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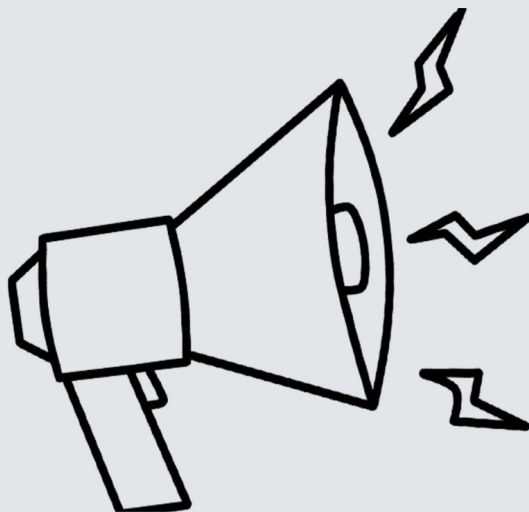
## Serving the citizens of:

Armstrong, Carson,  
Collingsworth, Dallam,  
Deaf Smith, Donley, Gray,  
Hall, Hansford, Hartley,  
Hemphill, Hutchinson,  
Lipscomb, Moore,  
Ochiltree, Oldham, Potter,  
Randall, Roberts, Sherman,  
and Wheeler counties

# TANF PEAFF

Temporary Assistance for Needy Families  
Pandemic Emergency Assistance Funds

# COVID-19 SUPPORT



Grant funds from the State of Texas are available to families for financial support who have at least one child who is under the age of 18 and one member of the family (adult or child) who has a clinical diagnosis of an existing mental health condition, intellectual disability or substance use disorder, for rent, utilities, housing modifications, food or clothing.

## APPLY NOW

For more information or to apply,  
contact Steve Garcia at 806.351.3233

Deadline:

# 30TH

September 30, 2022

# Early Childhood Intervention Services

Lindsay Garza, ECI Director

**E**arly Childhood Intervention (ECI) is a statewide program within the Texas Health and Human Services Commission that provides services for children birth to three years of age that have developmental delays, disabilities, or a qualifying medical diagnosis. The goal of ECI is to provide intervention at an early age to assist with making progress and merging the gap as children get older and learn new developmental skills.

Texas Panhandle Centers ECI provides services in Potter and Randall County. We provide services in the child's natural environment (daycare, home, park, discovery center, and many other community locations).

The services that ECI provides are listed below:

- Service Coordination/  
Case Management
- Specialized Skills  
Training
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Family Counseling
- Nutrition
- Vision Impairment
- Auditory Impairment



We receive referrals from Physicians, Head start, Daycares, CPS, Foster care Agencies, and parents. Referral sources can call to make a referral or send us a fax with the referral information. We process the referral, contact the family, and schedule an initial assessment to determine the child's eligibility. We assess all areas of development (Adaptive, Personal-Social, Communication, Gross Motor, Fine Motor, and Cognitive). If a child qualifies at the evaluation we develop the Individual Family Service Plan, create goals with the family, and discuss how often the family will receive services.

ECI uses a coaching model for service delivery. The key components used for the coaching model is joint planning, observation, action and practice, feedback, and reflection. During the sessions, we are providing the families with strategies that they can incorporate into their daily routines such as car rides, meal times, bath times, play time, and bed times.

## The Pathways Parent-Training Program

The majority of our ECI providers have completed the training for The Pathways Parent- Training Program which is Naturalistic Developmental Behavioral Intervention for Toddlers at Risk or Diagnosed with Autism. ECI providers coach parents through the Pathways curriculum during therapy sessions and specialized skills training according to the Individual Family Service Plan services.

## ASIST Training

The University of Texas at Austin Steve Hicks School of Social Work, Addiction Research Institute, received Brianna Ray's contact information from an individual at HHSC and recruited her to teach ASIST workshops for them across the state.

