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Lipscomb, Moore,
Ochiltree, Oldham, Potter,
Randall, Roberts, Sherman,
and Wheeler counties

April is Autism Awareness Month

Source: Autism Society of America

The first National Autism Awareness Month was declared by the Autism Society in April 1970.

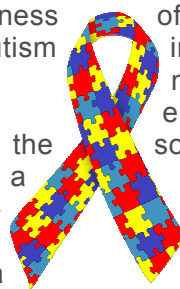
The aim of this month is educate the public about autism. Autism is a complex mental condition and developmental disability, characterized by difficulties in the way a person communicates and interacts with other people. Autism can be present from birth or early childhood (typically within the first three years). Autism is a lifelong developmental disability with no single known cause.

People with autism are classed as having Autism Spectrum Disorder (ASD) and the terms autism and ASD are often used interchangeably. A wide spectrum disorder, individuals with autism have a set of symptoms unique to themselves; no two people are the same.

Increasing Awareness About The Common Characteristics Of Autism

While no two people with autism will have the same set of symptoms, there are common characteristics found in those with this complex disability. Briefly, these characteristics include:

Social Skills - people with autism have problems interacting with others; autistic children may not have adequate playing and talking skills. Mild symptoms on one end of the spectrum may be displayed through what appears as clumsy behavior, being out



of sync with those around them and inappropriate or offensive comments being made. At the other end of the spectrum an autistic person may not be interested in others.

Empathy - empathy is the ability to recognize and understand the feelings of another person. People with autism may find it harder to show empathy to others although they can be taught to acknowledge the others feelings.

Physical Contact - in some cases, autistic people do not like physical contact such as hugs, tickling or physical play with others.

Sudden Changes To Their Environment - a sudden change in the surrounding environment may affect a person with autism. The could be a loud noise, a change in intensity of lighting or even a change in smell.

Speech - speech can be affected in people with autism. 'Echolalia' is a typical speech symptom in which the person repeats words and phrases that they hear. The speech tone of an autistic person may be monotonous. Where symptoms are more extreme the person may not speak.

For more information on Autism please contact TPC's Autism Program at 806.351.3212 or visit:

www.texaspanhandlecenter.org/autism-program



TELEHEALTH SERVICES

Libby Moore, Behavioral Health Services

Telehealth services provide a way to deliver behavioral health services to individuals in our remote service areas. There are two types of services TPC provides this way. The first is called Tele-med. This service links a person in service to their medical provider for psychiatric care. Services are delivered this way so the person or patient can receive care that helps them stay closest to their home.

A second way TPC uses telehealth is by linking the person seeking care to a provider for an initial behavioral health intake. This also allows the person to initiate care through the closest location to their home. It introduces the person to the people in the clinic that will provide their case management, skills training, counseling or medication education service.

The third way TPC uses the Telehealth services is for crisis intervention. An intervention can be conducted through any of several ER's in our regional service areas. The person in crisis can stay with their medical team at the ER while also being assessed by a TPC crisis interventionist. This allows the team to make a coordinated decision on what needs to happen to keep the person safe without having to move the person from location to location.

There are several advantages to people receiving services as well as the providers responding to those needs. One of the most obvious benefits to providers is they do not have to travel throughout the 21 counties to get the person in need served. Travel times delay responses, reduces the time the pro-

vider can spend with the person, reduces the number of people they can serve in a day and increases the risk in delivering the services due to travel hazards. Travel hazards can include; traffic, weather, driving while tired or distracted.



Dr. Sanchez via Frisco, Texas

Coon Memorial, Ochiltree General Hospital, Golden Plains Hospital, Hereford Regional, Pampa Regional and Wellington Regional. All BH clinics and IDD workshops have units for telemedicine as well.

The infrastructure for the initial video units was purchased from grant funding from the Telecommunications Infrastructure Fund (TIF) awarded to Texas Panhandle Mental Health Authority (TPMHA) in 1999. After the merger of TPMHA and Amarillo State Center, additional units were then purchased for all of the IDD workshops and the network just continued to grow to where we are today.

This service has a vital role in providing the most quality care to the people we serve in the Panhandle. Without this service people would be faced with limited choices on where to get their care and would in all likelihood have to wait longer to receive the care. TPC providers and clients value and appreciate the service and the people that keep the service operational and of high quality.

