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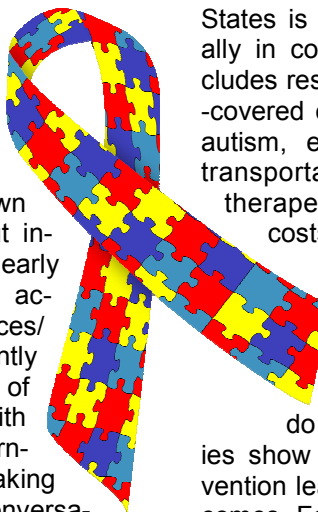
Serving the citizens of:

Armstrong, Carson,
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 Hall, Hansford, Hartley,
 Hemphill, Hutchinson,
 Lipscomb, Moore,
 Ochiltree, Oldham, Potter,
 Randall, Roberts, Sherman,
 and Wheeler counties

April is Autism Awareness Month

Source: Autism Society

Autism spectrum disorder (ASD) is a complex developmental disability; signs typically appear during early childhood and affect a person's ability to communicate, and interact with others. ASD is defined by a certain set of behaviors and is a "spectrum condition" that affects individuals differently and to varying degrees. There is no known single cause of autism, but increased awareness and early diagnosis/intervention and access to appropriate services/supports lead to significantly improved outcomes. Some of the behaviors associated with autism include delayed learning of language; difficulty making eye contact or holding a conversation; difficulty with executive functioning, which relates to reasoning and planning; narrow, intense interests; poor motor skills' and sensory sensitivities. Again, a person on the spectrum might follow many of these behaviors or just a few, or many others besides. The diagnosis of autism spectrum disorder is applied based on analysis of all behaviors and their severity.



June 2014, researchers estimated the lifetime cost of caring for a child with autism is as great as \$2.4 million. The Autism Society estimates that the United States is facing almost \$90 billion annually in costs for autism. (This figure includes research, insurance costs and non-covered expenses, Medicaid waivers for autism, educational spending, housing, transportation, employment, related therapeutic services and caregiver costs.)

Know the signs: Early identification can change lives.

Autism is treatable. Children do not "outgrow" autism, but studies show that early diagnosis and intervention lead to significantly improved outcomes. For more information on developmental milestones, visit the CDC's "Know the Signs. Act Early" site.

Here are some signs to look for:

- Lack of or delay in spoken language
- Repetitive use of language and/or motor mannerisms (e.g., hand-flapping, twirling objects)
- Little or no eye contact
- Lack of interest in peer relationships
- Lack of spontaneous or make-believe play
- Persistent fixation on parts of objects

In 2016, the Centers for Disease Control and Prevention issued their ADDM autism prevalence report. The report concluded that the prevalence of autism had risen to 1 in every 68 births in the United States – nearly twice as great as the 2004 rate of 1 in 125 – and almost 1 in 54 boys. The spotlight shining on autism as a result has opened opportunities for the nation to consider how to serve families facing a lifetime of supports for their children. In

For information about TPC's Autism Program please call 806.351.3212.

Guidelines to Assist TPC's Fleet Vehicle Operations

Terry Zimmerman, Director of Support Services

TPC has approximately 130 vehicles which travel throughout the Panhandle of Texas. The primary purpose behind having such a large fleet is to provide services to clients in their living environments such as, home, work, and day programming. As you can imagine, with the purchase, maintenance costs and repairs, this is one of our largest assets.

Each vehicle has a white notebook which has valuable information in them that all employees should familiarize themselves with. The following is an outline of some of the information contained:

- **Insurance Certificates**
- **Mileage Logs**
- **Procedure for Reporting Vehicle Problems**
- **Center Policy & Procedures for Motor Vehicle Safety and Use**
- **Center Policy on Red Light Photo Enforcement Violations and**
- **Procedures for Reporting Vehicle Accidents**

Please walk around the vehicle before each use to make sure there is no damage to the vehicle and that there are no low or flat tires. If you notice damage, complete the **"Claims Notice"** located in the back of the book and turn it in to Carol Cobb in Building 501, your supervisor and motor pool.

Do not let the vehicles get below ¼ tank of fuel. All cars have a fuel pump which is inside of the gas tank. If you allow the gasoline to go below ¼ of a tank, the fuel pump will get hot. When this happens it stresses the pump. Before you know it we have to replace the fuel pump. This means the tank

will have to be drained and removed from the vehicle. New fuel pumps cost between \$800.00 and \$1200.00. This does not include the labor, so please keep them filled. Make sure the vehicle you are using is over ¼ full of fuel when you are finished with it so that the next person who drives it won't have to fill up before using it.