*Below is a excerpt from Bri about her experience.*



"I was selected to teach two workshops; one in Lake Worth, TX and the other in Corpus Christi, TX. The first workshop in Lake Worth was hosted by North Texas Addiction Counseling and Education. The image attached is from the Corpus Christi workshop which was hosted at the Council on Alcohol & Drug Abuse - Coastal Bend. I obtained the image from their Facebook page. This whole experience was really amazing. I met so many unique individuals in various stages of recovery who could relate the ASIST (Applied Suicide Intervention Skills Training) model back to that recovery process as well as several LCDC's who are so passionate about helping those in recovery. I got to teach with two amazing trainers; Arianna Moore, the director of crisis services at Denton MHMR; and Crystal Trahan, a private contracting trainer and a PhD candidate in Houston, TX. Both of these ladies helped me tailor my workshop delivery and expand my network. It really allowed me to step out of my comfort zone and grow both as a person and a clinician. I'm thankful to have had this opportunity and I'm thankful to TPC for giving me the opportunity to become an ASIST trainer."

Brianna Ray  
Team Lead, Intercept Team  
Texas Panhandle Centers

# Mobile Wellness Clinic



**AUGUST 26, 2022**  **9:30AM - 2:30PM**  
**PARKING LOT BEHIND THE E.R.**  
**1411 DENVER AVE., DALHART, TX 79022**

TPC's Mobile Wellness Clinic is headed to Dalhart on August 26th. Serving the residents of Dallam County.



## White Hat Award



The IDD Service Coordination Department would like to present **Natasha Betancourt, Community Support**, with this month's White Hat Award. Natasha has done a great job providing Community First Choice services to individuals in the community. She makes sure their shopping needs are met and assists them with learning new skills. Natasha has great communication skills and does a wonderful job in her role.

Thank you Natasha for the job you do!

Cecilia Gallegos on behalf of IDD Service Coordination

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## Mosquito Season is Upon Us

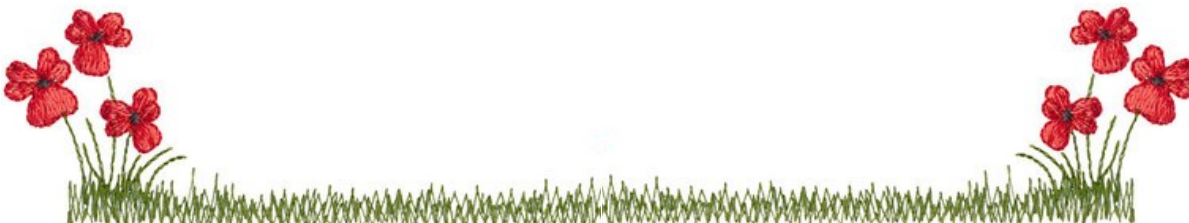
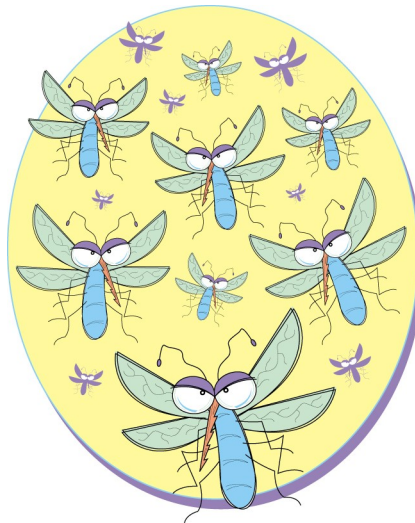
The mosquito is probably the most reviled pest in the world, spreading disease and leaving itchy bites, but there is a clever idea for getting them out of your space: Use a fan.

Mosquitoes are weak fliers who just can't compete with wind. If you don't want to worry about chemical vapors or open flames, buy a big fan to blow the mosquitoes off course. It really works, plus you get a nice, cooling breeze -- a perfect solution for a hot, humid summer evening.

If you are moving around, though, insect repellent works well. Active ingredients like DEET and Picaridin are the gold standard for keeping mosquitoes at bay and work for about 10 hours at a time. Essential oil-based bug sprays -- like those containing oil of lemon eucalyptus -- also deter pests, but not quite as well or for as long, so be prepared to reapply as directed.

