

PINE GROVE news

NEWS FROM PINE GROVE BEHAVIORAL HEALTH ■ FALL 2009

Displaced Hunger: Deceptive and Deadly

by Caroline Smith, Pine Grove Women's Center



Caroline Smith



Mark Gold, MD

The scale is often used as the Holy Grail when determining the presence of disordered eating. When you think of "eating disorders" or "disordered eating," what criteria come first to mind? The journey from denial and self-sabotage to self-awareness and health is often a curious adventure. Current studies in this area reveal the enormity of our problem.

- 91% of women surveyed on a college campus have attempted to control their weight by dieting.

(*International Journal of Eating Disorders*, Volume 18: 209-219, 1995)

- Over 50% of teenage girls and nearly 35% of teenage boys use fasting, cigarettes, vomiting, and laxatives to lose weight.

(*Eating Disorders 101 Guide: A Summary of Issues, Statistics and Resources*, 2003)

- Depression is

coexisting in almost half of individuals with disordered eating. (*American Journal of Psychiatry*, Volume 152: 1073-1074, 1995)

- The percentage of adults aged 20 to 74 who are overweight has increased from 44.8% to 65.2% in the past 20 years.

- Obesity has increased from 13.3% to 30.5% during this same time period. (National Center for Health Statistics)

- African-American girls are 50% more likely than Caucasian girls to exhibit bulimic behaviors. African-American girls scored an average of 17% higher than their Caucasian counterparts on the widely used medical index gauging severity of the bulimia.

(Research supported by the National Science Foundation and published by the Institute of Economic Policy at USC)

- Eating disorders have the highest mortality rate of any mental illness. (National Association of Anorexia Nervosa and Associated Disorders 10-year study, 2000)

Knowing what one weighs is imperative yet insufficient when assessing the presence of disordered eating. Body Mass Index (BMI) and Ideal Body Weight (IBW) provide limited information when used exclusively to assess these deadly diseases.

Eating disorders are complex emotional and psychological illnesses caused by a number of factors and influences. Calorie conflict behaviors such as binge eating, food rituals and restrictions can represent self-defeating attempts to meet legitimate needs. It is more important to WEIGH the REASONS why you EAT than to obsess about your WEIGHT.



Greetings from Pine Grove

2009 marks Pine Grove's 25th anniversary.

Originally established as a small psychiatric and chemical dependency hospital serving South Mississippi, the vision started in 1984 has continued and grown tremendously. I wonder how many of those at the ground-breaking ceremony dreamed that in twenty-five years Pine Grove would become, "One Place, Many Solutions," one of the most comprehensive behavioral health continuums of care in the United States.

While Pine Grove has continued to grow, we have maintained our strong commitment to the values, traditions, and spiritual legacy that we started with. We believe in living one day at a time.

The core of Pine Grove's success has always been its people. I am constantly reminded of the passion and commitment of our staff to the healing and restoration of hope for those that pass through our doors. Many of our staff are long-term employees, indicating a strong dedication to the mission that we strive to achieve each day at Pine Grove.

We are especially grateful that you have trusted us to care and treat the clients referred to us. We are committed to providing the best care, to the patient, family and referring professional.

Warmly,

Debbie Sanford, RN, MSN, MBA
Vice President, Behavioral Health Services

"There is no lonelier feeling than stuffing yourself and still feeling profoundly empty. It is like a black hole that incessantly craves something but cannot be satisfied. I have tried a myriad of creative ways attempting to quiet this relentless siren. I feel trapped in a huge, silent, dark prison of my own creating."

(*Displaced Hungers Manuscript*, Smith & Gold)

Caroline Smith and Dr. Mark Gold served as keynote presenters at the 2009 Moment of Change Conference. Look for their book, *Displaced Hunger*, available in 2010.

Pine Grove is pleased to announce updates to our team

Scott Hambleton, MD Addictionologist



Newly appointed Addictionologist at the Pine Grove Women's Center. Dr Hambleton is Board Certified in Family Medicine and Addiction Medicine.

He is a Diplomate in the

American Society of Addiction Medicine. Dr Hambleton completed the University of Florida Addiction Medicine Fellowship at Pine Grove in 2007.

Randall Sherman, MD, FACS Addictionologist



Newly appointed Addictionologist at Next Step. He is Board Certified in Neurological Surgery, Diplomate – American Society of Addiction Medicine (ASAM), and a member

of ASAM and the American College of Surgeons. Dr. Sherman also continues to treat patients in our acute detox program. Dr. Sherman completed the University of Florida Addiction Medicine Fellowship at Pine Grove in 2007.