There are currently thirty-five video conferencing units supported by TPC. We have units in nine jails; Ochiltree County, Deaf Smith County, Gray County, Hemphill County, Randall County, Potter County, Dallam County, Moore County and Hansford County. Six video conferencing units are in regional hospitals;

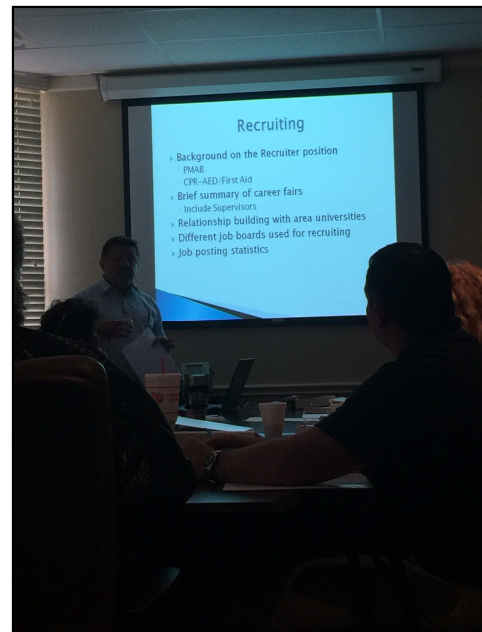
Autism Awareness Walk

The Amarillo Area Autism in Action is hosting the 7th Annual Autism Awareness Walk on Saturday, April 22nd 2017 from 10:00 AM to 12:00 PM. Texas Panhandle Centers' Autism program as well as several other organizations will be available to provide information and answer questions regarding the services we offer. Registration for the walk and the 5K run can be found at www.evenbrite.com.

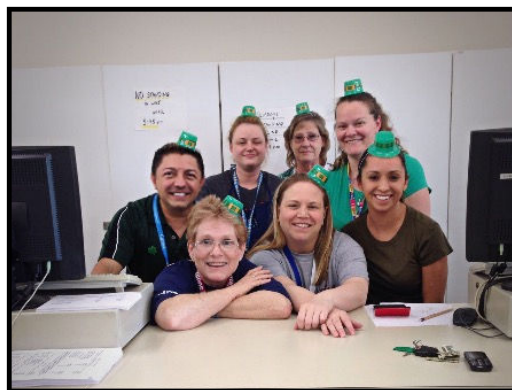


Supervisor Training

The Human Resources Department hosted three separate supervisor trainings which occurred over a period of three weeks. Supervisors heard information about Employment Law, Forms, Cultural Diversity, Policies & Procedures, Hiring, Recruiting, Retention, Exempt, Non-Exempt and Travel FLSA.



Celebrating St. Patrick's Day at TPC!



(Left to right, back) Steve Garcia, Caitlin Claypool, Vicki Campbell, Katrina Short
(front) Linda Thomas, Laura Phillips, Sandra Saenz

IT'S WALK ACROSS TEXAS TIME!



Get walking, running, cycling, dancing, lifting, hiking, yoga-ing (you get the picture) starting May 1st. What's a better incentive than to have 7 of your co-workers help you along? Get your teams formed and get moving!

Please have your teams of 8 registered on the Walk Across Texas website no later than April 21st. Team Captains will provide updates on your progress along the way. There will be a walk out on work on Monday May 1st, a mid-point lunch and learn, and a wrap-up event. Further details will be forthcoming.

Mental Health Awareness Events in May

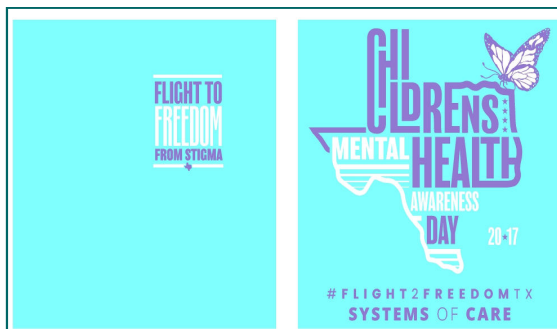
In observance of Children's Mental Health Awareness Day, more than 60 counties throughout Texas are participating in the "Flight2Freedom" release of butterflies. On May 16th TPC staff will be at Emerson Elementary School to release paper butterflies. Butterflies symbolize endurance, change, hope and life. In addition to the event at Emerson Elementary, TPC staff and partner agencies will host activities from 12noon - 2pm at the Taylor and Polk Street Clinics, along with a butterfly release at 1:00pm.