Citronella candles look nice, but as a mosquito repellent, their performance is modest at best, with a small effective radius.

Bug zappers are not effective against mosquitoes and can kill valuable pollinators.





## POINTS TO PONDER

Larry Dan Thompson, Rights Protection Officer

### Reporting Requirements for Abuse, Neglect, and Exploitation in Behavioral Health

If you suspect or have knowledge that an individual receiving services through TPC is being abused, neglected, or exploited, it is your responsibility to make a report to the Department of Family and Protective Services (DFPS). Reports can be made by calling (800) 647-7418. Reports should be made within one (1) hour of you becoming aware of an incident and should be made **IMMEDIATELY**. Once you have made that report to DFPS, if possible, please notify the Rights Protection Officer that you have made a report to DFPS. This is most easily done by sending an e-mail to [larry.thompson@txpan.org](mailto:larry.thompson@txpan.org). If the alleged victim is an individual receiving IDD services, there is nothing further that you need to do unless and until an investigator contacts you for an interview.

If the alleged victim is receiving behavioral health (BH) services, and if the alleged perpetrator is an employee, agent, contractor, or formal partner of TPC, then you will also need to notify the Texas Department of State Health Services that a report has been made to DFPS. This is best accomplished by sending an e-mail to [performance.contracts@dshs.state.tx.us](mailto:performance.contracts@dshs.state.tx.us). This notification must be submitted within **48 hours** of your suspicion or learning of the alleged incident of abuse, neglect, or exploitation. This notification **MUST** include the DFPS report number that you are provided by DFPS when you make the report to them. The notification should also include a brief narrative that states when you made your report, the type of act that was allegedly committed (abuse, neglect, or exploitation), and can also include the name of the individual that allegedly committed the act. When you are making a report, it is also imperative that you CC the Rights Protection Officer on that e-mail so that records can be maintained of any and all reports of abuse, neglect, or exploitation allegedly committed by a staff member of TPC or any partner.

If you have any questions or concerns, call (806) 351-3400 or e-mail Emily Rubio, Assistant Director of Quality Management, at [Emily.Rubio@txpan.org](mailto:Emily.Rubio@txpan.org).

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](mailto:joyce.lopez@txpan.org)



# Rankings

First Place Team:  
**Cirque Du Sore Legs:**

Kimberly Grooms  
Emily Rubio  
Jena Anderson  
Gaynelle Williams  
Raymond Lira  
Bud Schertler  
Jake Brock  
Larry "Dan" Thompson

Third Place Team:  
**The Walking Marvels**

Kristie Thompson  
Gracie Chavez  
Annette Gutierrez  
Jennifer Lane  
Bree Nunez  
Belinda Delapena  
Kim Hall  
Mark Cobb

Second Place Team:  
**The Energizers**

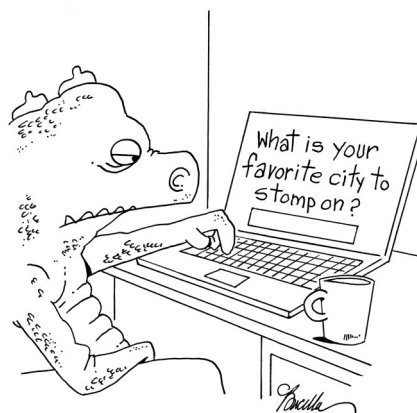
Carol Cobb  
Crystal Morton  
Steve Garcia  
Tiffany Hirani  
Debra Dye  
Rayna Henderson  
Carlos Arenivar  
Mary Salazar

Most Team Spirit was also the first  
place team: **Cirque Du Sore Legs**  
Individual with the most miles was  
**Raymond Lira**

## Congratulations to all!



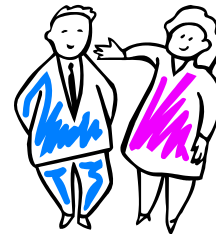
"What do I regret most? That I didn't get a  
chance to clear my browser history."