Wade Wicht, LPC, NCC, CEAP Director, Men's Next Step



Newly appointed Director of the Men's Next Step Program. Wade has served as the Director of Residential Business Operations for the past year and will continue over-

sight of the National Call Center and Residential Transportation. He has specialized training and certifications in chemical addiction treatment, crisis intervention, healthy sexuality, sports psychology, solution-focused therapy, grief, marriage, and family counseling. His business management experience combined with his knowledge of customer service and referral development will greatly benefit the Next Step Program. Wade may be reached by calling our National Service Center at 1-888-574-4673 or directly at 601-288-4920.

Pine Grove uses ancient labyrinth experience to facilitate modern treatment

Pine Grove Behavioral Health, a service of Forrest General Hospital, is using innovative, yet ancient, methods to treat modern patients with modern problems, thanks to a new labyrinth.

Though this is a new addition to the treatments and experiences offered for Pine Grove patients, the practice of walking labyrinths has been used in many cultures for over 3,500

years. A labyrinth consists of a walking path, designated by a pattern set into or printed on the floor or constructed of stones or other materials. Though there are many kinds of labyrinths, all share the basic features of one entrance and exit, a single path and a center. Those who walk a labyrinth, including Pine Grove's patients, may use it for prayer, reflection, or as an opportunity to center themselves for healing.

"A labyrinth is a wonderful therapeutic tool that allows patients to move away from some of the constant chatter in their heads to find a place of stillness," said Peter Smeele, Director of Spiritual Services at Pine Grove. Smeele added that a labyrinth offers the opportunity for Pine Grove's patients to remember and release, but also to receive and to learn to live with their hearts wide open.

A labyrinth walk mirrors a life journey in that no two people walk the labyrinth in the exact same way. The labyrinth can be walked alone or with others, silently or while singing or speaking, creating an experience that fosters reflection and enlightenment, as well as a process of self-discovery. For patients at Pine Grove who may be recovering from an addiction or eating disorder, or learning to live with a psychiatric disease, each step is an opportunity to simply reflect, or to celebrate the goals and accomplishments reached on the road to recovery.

The purchase of this portable labyrinth allows counselors and other Pine Grove staff to learn how to integrate it into treatment programs, in anticipation of construction of a permanent labyrinth, to be located within Pine Grove's Spiritual Grounds. This area is designed to be a space that encourages healing for both patients and the community. The area for the ongoing Spiritual Grounds project is located on the Pine Grove campus, at



A patient and family join Peter Smeele, Director of Spiritual Services at Pine Grove, in the center of Pine Grove's labyrinth for a time of reflection and sharing.

the corner of Richburg Road and 28th Avenue Extension, and represents Pine Grove's commitment to promote healing and positively affect patients, their families and community members far into the future. The first element of Spiritual Grounds was dedicated last fall with the unveiling of the Paul McMullan Plaza and Circle of Healing Sculpture. Preparations are already underway for future elements, including a chapel, bell tower, meditation garden and the permanent labyrinth. This project is being supported and facilitated by Forrest General, Pine Grove and the Forrest General Healthcare Foundation, which is currently working to raise funds for future elements of the Spiritual Grounds area, as well as other future developments for the hospital.

For more information on Pine Grove Behavioral Health and its available treatment programs, call 1-888-574-HOPE, or contact FGH OnCall at 1-800-844-4445. For more information on the Spiritual Grounds and how you can contribute to this project, contact the Forrest General Healthcare Foundation at 601-288-4396.

Pine Grove celebrates 25th Anniversary

From relatively small beginnings in the spring of 1984, Pine Grove Behavioral Health and Addiction Services has grown to hold the title of Mississippi's largest treatment facility for psychiatric and addictive diseases. Pine Grove, which celebrates its 25th anniversary this year, benefits patients in the Pine Belt and far beyond with various inpatient, outpatient and residential programs.

Pine Grove offers treatment services beneficial to all areas of the population, including several highly-specialized programs such as Gentle Path, which treats sexual addictions, Next Step, a chemical dependency treatment program for men, the Women's Center, a residential program to treat eating disorders and chemical dependency, and Professional Enhancement, which works with professionals to help in interpersonal relationship and vocational issues. Pine Grove operates offices spreading across south Mississippi, with locations in Laurel, Gulfport, Madison, McComb, Meridian, Picayune, Columbia, Lucedale, Wiggins and Gautier.

Twenty-five years ago, Pine Grove was planted as a tiny sapling, but through years of nurturing has grown to a towering forest of trees, offering shelter and respite to patients and community members. For more information on Pine Grove and its available programs, call 1-888-574-HOPE or visit pinegrovetreatment.com.



Pine Grove staff celebrated Pine Grove's 25th Anniversary in May.

Where is PEP?



Throughout the year, Pine Grove has been celebrating 25 years of service in Behavioral Health and Addiction Treatment which has prompted me to reflect on the history and growth of the Professional Enhancement Program (PEP). Since 2002, PEP has provided over 300 professional assessments and treated over 425 individuals from 42 states and 2 provinces. About 75% of our assessments and 50% of our treatment patients have been physicians. A majority of these referrals are made from Physician Health Programs and Boards of Medical Examiners as we maintain our collaborative approach with these complex problems.