To promote Children's Mental Health Awareness Day 2017, Systems of Care staff are selling T-Shirts. **Please contact Tatum Burdis at 806.349.5672 or tatum.burdis@txpan.org for an order form.** Shirts start at \$11 each and cash only payment is due at the time of order.



In addition to the butterfly release, butterfly bushes will be planted at Emerson Elementary, the Wallace Campus, and the Courtyard between the Polk and Taylor Street Clinics in Amarillo to commemorate the event.

Front of shirt (left illustration)
Color: light blue as shown



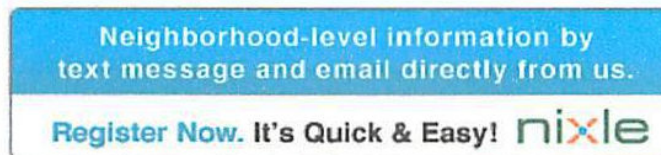


The Amarillo Police Department wants everyone to know about Nixle, a free community information service built exclusively to provide secure, trustworthy, and reliable information to the public. This service connects the Amarillo Police Department with the community we serve, with real-time ability. Nixle's system allows us to communicate with subscribers to provide information about developing situations like missing children, traffic problems, or ongoing, major police incidents. Nixle text based messages will keep you informed with Amarillo Crime Stoppers fugitives and Crime of the Week, APD media releases, and useful crime prevention information.

APD's Nixle subscribers can have information sent to them in three forms of message: text message, email, and Nixle's web site web posting. Nixle is easy to use and subscribers can decide what levels of information they want to receive. Nixle defines those levels as follows: **Alert** (urgent, time sensitive messages), **Advisory** (important, possibly time sensitive, need-to-know messages), or **Community** (general law enforcement/safety related information, not urgent).

No spam or advertising is sent over the service. Nixle is completely free to subscribers. Standard text messaging rates apply.

You can sign up by going to the Amarillo Police Department's web site, www.amarillopolice.org. You'll see the Nixle logo that will link you to Nixle's registration page. Click on the Nixle logo, or just go directly to www.nixle.com and see what type of information we send out directly to you!





The first Medication Cleanout event occurred in Amarillo, TX on September 12, 2009. Since that time, there have been 40 Medication Cleanout events with over 24,000 pounds of unwanted medication safely disposed. These medications are no longer available as a source for poisonings, abuse, misuse or environmental contamination.

Time to Get Rid of Unwanted Meds!

When: Saturday, April 22, 2017

Where: Drive thru at Texas Tech School of Pharmacy
1300 S. Coulter, across from NPTH

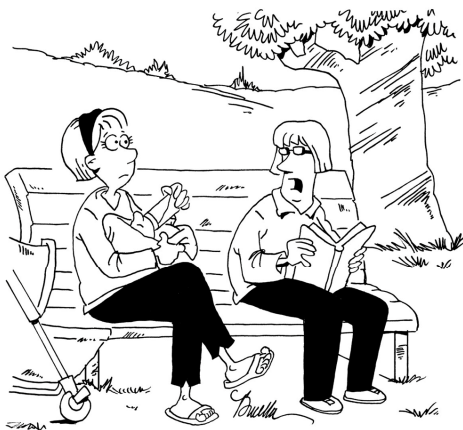
What to Bring:

Do bring:

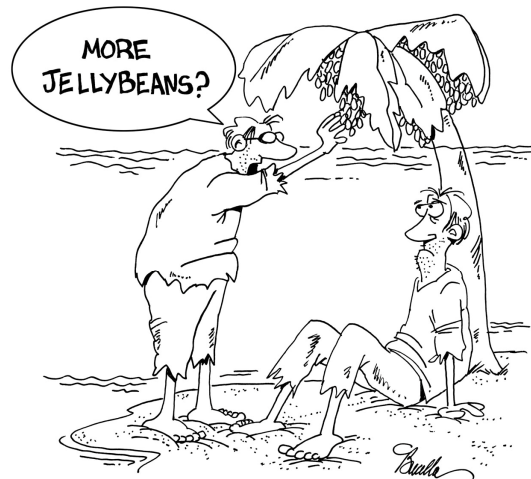
- Prescription medications (including samples)
- Non-prescription medications (including vitamins & supplements)
- Medications for pets
- Nebulizer solutions