Godzilla's Security Question

## Welcome these New Employees...

|                |                              |
|----------------|------------------------------|
| Marisol Castro | Early Childhood Intervention |
| Regan Hill     | CMHC Grant                   |
| Malysa Starr   | Borger BH—Children           |
| Iraguha Yvette | ASCI-Amarillo                |
| Karen Lekas    | Med Clinic Adult             |
| Autumn Sanchez | CMHC Grant                   |
| Monica Tenorio | IDD Nursing                  |



### Open Enrollment

As a reminder, open enrollment for group health benefits will take place **Sunday, July 24<sup>th</sup> – Saturday, July 30<sup>th</sup>**. **Due to major changes in next year's benefits, TPC will conduct four (4) meetings on Friday, July 22<sup>nd</sup>. The meetings will be approximately 1 hour long and all staff are required to attend one meeting.**

The meetings will take place via Zoom

- ⇒ 9-10am
- ⇒ 11am – 12pm
- ⇒ 1:30pm – 2:30pm
- ⇒ 3:30pm – 4:30pm

Please contact (806) 351-3401 to schedule your time slot.

Important items to remember for this year's open enrollment:

- If you would like to keep your Medical, Dental, Vision, and Life Insurance the same as this year, you will only need to make that specific selection in ADP to keep your current Medical, Dental, Vision, and Life Insurance.
- If you do not plan to carry one or more of the following: Medical, Dental, Vision or Life Insurance, you will need to waive the coverage in ADP for each category.
- As mentioned in previous emails, TPC will no longer carry American Fidelity coverages, i.e., cancer, accident, disability, FSA, etc. Instead, TPC will partner with Next Level to provide coverages provided by The Standard, which will offer the same lineup of coverages.

Further information will be provided within the next few weeks, so please keep an eye out for these notifications.

# Eight Dimensions of Wellness: Spiritual

Cynthia Beck, Wellness Committee Member

In an effort to bring awareness to overall health and wellness, members of the Wellness Committee will feature an article in the newsletter each month over the eight dimensions of health. The eight dimensions, in no particular order, include: Social, Physical, Emotional, Spiritual, Environmental, Intellectual, Financial and Occupational.

*Spiritual wellness is defined as **expanding a sense of purpose and meaning in life, including one's morals and ethics.** It may or may not involve religious activities.*



1. **Explore your spiritual core.** By exploring your spiritual core, you are simply asking yourself questions about the person you are and your meaning. Ask yourself: Who am I? What is my purpose? What do I value most? These questions will lead you down a road where you will think more in-depth about yourself and allow you to notice things about yourself that will help you achieve fulfillment.
2. **Look for deeper meanings.** Looking for deeper meanings in your life and analyzing occurring patterns will help you see that you have control over your destiny. Being aware of this can help you achieve a happy and healthy life.
3. **Expression.** Expressing what is on your mind will help you to maintain a focused mind and shifting your focus to positive thoughts. After a long day or a significant event, you may feel confused and not be able to make sense of your feelings. By writing down your thoughts, you may be able to think clearer and move forward.
4. **Try yoga.** Yoga is a physical technique that can help improve your spiritual wellness by reducing emotional and physical strains on your mind and body. Yoga is taught at all different levels and can help lower stress, boost the immune system, and lower blood pressure as well as reduce anxiety, depression, fatigue, and insomnia.
5. **Travel.** It's true! Taking time for yourself to travel to a comforting place or somewhere new can do wonders for your mind. When you are at a place where your mind can keep out distractions and help you reflect and rest, you will have a better connection with yourself. This allows you to weed out stressors and set your mind on the right path for overall wellness. Some activities to take part in when on a trip can be exercising, speaking with a counselor or advisor, meditation, or taking a temporary vow of silence.
6. **Think positively.** Once you start viewing things in your life in a positive manner, you will find yourself thinking differently and refocusing your mind to a happy, healthy place. When you eliminate negativity and reframe how you think of certain things and situations, you'll notice yourself being more relaxed.
7. **Take time to meditate.** While managing your time and daily tasks can be hard, it is crucial to devote time to connecting with

*(Continued on page 9)*

(Continued from page 8)

yourself. Whether in the morning when you wake up, during your lunch break, or before you go to sleep, take five to 10 minutes to meditate each day. Fitting meditation and relaxation into your lifestyle will free your mind and foster a stronger relationship with your spiritual wellness.

