

TEXAS PANHANDLE CENTERS
901 WALLACE BLVD. AMARILLO, TEXAS
www.texaspanhandlecenters.org

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Trauma-Informed Care Time for Organizational Change (TICTOC)

For Texas Panhandle Center Employees:

Join us at our first ever Trauma-Informed Care Time for Organizational Change (TICTOC) Kickoff Event on Thursday, May 23rd from 1:00pm - 5:00pm as we learn about trauma and the impact it can have on those we serve, as well as on ourselves. We will be welcoming guest speaker Dr. Michael Gomez from the Center for Superheroes at Texas Tech Physicians of Lubbock in addition to a training by Patricia Gill and Stan Waddell.

Texas Panhandle Centers embraces the perspective and life experiences of those we serve and employ. We strive to utilize strengths-based language along with culturally sensitive practices, engaging others respectfully in light of possible traumas.

Date and Time

Thursday, May 23, 2019, 1:00 PM CDT

Location

Texas A&M AgriLife Research and Extension Center -Amarillo
6500 Amarillo Blvd. West
Amarillo, TX 79106

Information on registration for the event will be forthcoming.

Continuity of Services & Enhanced Community Coordination

By: Sharon Guinn, Coordinator of IDD Authority Services

Let me introduce the **Continuity of Services (COS)** and **Enhanced Community Coordination** teams.

They have vast job responsibilities and are an important part of the Intellectual & Developmental Disabilities Service Coordination Team.

One of their primary responsibilities is to assist with placing clients with intellectual disabilities at State Supported Living Centers throughout the state. These clients need a more restrictive and secured environment to ensure their safety and to ensure they are receiving appropriate services and supports that will help them achieve a quality of life. While the client is placed, the

COS Coordinator monitors services to ensure the client is receiving the services recommended by the admissions team.

Continuity of Services Coordinators are also assigned the task of enrolling clients in the Home and Community Based Services and locating Intermediate Care facilities for residential placement. While enrolling the client in the HCS program, the COS coordinator develops a plan of services and supports based on a person centered process and develops the clients desired outcomes and identified needs.

The state also mandates all clients living in a state licensed facility who are under 22 years of age have permanency plans on file. The COS team is responsible for creating this plan that is unique to the client and family's needs. The Enhanced Community Coordinator develops the plans for anyone transitioning or diverting from a nursing facility or transitioned out of the State

Supported Living Centers and is responsible for monitoring them to ensure they have a smooth transition to their new placement.

The team is integral in working with other programs and entities such as provider staff, the legal system, Crisis Intervention Services, Transition Support, The Pavilion, state hospitals and IDD service coordination in an effort to collaborate and assist with crisis situations and possible placement.



Continuity of Services Team L to R: Jennifer Ross, Stephanie Morrison, Lisa Roberts, Julie Taylor

Enhanced Community Coordination is for clients diverting or transitioning from a nursing facility or State Supported Living Center. The service coordinator provides intensive and flexible support to achieve suc-

cess in a community setting, including arranging for support needed to prevent and manage a crisis. The coordinator also provides intense service coordination and service planning due to the fragile nature and unique needs of these individuals. Another key role is the coordinator works closely with the Preadmission Screening and Resident Review (PASRR) Program and assists with transitioning and diverting clients from the nursing facility. The coordinator can also apply for state funds to assist with the financial burden of transitioning to the community.

Since the inception of the ECC program, Texas Panhandle Centers has returned only one client to their referring entity as a result of the person's needs not being able to be met properly in the community.

For questions or additional information regarding these programs please contact Sharon at 806.351.3372.

April is Autism Awareness Month

The Centers for Disease Control and Prevention (CDC) released its biennial update of autism's estimated prevalence among the nation's children, based on an analysis of 2014 medical records and, where available, educational records of 8-year-old children from 11 monitoring sites across the United States.