Do NOT bring:

- IV fluid bags
- Oxygen tanks
- Nebulizer or glucometer machines



"Oh, yeah, they're cute until you can no longer claim them as dependents on your tax return."



Easter Island

Employee Recognition

Dr. Sam Reeves, Board of Trustees Vice Chair, recognized **Michael Ray with Alternate Living Administration**, for 25 years of service with TPC.

Mary Vigil, Alternate Living Group Home, was unable to attend the meeting but was also recognized for 25 years of service.

They were awarded a plaque, gift card and a day off.



Congratulations!

Special recognition goes to **Terri Andersen, HCS Administration**. This past month Terri and I worked towards obtaining a custom helmet for one of our clients. Hers was old and didn't fit well. Long story short, the client has a new custom made helmet and the color is purple, her favorite color. If you know this individual, you know that her dolls are very important to her. Terri took it upon herself to custom make a helmet for her doll as well. She cut a "wiffle ball" and custom fit it, for her doll.

If you are ever in Bldg. 504, take time to ask to see these helmets. She will likely show you her doll as well. Thank you Terri for Making Lives Better at TPC!

Sharon Guinn, IDD Service Coordination Supervisor



TPC's new sign at 901 Wallace Blvd. It gives passers by another vantage point for locating TPC's Administration and IDD Services.

Welcome these New Employees...

Ly Tran	Human Resources
Chandra Sanders	Behavioral Health Docket
Paul Mosley	Maintenance
Tabatha Frazier	IDD Respite
Natalie Grant	Adult Behavioral Health
Angela Vacio	Adult Probation & Parole
Tami Savage	HCS Administration
Carla Compton	Perryton Behavioral Health
Brittney Butner	Specialized Services
Jessica Claudio	Alternate Living
Esther Molina	IDD Service Coordination
Heather Neeley	BH Homeless
Rachel Reed	ECI
Kelli Biddle	IDD Nursing



Congratulations!



The following employee was 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:

Terri Andersen, HCS Administration
Kara Porter, HCS Administration
Renay Asberry, Community Living
David Kee, Maintenance
Jessica Kennedy, Specialized Services
Brittney Butner, Specialized Services
Tonya McMasters, Specialized 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.



Emily Hutson, IDD Service Coordination, 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.



FLASH FLOODING SAFETY TIPS

Desire Winslow, Safety Coordinator



Flash floods are the number one weather-related killer in the United States — most flood fatalities happen because people try to drive through deadly waters rather than avoid them. Nearly 50 percent of all flash flood fatalities nationwide involve vehicles. Saving your life can be as easy as turning your car around when you see water on the road.

I think we can all agree that we need some rain in our area. As our “rainy” season approaches, please keep the following facts/tips in mind, in order to keep safe out there:

- Even in relatively shallow water, tires can act as flotation devices, lifting up big vehicles and sending them downstream. It takes only two feet of water to float a 3,000-pound car.
- Beware that water covering roadways may hide washed-out bridges or gouged-out roadbeds. If you attempt to drive across, you may not be driving on a road.
- In rainy weather, be alert and stay tuned to local radio or TV.
- Do not attempt to cross flooded roads or streams on foot. It can take as little as six inches of water to knock an adult off his or her feet. Water may be flowing more rapidly than it appears.
- Never allow children to play near ditches and storm drains.
- During stormy weather, do not camp or park vehicles along streams or washes.
- Be especially cautious at night when it is harder to see flood dangers.
- Avoid contact with floodwater. It may be contaminated with sewage/contain dangerous insects/animals.
- Stay out of areas subject to flooding. Underpasses, dips, low spots, canyons, washes, etc. can become filled with water.

Take extra precautions if you are forced to drive through water.