Remove all trash from the vehicle after each use. This includes drink cups, food wrappers, tissues or paper towels or anything you would consider trash. Think

about renting a car – if you rented a car from a rental agency that was full of the previous renters trash – would you take it? Probably not.

If you spill something please clean it up. Carbonated beverages such as Coke can cause damage to electronics like the door locks and window switches. It can also cause the shifter to stick.

Do not leave electronic charging cords plugged in while the vehicle is not in use. This drains the battery and may cause you to become stranded.

Please record your mileage on the mileage log after each use. The mileage log is located in the notebook that is included in each vehicle. If you get a new mileage sheet, please complete the information at the top, so that when it is turned in, we know which vehicle it belongs to.

There should be 2 gasoline credit cards in each vehicle. The Comdata card is red and the Voyager card is blue. Your employee ID number is also your pin number for both of the gas cards. We prefer that the red card

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COMPLIANCE CORNER

Welcome back to Compliance Corner. Each month we will address a question that was received internally for the purpose of education. (All personal identifying information has been removed to protect the identity of the employee and/or client).

IF YOU SEE SOMETHING, SAY SOMETHING.....

Employees are the “eyes and ears” of the organization to detect any violation of our Compliance Program. You are required to immediately report anything that you encounter at Texas Panhandle Centers which you believe may be unethical, illegal, or fraudulent immediately to:

Your supervisor or

Donald Newsome, Director, Quality Management & Compliance, (Privacy Officer)

Phone: (806) 351-3284

Email: Donald.newsome@txpan.org

Here is the compliance question of the month:

Question I have a new client that was a transfer from children's services. Since this client turned 18 he hasn't signed a release giving me permission to discuss his treatment with his mother. His mother calls me and his prescriber after every appointment inquiring about his treatment. Can I disclose just basic information until I can persuade him to sign a release?

Answer: No.

As a healthcare provider Texas Panhandle Centers complies with the Health Insurance Portability & Accountability Act of 1996 (HIPAA) & Drug Abuse Prevention, Treatment, & Rehabilitation Act.

HIPAA requires us to protect the privacy of the health information we gather from those we serve. This means that we will not use or let others who do not have written permission (Authorization for the Release of Information), view or have access to Protected Health Information (PHI). We must safeguard patient health information and keep it private. We cannot confirm nor deny that the individual sought, is receiving, or has ever received services from TPC, unless the law allows us to disclose that information.

If you have a question/scenario that you would like to be considered for inclusion in the newsletter, email your question to Compliance.Corner@txpan.org.

(Continued from page 2)

is used first and that the blue card is used as a backup if necessary. **If you have trouble with the gas cards please call Kay Annen at 806-351-3269 while you are at the gas station, if possible.** She can call the vendor and straighten out most issues immediately so that you are not stranded without fuel. If the wrong pin number is entered several times it will automatically lock you out so that the card cannot be used until the vendor is contacted. So please be careful when entering your pin number to make sure you are entering the correct number.

We appreciate your help in keeping the TPC fleet of vehicles in good condition. They are one of our most valuable assets.

Thank you for your attention and be safe.

Welcome these New Employees...

Amy Clark	1115 Waiver Program
Nicole Galvez	ECI Program
Julianna Perry	ECI Program
Robin Splawn	ECI Program
Eunice Vuganeza	HCS Canode Group Home
Sandra Apodaca	Children's BH - Hereford
Gina Flores	Children's BH
Kaci Galvez	Respite Van Tassel
Marcus Humphrey	Community Living
Yasmeen Leal	ECI
Rhiannon Rosalez	Community Living



Phyllis Rockhold, Accounts Payable, 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 **Alicia Huckabay, Director of IDD Intake, in building 503.** Alicia works hard to ensure that employee spirits and morale are high by taking time to host celebrations including; Secret Santa, Valentine's Day Pals, and most recently Social Worker's Day. Alicia 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

Answer's to last months questions:

1) exam 2) April 17th 3) 10am—2pm

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



1. In 2016 the CDC concluded that the prevalence of autism had risen to _____ births in the U.S.
2. The _____ credit card is preferred gasoline card.
3. US Census Bureau show that the number of people over the age of _____ is set to outnumber children by the year 2035.

[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.](mailto:joyce.lopez@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

Tornado Safety Tips

Submitted by: Desire Winslow, Safety Director



Spring is in the air and the possibility of Severe Weather and Tornadoes are upon us. A “Tornado Watch” is an event where the conditions are suitable for a tornado. This is the time that you should prepare your shelter and/or discuss evaluation plans with loved ones. A “Tornado Warning” indicates that the event is occurring, imminent or highly likely. In the event of a Tornado following the steps below could help to save lives!

