The Intercept program is one part of the Intercept Program.

On Thursday, August 2nd, the Amarillo Police Department, in conjunction with TPC, issued the following press release:

**INTERCEPT**

The Amarillo Police Department and Texas Panhandle Centers (TPC) are proud to announce the creation of a new partnered response to Behavioral Health in the Amarillo community called Intercept. Two mental health professionals from TPC will be dedicated to this program and ride alongside the Amarillo Police Department Crisis Intervention Team (CIT) officers. The two Intercept teams, one day-shift and one evening shift, will hit the streets beginning the week of August 13, 2018.

The Intercept program is a teamwork approach to helping individuals with mental illness by providing them with the best resources and treatment available in our community. The Intercept team will respond to current mental health events, but more importantly they will be cultivating relationships with individuals needing rapid connection and follow up care.

This program aims to provide early intervention to prevent unnecessary incarceration and hospitalization of those suffering from mental illness. The Intercept program is one part of a larger collaboration to better serve the mental health concerns of our community. Other partners include Heal the City, Family Support Services, Dailey Recovery Service and Coalition of Health Services, Inc. These partners have identified gaps in the local service system that can be met through collaboration and the strategic addition of treatment and transition support services. The creation of these initiatives is a result of Texas state grants provided by House Bill 13 which was sponsored by Amarillo’s own Texas State Representative, Four Price.

Sgt. Jason Riddlespurger is the Coordinator for the C.I.T. and Intercept Program.
Mental Health First Aid (MHFA) – What Is It, Who Provides It, Why is it Important, Where Can I get Trained?

On May 30, 2018 a “School and Firearm Safety Action Plan” was released by the Texas Governor’s Office and this was what was said about MHFA.

“Mental Health First Aid is an eight-hour, evidence-based program designed to develop the skills to identify, understand, and respond to signs of mental illness. The program was created in 2001 by an Australian nurse specializing in health education. This program is often compared to CPR training. A person with no clinical training learns to assist a person experiencing a mental health situation until a trained person arrives. The program is designed for all members of the community including professional associations, educators, and human resource directors.”

In 2013, SB 3793 directed the Department of State Health Services (DSHS) to provide grants to Local Mental Health Authorities (LMHAs) for their staff to become certified trainers of Mental Health First Aid. These certified trainers provide free Mental Health First Aid training to school district employees.

Since 2014, Texas has trained approximately 24,736 public school employees, 875 instructors, 503 university employees and 18,133 community members. However, barriers do exist in expanding the numbers of teachers because it can be difficult for LMHAs to access local school districts. Although the training registration is free and counts toward an educator’s required continuing education requirements, it is not considered a required training, and therefore many educators focus their continuing education hours in other areas. Also, school districts indicate they do not have resources to provide funds for travel. The Mental Health First Aid program is a train-the-trainer based program and capacity of the program is limited to the number of certified trainers in Texas.

Recommendation: Increase Mental Health First Aid training during Summer 2018

The General Appropriations Act for Fiscal Year 2018-2019 includes $5 million GR for grants to LMHAs for Mental Health First Aid training. As of May 29, 2018, HHSC indicates $2 million will be expended during the summer of 2018 to provide Mental Health First Aid training. The Health and Human Services Commission (HHSC) and the Texas Education Agency (TEA) will work with the LMHAs to increase the number of Mental Health First Aid training opportunities for educators during the summer of 2018. HHSC and TEA will also seek potential federal funding opportunities for Mental Health First Aid made available through the FY 2018 Omnibus Appropriations Act.

Here at TPC our leadership has made it possible for several TPC, AISD, CISD, Region 16, WTAMU and Amarillo College employees to become trainers. Through this effort people in our communities will have access to this important training. The training focuses on what to look for and how to assist someone who has a mental health need. Participants are asked to think about their roles in

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their communities as a neighbor, family member, and friend in addition to the professional roles they play. Trainings are offered throughout the year for educators, TPC staff, law enforcement, and community members at large.

This year WTAMU is offering MHFA on its Community Continuing Education Class schedule. MHFA for Youth will be offered to TPC employees throughout the year at the agency. If you are interested in attending one of the youth classes at TPC please call Stacy Sandorskey 349-5603 or Libby Moore 349-5609 and they will get you on the list. Sammie Artho, 351-3348 is our TPC contact for coordinating the requests from the community for classes. She matches available trainers with the type of class requested. To learn more about TPC MHFA please feel free to reach out to Libby, Stacy or Sammie.