- Do your best to estimate the depth of the water (if other cars are driving through, take note of how deep the water is).
- Drive slowly and steadily through the water.
- Avoid driving in water that downed electrical or power lines have fallen in — electric current passes through water easily.
- Watch for items traveling downstream — they can trap or crush you if you're in their path.
- If you have driven through water up to the wheel rims or higher, test your brakes on a clear patch of road at low speed. If they are wet and not stopping the vehicle as they should, dry them by pressing gently on the brake pedal with your left foot while maintaining speed with your right foot.
- Stay off the telephone unless you must report severe injuries.
- If your vehicle stalls in the deep water, you may need to restart the engine to make it to safety.
- Keep in mind that restarting may cause irreparable damage to the engine.
- If you can't restart your vehicle and you become trapped in rising water, immediately abandon it for higher ground. Try to open the door or roll down the window to get out of the vehicle. If you are unable to get out safely, call 911 or get the attention of a passerby or someone standing on higher ground so that they may call for help.



Texas Department of Public Safety

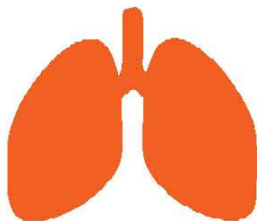
PROGRESSIVE

About Asthma



P.O. Box 15688 • Amarillo, TX 79105

Asthma is a chronic disease that inflames and narrows airways in the lungs, causing **wheezing, chest tightness** and **coughing**.



Asthma affects people of all ages, but most frequently begins in **childhood**.



Key risk factors include **smoke**, and **allergens** such as **dust mites** and **pets**.



242 million people are estimated to have asthma worldwide - it causes around **250,000** deaths annually.

Two common tests are used to help diagnose asthma:

- 1) **Spirometry** measures the speed and volume at which air can move in and out of the lungs.
- 2) A **peak expiratory flow rate test** measures how fast a person can blow air out of their lungs in one breath



The impact of asthma attacks

An asthma attack, or exacerbation, is a sudden worsening of symptoms, and can be **unpredictable**.

"My worst attack – lying on the floor, hoping you can push out another breath. And it's only hope. Because there is nothing inside you."



Not all asthma is the same and severe asthma can have a number of underlying causes.

Asthma cannot be cured but it can be managed. The goal of asthma management is to **minimize symptoms**. For patients with persistent symptoms and/or exacerbations (despite being treated with low dose of inhaled corticosteroids), HCPs will **step up** their treatment. HCPs will **step down** patients' treatment once good asthma control has been achieved and maintained for about three months, finding the lowest dose of treatment that controls both symptoms and exacerbations.



CONTROL



Despite the availability of treatments, **more than half** of asthma patients have **poor control** over their condition.

Proper use of asthma inhalers can be as low as **29%** and can lead to lack of asthma control.



People with poorly controlled asthma take **twice as many days off work** than people with **well-controlled asthma**.

Educational references available from IMS Wellness Works

Learn more about Asthma and Asthma triggers with the IMS Wellness Works website.

Login @ www.imstpaonline.com. Navigate to IMS Wellness Works, and the Symptom Evaluator tab.

Use the Medical Library and search for more information about Asthma.

White Hat Award



The IDD Service Coordination department would like to give this month's White Hat Award to **Carlos Arenivar, Purchasing Department**. Carlos is a supervisor in TPC's purchasing department and works hard to ensure that we in Service Coordination get the supplies we need in a timely manner. Carlos is efficient and has a great attitude. Carlos goes above and beyond his 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 Department

Answer's to last months questions:

1) Accident 2) Boost 3) Tornado Warning

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

1. 242 million people are estimated to have _____ world-wide. It causes around _____ deaths annually.
2. There are currently _____ video conferencing units supported by TPC
3. _____ are the number one weather-related killer in the U.S.



[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.

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



History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.



AGE OUT LOUD: MAY 2017

**Thursday, May 4, 2017
Region 16
Education Conference
Center
5800 Bell
Amarillo, TX
Honoring the
Outstanding Older
Americans of the
Panhandle Presenting:
How to Engage in
Your Community
And The 2nd
Bi Annual Talent
Show**

For more information and
registration contact Lisa Hancock
@ 806-331-2227 or
1-800-331-2227
email lhancock@theprpc.org