8. Spiritual health is foundation for all your other health and lifestyle goals. If you are not regularly exercising your spirit you are missing out on living the best life you can live and fundamentally missing a practice that is crucial to your overall well-being – mentally, physically, and emotionally.

When you are healthy spiritually you have a strong sense of purpose. And it is easier to make decisions big and small. You don't have to be reliant on your circumstances to be happy or even satisfied. You only have one life so let's take care of ourselves emotionally, spiritually, physically, and intellectually.

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## Things that won't exist in 10 years

- ⇒ Cable TV. Replaced by streaming services.
- ⇒ Alarm Clocks. Replaced by cell phones.
- ⇒ Home landline phones. Replaced by cell phones.
- ⇒ MP3 Players. Replaced by cell phones.
- ⇒ Checkbooks. Replaced by online bill pay and personal pay options to send money privately.



What other things can you think of that won't exist in 10 years?

***“The road to success is always under construction.”***

*~ Lily Tomlin*



**Cindy Pulse, Consumer Benefits Coordinator**, answered last month's questions correctly and was randomly selected to win a \$25 gift card.

To claim your card, contact Joyce Lopez-Enevoldsen at 806.351.3308 or email: [joyce.lopez@txpan.org](mailto:joyce.lopez@txpan.org).

## Credit Reporting Changes in July

Anyone who has struggled to pay off medical bills will get a boost this July as medical credit reporting changes.

Among the changes announced by all three major credit reporting agencies (Equifax, Experian, Transunion):

- Old medical bills that have been paid will no longer appear on credit reports. Medical debt is currently reported for seven years after it is paid off.
- Unpaid medical bills will appear on a credit report only if they remain unpaid for 12 months. Right now there is a six-month grace period.
- Medical debt in collection that is less than \$500 will not appear on credit reports. This move is expected to clear 70 percent of

medical collections from credit reports.

Credit reports are designed to give lenders, in particular, an idea of whether a person will pay



their debts. But 66 percent of medical debts are one-time unexpected and unpaid medical bills. The credit agencies say the medical debts don't provide an accurate picture of whether a person regularly pays his or her bills.

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## TICTOC Employee Recognition

At TPC there are many good deeds that happen every day and the TICTOC Committee wants to hear about the people behind those good deeds.

If you observe a fellow employee doing a good deed as it relates to trauma (trauma sensitivity/ education/training/etc.), send an email to the TICTOC Committee letting us know what you observed to [TICTOC@txpan.org](mailto:TICTOC@txpan.org). The committee will review the submissions and select individuals demonstrating trauma principles and **Making Lives Better** for those we serve and employ. The Committee will reward those individuals with a gift card and/or other form of recognition!

*We look forward to hearing from you!*



## Employee Assistance Program

Through MINES & Associates, you and your household members are entitled to a number of resources at no cost to you.

The use of your Employee Assistance Program is strictly confidential and available 24/7. They are there to help you with everyday issues that come up in your life including:

♦ Stress ♦ Depression ♦ Family Issues ♦ Financial ♦ Substance Abuse ♦ Work Related Issues and more...

**800.873.7138**

[www.MINESandAssociates.com](http://www.MINESandAssociates.com)

Answer's to last months questions:  
**1) Memphis 2) Tousha Barnes 3) June 23**

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



1. TANF PEAFF stands for \_\_\_\_\_.
2. TPC's ECI Program provides services in \_\_\_\_\_ and \_\_\_\_\_.
3. \_\_\_\_\_ takes place July 24th - July 30th.

[Submit your answers to \[joyce.lopez@txpan.org\]\(mailto:joyce.lopez@txpan.org\). 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.](mailto:joyce.lopez@txpan.org)