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Classic Summer Caprese Salad

Looking for something quick and filling? This easy salad could be served as an appetizer or a light dinner.

Prep Time: 10 minutes Serves 2

Ingredients

1 tablespoon extra virgin olive oil
1 tablespoon balsamic vinegar
2 cloves garlic minced
1 tablespoon fresh basil minced
1/2 teaspoon salt (to taste)
1 large tomato sliced
1 (4oz) ball fresh mozzarella sliced

Balsamic glaze

Whisk ingredients, add sliced tomatoes and mozzarella. For best results, marinate in fridge for 30 minutes. Serve: drizzle with balsamic glaze

Source: showmetheyummy.com

Articles or suggestions for this publication may be submitted by the 1st of each month to:

Joyce Lopez-Enevoldsen ● 901 Wallace Blvd., ● Amarillo, Texas 79106
Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@txpan.org
Float Day

If you have not used your float day (8 hours PTO) this fiscal year please do so prior to August 31st to avoid losing it. Be sure to get approval through your supervisor!

You are eligible for a float day after you’ve been at TPC for one year. If you have questions, please contact the Payroll Department.

Welcome these New Employees...

Hannah Doggett          IDD Service Coordination
Brandi Palmer          Specialized Services
Jericka Smith          STAR
Jorge Meraz            ASCI Amarillo
Jennifer Sizemore      Specialized Services

Don't forget:

"I'd like to run a few more tests just to rule out 'Baseball Fever.'"  
"These homework patches really reduce your cravings. This one is 'Chemistry,' but you can get them in any subject."

Renay Asberry, Community Living, answered last month’s questions correctly and was randomly selected to win a $25 gift card from Amarillo National Bank. To claim your card, contact Joyce Lopez-Enevoldsen at 806.351.3308 or email: joyce.lopez@txpan.org.
White Hat Award

The IDD Service Coordination department would like to give this month’s White Award to Lindsey Martinez, Chief Accountant and Controller. Lindsey is always very friendly and offers explanations to questions that are easily understood. Lindsey has several creative ideas and has developed a budget program that is user friendly. Lindsey has offered to assist with forms that need to be sent to the State and has an interest in learning about the IDD Service Coordination Department. Lindsey has gone above and beyond her job duties and from all of us at the IDD Service Coordination Department, we thank you and appreciate all that you do.

Breanna Deakin
For IDD Service Coordination

Dear TPC - Steve and all the Crew,

Thank you so much for being a part of the Cactus Free Clinic! We appreciate you being a resource for the patients who attended. And we look forward to working with you in the future!

Blessings to you,

Dr. Stephanie Diehlmann

Answer the questions correctly and your name will be entered in a random drawing to be eligible to win a $25 gift card.

1. ________ is the new partnered response to behavioral health in the Amarillo community.

2. Mental Health First Aid is often compared to ________.

3. Never pass a _________ that is loading or unloading children.

Submit your answers to joyce.lopez@txpan.org. Deadline for responses is the 5th of the following month. You must type “Monthly Drawing” in the email subject line to be eligible. For those that do not have a computer, entries may be submitted via interoffice mail. The same requirements apply for hard copy submissions.
As summer draws to a close and children start heading back to school, family life can get pretty hectic. It's important to remember – and share with your children – some key tips that will help keep them safe and healthy throughout the school year.

Getting to School

Whether children walk, ride their bicycle or take the bus to school, it is vitally important that they – and the motorists around them – take proper safety precautions.

