The Committee’s first goal is for the staff to have 90 accident-free days for which they will receive rewards. Cindy Martin, human resources specialist, will track the days. Bill Hamilton, residential coordinator, who chairs the committee, recognized Darrell Mitchell, residential behavioral specialist, for coming up with the new slogan.

HS programs celebrate Nurses’ Week
Staff members showed appreciation for AltaPointe nurses during Nurses Week this May. Nurses, we are glad you work at AltaPointe.
Olivia Nettles, BayPointe director, braces herself for another dip in the dunking machine.

Irma Lopex, BayPointe day treatment therapist, fills a plate with the great food prepared for Summer Blast.

Amy Conway, left, and Phyllis Mason relax for a moment during the annual BayPointe Summer Blast on May 9. Conway is assistant coordinator for day treatment, and Mason is the acute care nurse manager at BayPointe.

Values are the most important ideas and beliefs that one possesses. They develop over time shaped by education, environment and experiences. They become your guide to behaviors and attitudes that you will and will not accept.

Businesses, like individuals, have values. They may not always be stated, yet customers, associates and competitors form opinions about an organization’s values system based on the behavior and performance of its employees.

In an organization like AltaPointe, knowing and living our shared, core values engenders trust and connects us to each other. They are what all of us together stand for; they are the basis for our decision-making. It is important that we understand what they are.

That is why the AltaPointe leadership team took the time to identify and define the core values of this organization; the ideals and powerful drivers of how we think and act, of how we care for our consumers and each other.

The following five core values should guide every attitude, behavior and action of AltaPointe employees:

**Service**
We focus on understanding individual and community needs and respond with compassion, dignity and respect.

**Quality**
We deliver care that meets the highest-quality standards and achieves the best possible results.

**Integrity**
We keep our word and take responsibility for our actions.

**Innovation**
We bring new ideas and concepts to life through creativity, invention and problem solving.

**Collaboration**
We collaborate with others to achieve common goals.

‘Dual’ Team celebrates consumers’ successes
AltaPointe’s ‘Dual’ Team celebrate at an end-of-year graduation with consumers that have successfully completed or are participating in the dual diagnosis outpatient program this past year. More than 30 consumers and 17 staff members enjoyed a picnic lunch at Langan Park on May 2. Dual Team members include, front row from left: Beth Blair, Janet Langley, Perry Tan, Emily Minto, Michelle Dees, Joy Norgren, Rachel Campbell, Cynthia Foster, and Gil Fields; back row from left: Pam Parnell, Myoshia Partee, Yoshita Denings, Danielle James, Wanda Moore, Jennifer Strickland, Marcia Joiner, and Kerry Brit.

'Boron' to the rescue
Spring brings green grass, blooming dogwoods and a new brood of ducklings to the AltaPointe duck pond each year. The ducklings fight to survive the “duck pond world” of predatory turtles that reside there. With the help of other animal-loving staff members, Dorel Borlovon, (photo at right) IT network administrator, corralled eight ducklings and moved them to his property. The babies have been growing up safely near a natural spring. Borlovon plans to return the ducks to the “AltaPointe Duck Pond” when they are large enough to fend for themselves.

Summer Blast at BayPointe
Five Star Customer Service rolls out September 8 through 12

Every AltaPointe, BayPointe and BayView employee will be asked to attend one of several presentations scheduled during the week of September 8-12.

You may wonder, “Who is AltaPointe’s customer?” The answers may surprise you. You will learn this and much more when you attend the roll out of the Five-Star initiative—AltaPointe’s new and official customer service program.

Watch for details in the coming weeks.

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Looking back: the AltaPointe chronicles

1990 — USAMC’s 7th Floor unit disbanded; MMH discontinued providing services at USAMC
— MMHC established BayCare psychiatric hospital and Stickney children’s inpatient services working from the 5th and 6th floors of USA Springhill Avenue hospital.
— Zeigler Lodge Adult Residential Group Homes established; built with state bond funding
— Washington County satellite office built through state bond funding

1993 — Opened west Mobile office for Adult Day Treatment Services
— Established Senior Adult Services program

1995 — Purchased LeMoyne at Bishop Lane

1997 — Lost HCFA (CMS) certification (June)
— BayCare closed

1998 — MMH Board names Tuerk Schlesinger new CEO/Executive Director (May)
— Retained contract with PrimeHealth for Medicare/Medicaid waiver
— Restructured management to a more effective, efficient model; introduction of new vision, structure and culture
— Implemented Access-to-Care telephone triage services with specialized computer software for tracking
— Assumed responsibility for Mental Retardation Case Management from the State DMH/MR Department
— Day treatment and outpatient facility opened at Zeigler Lodge
— Combined child and adolescent outpatient services under one program, one roof

2001 — MMH merged with 310 Board. Impetus was a state-level mandate that 310 boards had to provide services as well as planning and resource allocation.
— Purchased former Charter Hospital facility (Most acute care hospitals had stopped providing mental health inpatient services. MMH solicited funding from several Mobile-based foundations, i.e., Bedsale, Crampton Trust, Hearin, Alabama Dept. MH/MR, which made purchase and renovation possible.)
— Received Joint Commission on Accreditation of Health Care Organizations (JCAHO) accreditation
— University of South Alabama – contracted to train psychiatric residents
— Joined Retirement Systems of Alabama
— Established Assertive Community Treatment Team and Bridge Team

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Blast from the Past!

Name this longtime AltaPointe employee
...and an opportunity to win a coupon to Panera’s. Submit your answer along with your name, title, department, and office phone number to Carol Mann, director of public relations (c/o Jan Demouy) at the Administration Building before August 15.

Blast from the Past! is a fun way for employees to test their memories as part of our 50th Anniversary. Each newsletter will include a photo of a person or place related to AltaPointe. Employees that submit the correct answer will have their names placed in a drawing for a prize.

Winner of last issue’s Blast from the Past! contest was Claudia Andrews, accounting clerk in the business office. Congratulations, Claudia, for correctly naming Jana Foster as last issue’s “mystery” employee and winning the drawing.