The new estimate represents a 15 percent increase in prevalence nationally: to 1 in 59 children, from 1 in 68 two years previous.



enhancing research and access to high quality services for people with autism across the spectrum and throughout their lifespan."

The nation still lacks any reliable estimate of autism's prevalence among adults. As autism is a lifelong condition for most people, this represents an unacceptable gap in our awareness of their needs – particularly in areas such as employment, housing and social inclusion. Each year, an estimated 50,000 teens with autism age out of school-based services.

"These findings demonstrate that while progress has been made on some fronts, there is still much work to do," says Autism Speaks President and Chief Executive Officer Angela Geiger. "They urgently warrant a significant increase in life-

A wide range of resources for recognizing early signs of autism and for accessing support and services throughout the lifespan is available at AutismSpeaks.org.

Happy Easter!



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

Walk Across Texas

Texas Panhandle Center's Walk Across Texas Teams began their eight week journey with a *Walk Out On Work* on Monday, April 15th. Walk Across Texas, a member of the Texas A&M AgriLife Extension System, is a voluntary program to help people start moving more and establish physical activity as part of a lifetime habit. Participating in Walk Across Texas with others is a great way to stay motivated.



Texas Panhandle Centers has been participating in Walk Across Texas for over fifteen years and has some of the largest participation across the state. The Walk Out On Work event encourages staff to take a break and walk out on work for a few minutes to walk around the park, block or work space. Snacks, water and giveaways were provided by TPC, Texas A&M AgriLife Extension Service and Insurance Management Services.

The following teams were registered to participate on Monday, April 15:

A Team Has No Name
Baby Got Track
Bomb City Jail Breakers
Counter Intelligence
Fast But Not Furious
Heart and Sole
Like A Boss
Red Hot Chili Steppers
Red Hot Chili Steppers I
Region Warriors
Sloth Walking Team
Stay In Your Lane Bro
Super Sloths
The Usual Suspects B
The Usual Suspects D



Trauma Informed Care Time for Organizational Change

On a regular basis, educational and informational tidbits will be provided on trauma and its impact.

Can the effects of trauma be avoided or addressed?

Protective factors, such as supportive relationships with family members, a teacher, or others in the community, can help shield individuals from the effects of trauma and build resilience to help overcome adversity and confront challenges. Trauma-informed treatments, can help patients begin processing their experiences in a healthy way.

- The Center for Health Care Strategies

NATCON19

The National Conference for Behavioral Health was held in Nashville, Tennessee during March. Members of the TIC TOC Committee and Executive Management Team were in attendance. The conference offered an extensive array of training sessions that included:

*Daring Greatly Leadership
Transformational Change
Certified Community Behavioral Health Clinics (CCBHC)
The Future of Health Care
Beyond Trauma Informed Care
Collaborative Problem Solving in Children
Trauma and Culture
Enhancing Wellness and Resiliency Through Whole Health
Value-based Care
Intellectual Disabilities and Behavioral Health Services
Pearls of Leadership Wisdom
Recruiting Top Talent to Your Organization
Turning Clinicians into Leaders
Tele-psychiatry and Integrated Care
Zero Suicide
Engaging Peer Support Services
Risk Management and Obtaining and Sharing Information
Lessons Learned: 10 Years of First Episode Psychosis Program
Claims Denial
Strategies for Battling Opioid Crisis*



These are just a broad sampling of the sessions offered during NatCon19.

Staff in attendance included: L to R (front): De Ann Craddock, Angela Ellis, Misty Galindo, Mellisa Talley, Carol Cobb, Joyce Lopez-Enevoldsen, Elvire Sanders-Blakemore, Donald Newsome, (back) Jennifer McKay, Jesse Greer, Toby Wallace. Not pictured: Libby Moore, Stacy Sandorskey, Dianna Van Scoy, Troy Klamm.