However, during the past year we have experienced a considerable increase in referrals from partnerships, hospital executives, and managers of physicians. The physician with disruptive behavior has received increasing attention among academic, administrators, accrediting bodies, and policy makers.

The Joint Commission in January 2009 began accreditation of health services organizations on the degree to which they comply with the newly released standards on disruptive behavior. There has been a growing and converging body of literature which established the empirical association between disruptive behavior and the impact on safety and quality. Therefore, our 360 degree feedback model in the assessment, treatment, and monitoring of disruptive behavior focuses on (a) assessing individual performance (i.e., 360-degree performance appraisal), (b) motivation theory (more specifically,

expectancy and goal-setting theory), and (c) the psychiatric and psychological literature. This intervention has been integral and successful for individuals and organizations. It has provided an opportunity to shift an organization's culture while enabling the physician to render safe, high quality care.

During the past year, our staff has presented at The American College of Physician Executives (ACPE) Spring conference, The Federation of Physician Health Programs Annual conference, The Foundations Recovery Network conference on Process Addictions for Professionals, The Mississippi Physician Health Annual Retreat, The Society for the Advancement of Sexual Health Annual conference, The Association for the Treatment for Sex Abusers Annual conference, and Grand Rounds at Tulane University Medical Center and LSU Health Sciences Center. Finally, we have been selected to present Managing Disruptive Behavior in Physicians at the American College of Healthcare Executives Annual conference for 2010.

We have also welcomed Teresa Mulvihill, MD, onto our staff. Dr. Mulvihill is board certified in General Adult Psychiatry and has had extensive experience in working with individuals with addictive disorders, mood and anxiety disorders and trauma histories.

We are adding a third Clinical Psychologist to our staff later this month as we continue to expand our assessment, treatment, and monitoring services at PEP. Thanks for being a part of the Professional Enhancement Program's history.

Philip Hemphill, PhD
Program Director

Pine Grove staff to attend conferences across U.S.

Visit with Pine Grove staff this fall at the following conferences:

October 28-29, 2009

Spanish Fort, AL
Gulf Coast Addictions Conference
Caroline Smith, Dr. Scott Hambleton,
Ruth Ann Rigby & Kim Jarrell
www.southalabama.edu/cce/gcc09.pdf

November 14-19, 2009

Tucson, AZ
American College of Physician
Executives
Allison Sutton
www.acpe.org

January 13-16, 2010

Jackson, MS
Mississippi Addiction Conference for
Health Care Professionals
Dr. Scott Hambleton, Caroline Smith
& Ruth Ann Rigby
For more information call Ruth Ann
Rigby
at 601-297-0197

January 28-30, 2010

Lexington, KY
CAPTASA
Carver Brown & Ruth Ann Rigby
www.captasa.org

Pine Grove announces new program coordinator

Pine Grove announces that Amanda Elkin has been named Program Coordinator of Intensive Workshops and Family Therapy. Elkin graduated from the University of Mississippi with a Masters of Arts in Journalism. After working in the public service sector for several years, she went back to The University of Southern Mississippi pursuing a degree in Community Counseling graduating with a Masters in Science. Elkin is licensed as a Professional Counselor (LPC). She is currently completing her certifications in Sexual Addiction (CSAT) and EMDR. On a personal note, Elkin attends Woodland Presbyterian Church where she is active with their youth as a volunteer.



A service of Forrest General Hospital

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Pine Grove Intensive Workshops Fall Schedule

Facing the Shadow (FTS)

Facing the Shadow is a five-day workshop designed for individuals struggling with sexual compulsivity. Participants will gain education, experience group therapy, and begin the road to recovery.

November 9-13, 2009

Core Recovery Issues Intensive (CRII)

The Core Recovery Issues Intensive is a five-day workshop designed for individuals seeking freedom from the bonds of codependency and maladaptive life choices. Participants examine how childhood wounds have, and do, interfere with intimacy, and will discover how to select and maintain healthy, functional relationships.

November 2-6, 2009

November 30 - December 4, 2009

December 14-18, 2009

The Body Battle – Finding Harmony with Self & Food

The Body Battle is a three-day workshop designed for males and females ages 18 and older who suffer from disordered eating and are trapped in the cycle of body hate and low self-esteem. Participants will acquire information and participate in expressive therapy modalities which will lay a foundation to begin to accept oneself on the road to recovery.

TBA

Mending a Shattered Heart

Mending a Shattered Heart is a four-day workshop for people who within the last year learned about their spouses' addiction and who seek tools to guide them through the myriad of feelings and decisions they are confronting.

TBA

**For more information on these programs, please call
1-888-574-HOPE.**