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Delta Correctional Facility is transforming perceptions of mental health

GREENWOOD - A recent Mental Health Awareness Program at Delta Correctional Facility (DCF) emphasized the need to shift society's understanding of mental well-being.

"Too often, mental illness is mistakenly perceived as a personal flaw rather than a legitimate medical condition that warrants proper support and treatment," said Delta's Program Director Rochelle Gunn-Hudson. "The program aimed to educate and enlighten attendees on this very misconception, encouraging a societal transformation in the perception of mental health."

Keynote speakers, Fred Tidwell and Satyn Adams, delivered heartfelt speeches stressing the importance of addressing mental health with the gravity and respect it deserves.

They emphasized that it's not just about overcoming personal struggles, but building strong community bonds that recognize the importance of mental health support. Furthermore, it was highlighted that strength can be drawn from various sources, including divine intervention, to overcome any mental barriers.

The incarcerated women at Delta were encouraged to remain mindful of their mental health not only in May as part of Mental Health Awareness, but also beyond.