Walkers

- Walk on the sidewalk; if there is no sidewalk and you must walk in the street, walk facing traffic
- Before crossing the street, stop and look left, right and left again to see if cars are coming
- Never dart out in front of a parked car
- Parents: Practice walking to school with your child, crossing streets at crosswalks when available
- Never walk while texting or talking on the phone
- Do not walk while using headphones

Bike Riders

- Always wear a helmet that is fitted and secured properly
- Children need to know the rules of the road: Ride single file on the right side of the road, come to a complete stop before crossing the street and walk the bike across
- Watch for opening car doors and other hazards
- Use hand signals when turning
- Wear bright-colored clothing

Bus Riders

- Teach children the proper way to get on and off the bus
- Line up 6 feet away from the curb as the bus approaches
- If seat belts are available, buckle up
- Wait for the bus to stop completely before standing
- Do not cross in front of the bus if possible, or walk at least 10 feet ahead until you can see the other drivers

Drivers, Share the Road

- Don't block crosswalks
- Yield to pedestrians in crosswalks, and take extra care in school zones
- Never pass a vehicle stopped for pedestrians
- Never pass a bus loading or unloading children

The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus
The following employees were recognized through the Performance Enhancement Program for one or more of the following: Core Competencies, Safety, Critical Thinking, Communication, Client Rights, Continuous Quality Improvement, Professional Behavior, Customer Service:

- Renay Asberry, Community Living
- Dave Kee, Maintenance
- Bobby Wilson, Maintenance
- Gary Scheller, Maintenance
- Ricky Gaskill, Maintenance

Reminder to supervisors: If you would like employees recognized through PEP in the newsletter, submit the PEP (or a copy) to the respective executive manager for approval.

Ways to Stay Healthy with a Desk Job

Physical inactivity, especially sitting for long periods, has been linked to increased mortality rates second only to smoking, according to research from the American College of Sports Medicine. For those that reported sitting for more than 23 hours per week combined, there was a 64 percent greater chance of dying from cardiovascular disease than those who said less than 11. The American College of Chest Physicians even found a link between sitting at home during leisure time and suffering poorer sleep and decreased attentiveness during work the next day. Although it is impossible to negate the effects of long hours of sitting entirely, there are things that the average worker can do. First, plan to break up the day into 30-to-60 minute chunks, separated by a short walk, stretch, or other activity.

There are simple stretching routines that can be performed unobtrusively in an office that can reduce neck and back pain by 72 percent. Good practices like parking far away from the office, taking the stairs instead of the elevator, or even walking or biking for your commute can add movement to the day. Take care to schedule lunchtime so that you won't be forced to grab unhealthy food or eat sitting at your desk instead of taking a real break.

Drinking plenty of water will not only provide other health benefits, but it will also give you a reason to stand up and move around more often as you go to the restroom and refill your bottle. After work, participate in athletics or group workouts as an alternative to sitting at home.
Much appreciation goes out to Terry Zimmerman, Support Services Director, and his department staff: Dave Kee, Bobby Wilson, Ricky Gaskill, Gary Scheller, Carlos Arenivar, Mark Ellyson, Ricky Burrough and Kay Annen, for all they’ve done to help keep the staff of 501 Wallace cool while a new chiller is being replaced. Portable air conditioners were brought in as well as fans. Ice water was also provided.

Labor Day - September 3rd

September 3: The day of tribute to labor. There’s no better way to honor labor than by not doing any. At least that was the idea of Peter McGuire, a labor organizer and leader who came up with the idea for a national holiday in 1882. A day of rest from labor was a good idea, McGuire said, because laborers spend a lifetime pushing their bodies to the limit. He told a convention of carpenters in 1902, "A man wears out like a piece of machinery. . . . I am not lost entirely in this world but I have had enough to wreck me physically, destroy me mentally." Although McGuire retired after a long, and sometimes checkered career, his idea of a labor holiday has outlived him by 136 years.

Today, half the labor force is tired of typing and developing algorithms rather than digging ditches. But a day of rest is nonetheless welcome. Labor Day has become the official end of summer, with pools closing, kids in school, leaves falling and the last of the summer family picnics. But it remains what McGuire wanted: A rest for bodies and minds. A time for family and friends. A three-day weekend before the start of holiday activities in October, November and December.

In observance of Labor Day, TPC Offices will be closed on Monday, September 3rd.

Wishing everyone an enjoyable Labor Day Holiday!
Join the conversation as Suzanne “Sunny” Stroeer, a former strategy consultant turned expedition and adventure photographer, shares her story of radical transformation, the struggle for happiness and balance, and the quest for a life full of meaning.

Our annual lecture is dedicated to raising awareness and advocating for mental health programs.

This free event features snacks and continuing education credits.

Registration is required in advance.
RSVP to Shyla Dubois
806.351.4622
Shyla.Dubois@nwths.com