Have you ever sat down with your family to discuss and plan what you would do in case of an immediate weather threat? If you haven’t, now would be an excellent time to sit down with your family and devise a plan. Finding the time to do this can be difficult, but taking the 15 minutes to develop and practice a plan could save the lives of ones you love. Please remember these tips when planning and carrying out your actions.

Tornado Safety Tips

Before the storm:

- Develop a plan of action
- Have frequent drills
- Have a NOAA Weather Radio with a warning alarm tone
- Listen to radio and television for information
- If planning a trip outdoors, listen to forecasts

In Homes or Small Buildings:

Go to the basement or to an interior room on the lowest floor (e.g. closet or bathroom). Upper floors are unsafe. If there is no time to descend, go to a closet, a small room with strong walls or an inside hallway. Wrap yourself in overcoats or blankets to protect yourself from flying debris.

In Schools, Hospitals, Factories, or Shopping Centers:

Go to interior rooms and halls on the lowest floor. Stay away from glass enclosed places or areas with wide span roofs such as auditoriums and warehouses. Crouch down and cover your head. Don’t take shelter in halls that open to the south or the west. Centrally-located stairwells are good shelter.

If a warning is issued or threatening weather approaches

- Always remember “**DUCK**” 
- Stay away from windows
- Get out of automobiles and get into a sturdy structure or ditch.

“DUCK”

Down to the lowest level
Under something sturdy
Cover your head
Keep in the shelter until
the storm has passed

- Or, buckle your seat belt and get below window level of your vehicle.

In High-Rise Buildings:

Go to interior small rooms or halls. Stay away from exterior walls or areas with glass.

In Mobile Homes:

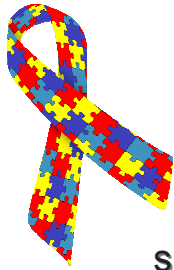
ABANDON THEM IMMEDIATELY!!!

Many deaths occur in mobile homes. If you are in a mobile home when severe weather approaches, leave it immediately and go to a substantial structure or designated tornado shelter. Determine your shelter ahead of time so you don’t have to think about it when weather strikes.

If no Suitable Structure is Nearby:

Lie flat in the nearest ditch or depression and use your hands to cover your head. Be alert for flash floods.

8th Annual Autism Awareness Walk



Texas Panhandle Centers is participating in the 8th Annual Autism Awareness Walk at Thompson Park on Saturday, April 7th, 2018 from 10:00 a.m. – 12:00 p.m.

The event offers families with children on the autism spectrum to have a fun filled event just for them. Staff will be available to answer questions about Autism Services at Texas Panhandle Centers. See you there!

Congratulations to Erin Rasmussen, Children's Behavioral Health, on recently becoming a Licensed Professional Counselor!

Congratulations Erin on becoming an LPC!

The Population is Aging



Recently published projections by the US Census Bureau show that the number of people over the age of 65 is set to outnumber children by the year 2035. For the first time in history, it is forecasted that there will be almost 2 million more older adults than children under the age of 18 - a trend believed to be precipitated by a decline in fertility and aging baby boomers. According to the Washington Post,

there will be increased pressure on lawmakers to fund Medicare and Social Security, especially because older Americans vote at higher rates. While the shrinking workforce is expected to weigh on economic growth, experts say that this could be offset by automation and the use of robots to replace workers. The first projections published since 2015, analysts say that even with no major changes in immigration policy, immigrants will equal natural born citizens by the year 2030. By 2040, the number of immigrants will be twice as large as natural births. Although it is projected that the population will continue to grow, analysts say that there will be a change to country's diversity. The number of people classified as white is expected to shrink by 2024, dropping to less than half the population by 2045. Similar trends are also underway in Europe.

May is National Mental Health Awareness Month

TPC is offering two T-shirts to commemorate the event: (see pages 8 & 9)

Children's Mental Health Awareness Day: Flight to Freedom Texas Systems of Care
Please submit order form to Sammie Artho (Wallace Blvd.) by April 23, 2018

TEXAS PANHANDLE CENTERS FLIGHT 2 FREEDOM SHIRT ORDER FORM



Full Name:

Phone Number:

Email:

	PRICE	XS	S	M	L	XL	XXL (+\$2)	XXXL (+\$3)	TOTALS
Charcoal Short Sleeve	\$15								
Total Cost									

CASH ONLY

This Order Form must be turned in with payment or it will not be processed. All Sales Final.

Mental Health Awareness 2018

Shirts are:
\$9 for S, M, L & XL & \$11 for XXL & XXXL

Contact Gracie Chavez at 349.5622 to place your order



"Can you suggest something that will photograph well for a Facebook posting?"

