In observance of Labor Day, TPC Offices will be closed on Monday, September 2, 2019.

Wishing everyone a safe and restful holiday.

Walk to Wellness Fundraiser

Center City Shakes and Bakes is hosting a Walk to Wellness Fundraiser to benefit Texas Panhandle Centers on Friday, August 24th.

Center City Shakes and Bakes, located at 800 S. Buchanan in Amarillo, has adopted Texas Panhandle Centers as their charity for this event. On August 24th at 9 a.m. CCS&B will be hosting Walk to Wellness. Walk to Wellness is a free 1-3 mile walk throughout Amarillo’s scenic downtown area. The mission of CCS&B’s Walk to Wellness is to enhance the physical, mental and emotional health of the community.

According to the CDC, over 93.3 million American adults are clinically obese. Over 44 million American adults suffer from a mental health condition. Anxiety disorders being the most common mental illness affecting 40 million adults.

So grab your family and friends and join in on the walk. All walkers will receive $1 off protein shakes and/or green smoothies. A portion of the proceeds will be donated to TPC! Center City Shakes and Bakes is Making Lives Better!
PARENT’S CAFÉ
Libby Moore, Chief Clinical Officer

As leadership continually strives for opportunities to improve the overall standard of care across all of our departments, the STAR Program applied and received the National Family Support Network pilot grant through TDFPS. This pilot has allowed our C&A Behavioral Health Department STAR Program to implement initiatives not otherwise funded through typical avenues. By conducting an internal self-assessment, indicators were chosen to implement that centered around recognizing families as significant resources-enhancing the ability of families and staff to participate in a diverse society- and engaging families in a larger community building process.

Part of this process involved the establishment of Parent Café’s.

Parent Cafés were initially developed by parent leaders from Strengthening Families Illinois to design a parent-to-parent way to bring the Strengthening Families Protective Factors to families. These protective factors include: parent resilience, relationships- positive social connections, support- concrete support in times of need, knowledge- knowledge of parenting and child development, and communication- social and emotional competence. “Parent Cafés are physically and emotionally safe spaces where parents and caregivers talk about the challenges and victories of raising a family. Through individual self-reflection and peer-to-peer learning, participants explore their strengths, learn about the Protective Factors, and create strategies from their own wisdom and experience to help strengthen their families. Cafés are structured discussions that use the principles of adult learning and family support. Participants leave Parent Cafés feeling inspired, energized, and excited to put into practice what they’ve learned.”

To inquire about the Parent Cafés, please call Laci Bezzley at ECI 677-2118, Rick Smithson YES Wavier at 349-5659, or Tatum Burdis, STAR Program at 349-5672.

Feedback from the First Parent Café Participants.

- “I learned something from somebody else’s story.”
- “I plan to listen better and try to be more resilient.”
- “I felt safe sharing with other participants in the Café.”
- “I met a person I plan to stay in touch with.”
- “It was nerve wracking – but SO WORTH IT!”
- “I learned a new way to handle stress in my life.”
- “I have learned that I need to do better self-care to be the best I can for my family.”
- “I had a nice time and learned that I am not alone in my struggles.”
- “It was so awesome!”

10 ways to show kids you care
Set boundaries
Be a good listener
Eat dinner together
Make time for fun
Encourage healthy habits
Reward hard work
Celebrate creativity
Give lots of hugs
Consistent parenting
Plan family activities
We’d like to talk about bug bites, and things you might want to know if you are bitten in order to best keep yourself safe. Primarily, you’ll need to determine what is biting or stinging you. That can be difficult with itsy bitsy insects like fleas, but most bugs and insects can be spotted during the act or attempting to flee the scene of the bug bite crime. There are of course times when you may get a bite that seemingly comes out of nowhere and when that happens you’ll need to be able to monitor the area of the bite to watch for infection or allergic reactions to the bite. It is very important to know the various species of insects that live in your area, or areas that you may be traveling in order to quickly identify dangerous insects to avoid. You can Google bugs and insects in your area to keep in the know and keep yourself safer overall. The next thing is to try to avoid scratching the bite as much as possible to prevent an increase in the risk of infection. The last thing, is to know how to treat the bite or sting, and when the need to seek medical attention has arisen.

Most generally, over-the-counter topical creams or Benadryl will take care of the symptoms like mild itching, mild burning or mild allergies associated with the bite that your local pharmacists can assist you with. There could potentially be times when over-the-counter creams and medications are not going to give you relief and being able to know the warning signs of life threatening situations will help keep you, your clients and family members healthy. If you are bitten or stung and are not able to control the symptoms from the insect bite with over-the-counter creams or medications, contact your primary care physician or nurse for assistance.

According to the emedicinehealth website, red flags and warning signs that there is something more serious occurring related to an insect bite or sting include shortness of breath, swelling of the mouth, tongue, throat, extremities or the body in general, fevers, chills, sweating, vomiting, dizziness or fainting, chest pain or tightness in the chest. Your local urgent care center or primary care provider can assist you with symptoms that are not life threatening.

See the emedicinehealth website link if you would like more information related to today’s topic.  https://www.emedicinehealth.com/insect_bites/article_em.htm#facts_on_insect_bites
LUNCH & LEARN

Free CEU’s  Free Lunch

Location The Pavilion Auditorium—7201 Evans St.
Date Friday, August 23rd
Time 11:00am—2:00pm

Presenters Jana Bartholomew, LPC & Kelli Mangold, LMSW
Topic My Client is Suicidal… What do I do now?

Register at https://www.nwths.com/events-and-programs/event-calendar/lunch-and-learn

Hosted by The Pavilion
Northwest Texas Healthcare System

Amarillo College

Amarillo College is an approved provider through the Texas State Board of Social Workers and provides CEUs for Social Workers; Amarillo College provides contact hours of continuing education for Licensed Professional Counselors, Licensed Marriage Family Therapists, and Psychologists.
White Hat Award

The IDD Service Coordination Department would like to give this month’s White Hat Award to Joyce Lopez-Enevoldsen, Executive Coordinator, for coordinating the Walk Across Texas event. WAT is a fun event that encourages exercise and boosts morale for the department. Joyce takes on this event every year and is happy to see her fellow employees improving their physical health. Joyce 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 Miller for IDD Service Coordination Department

Answer’s to last months questions:

1) 23  2) Black or Blue  3) September 1, 2019

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

1. __________ are physically and emotionally safe spaces where parents and caregivers talk about the challenges and victories of raising a family.

2. Suicide Awareness T-shirt Order Forms are due __________.

3. Fundraiser benefiting TPC is set for ____________.

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.
The Amarillo Police Department’s Crisis Intervention Team is selling suicide prevention awareness shirts. All proceeds will go to CIT. Shirts are available in a variety of sizes. Individuals can pay in advance or when they receive their shirts. Please contact: Sgt. Jason Riddlespurger at jason.riddlespurger@amarillo.gov or Rene Havel at ReneL.Havel@nwths.com

**2019 Suicide Awareness Month T-Shirts**

The Amarillo Police Department’s Crisis Intervention Team is selling suicide prevention awareness shirts. All proceeds will go to CIT. Shirts are available in a variety of sizes. Individuals can pay in advance or when they receive their shirts. Please contact: Sgt. Jason Riddlespurger at jason.riddlespurger@amarillo.gov or Rene Havel at ReneL.Havel@nwths.com

<table>
<thead>
<tr>
<th>Shirt Size</th>
<th># of Fight Shirt short sleeve</th>
<th># of Fight Shirt long sleeve</th>
<th># of Ribbon Shirt short sleeve</th>
<th># of Ribbon Shirt long sleeve</th>
<th>$ each</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>X-Large</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2XL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3XL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4XL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
</tbody>
</table>

*Contact Sgt. Jason Riddlespurger or Rene Havel at the Pavilion with any questions*

Sgt. Jason Riddlespurger  Jason.riddlespurger@amarillo.gov
Rene Havel 354-1844  ReneL.Havel@nwths.com

ORDER FORM AND CASH MUST BE TURNED IN BY 8/15.
The 7th Annual Walk for Mental Health 5K is hosted by NAMI Texas Panhandle and the Amarillo Area Mental Health Consumers / Agape Center. This Walk raises mental health awareness, reduces stigma, and encourages treatment and recovery. It also raises funds for the FREE mental health programs and support groups offered by NAMI and Agape in our area. THERE IS NO HEALTH WITHOUT MENTAL HEALTH! Register or Sponsor Online at:  
http://www.walkformentalhealth.x10host.com/

Walk for Mental Health 5K Team Registration

Oct. 5th, 2019, 3-5 p.m., Memorial Park (next to Amarillo College)

Benefitting NAMI Texas Panhandle, the local affiliate for the National Alliance on Mental Illness, and Amarillo Area Mental Health Consumers/Agape Center

For Groups of Five or More: $15.00 for each adult
$10.00 for each child under 12

Note: In order to qualify for the team or child discount do not use the online website to register. Instead a team captain must be assigned, and he or she will have team members fill in names, shirt sizes, signatures, and send all checks and form to the address below:

NAMI Texas Panhandle
P.O. Box 7691
Amarillo, TX 79114

Make Check Payable To: NAMI Texas Panhandle
Points to Ponder
By Jana Campbell, Rights Protection Officer

Threatening or vilifying a person can be considered abuse, so what exactly does threatening or vilifying a person mean? It can mean different things to different people. For example, if you told an adult that you were going to call their mother it might not seem like a threat. However, if you tell someone with a developmental disability that you are going to call their parent that could be considered a threat, because the person might not understand what will be said or done. Vilifying a person means talking about them in a negative way. For example, if you told someone that they were moving too slowly some might just laugh it off. However, telling someone that they are moving too slowly might cause someone else to remember past traumas and really upset them. Try to keep your words kind and try to always treat others the way you would like to be treated.

Ben Shaw, Accounting Services/Payroll, 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.
Welcome these New Employees...

Irma Chacon  MH Docket
Dorothy Edgar  Crisis Redesign
Latonya Glover  Crisis Redesign
Jessica Lucero  Alternate Living
Bonificio Salinas  HCS Meadows
Vicki Williams  Specialized Services
Martha Aldape  Specialized Services
Julie Ford  HCS Pampa
Kawiya Mohamed  HCS Meadows
Rita Sandoval  Integrated Care
Haliegh Shaw  While-A-Way Group Home
Debra Velarde  Children’s BH - Borger

Congratulations!

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:

Barbara Napier, BH Regional Support
Christina Dettmer, Adult Behavioral Health - Perryton
   Pablo Duarte, Maintenance
   Tatum Burdis, STAR Program
   Erica Bittle, Children’s Services
   Angela Richardson, Continuity of Services

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.

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