White Hat Award



The IDD Service Coordination Department would like to give this month's White Hat Award to **Tammy Martinez, Director of the Day Habilitation Program in Hereford**. Tammy works hard to make sure that our client's social needs are being met and ensuring that they are being taught important life skills. She is always kind and helpful to both staff and clients. Tammy 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) Half 2) Personally Identifies 3) Donald Newsome

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



1. TPC's Trauma Informed Care Kick-Off Event is scheduled for _____ at _____.
2. TPC's mileage logs are due by the _____ of each month.
3. One pound is equal to about _____ calories. To reduce weight, cut calories and increase physical activity.

[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)

EMPLOYEE RECOGNITION

At the March 28 Board of Trustees meeting, Judge Willis along with the Board of Trustees and Executive Staff recognized **Dina Martinez, Reimbursement Officer**, for 20 years of service with the Agency.

Dina was given a crystal award, gift card and a day off.

Congratulations Dina!



United Way
of Amarillo & Canyon

- Total funds raised from the two jeans weeks last fall totaled \$895.78.
- Projected donations through payroll deductions for calendar year 2019 total \$4,155.08.

All fair share givers and super fair share givers were entered into a drawing for an Amazon Echo. Sammie Artho, System of Care, was the recipient of the random drawing. Congratulations Sammie! All fair share and super fair share givers also received jean passes.

“ Because of your generous donation of \$5,748, 57 individuals received a unique, unduplicated service in our community.”

— United Way of Amarillo & Canyon

Welcome these New Employees...

Ana Ibarra Vazquez	STAR
Elka Murphy	IDD Service Coordination
Pamela Pierce	Adult Behavioral Health
Leslie Rivera	Children's Behavioral Health
Tyra Combs	BH Screening & Intake
Julie Curbo	1115 Waiver Peer Support
Aline Nyabiraho	Amherst Group Home
Daniel Rivera	Wayne Group Home
Lindsie Stapleton	Children's Behavioral Health
Olivia Martinez	TCOOMMI Adult Probation/Parole
Roddrick Palmer	Community Living



TPC's FLEET VEHICLE OPERATION GUIDELINES

By: Terry Zimmerman, Support Services Director

TPC has approximately 130 vehicles, which travel throughout the Panhandle of Texas, for the purpose of assisting staff in providing services to all of our clients.

Each vehicle contains a white note book with valuable information that employees should familiarize themselves with. The following is an outline the information contained: **Insurance Certificates, Mileage Logs, Procedure for Reporting Vehicle Problems, Policy & Procedures for Motor Vehicle Safety and Use, Policy on Red Light Photo Enforcement Violations and Procedures for Reporting Vehicle Accidents.**

Procedures for Reporting Vehicle Accidents – Unfortunately accidents happen. When this occurs, it is extremely important these procedures are followed: If appropriate, call 911, call the police, call motor pool, then call your supervisor. If the vehicle needs to be towed – We use T-Miller in the Amarillo area. Their telephone number is on the cover of the vehicles notebook. Accident claim forms are in each of these notebooks and **MUST** be completed at the time of the accident. **NO ACCIDENT IS TOO SMALL TO REPORT.** This includes minor damage such as scrapes, rock chips, etc.

Do not let the vehicles get below ½ tank of fuel- All cars have a fuel pump which is inside of the gas tank. If you allow gasoline to go below ½ of a tank, the fuel pump will get hot and may need to be replaced at the cost between \$800.00 and \$1200.00. This does not include the labor, so please keep them filled. When returning to the agency, please make sure the vehicle has at least ½ full for the next person who needs to use it.

Remove all trash from the vehicle after each use. This includes drink cups, food wrappers, tissues or anything considered trash. If you spill something, please clean it up. Carbonated bev-

erages 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 do not leave personal items in the vehicles. TPC is not responsible for the replacement of personal items.

Transporting animals in agency vehicles is prohibited with the exception of service animals.

Record your mileage on the mileage log after each use— The mileage log is located in the notebook 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. Mileage logs are due by the 10th of the following month and should be turned in to Kay in Maintenance.

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 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 too many 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. Thank you for making this a priority and be safe.

LED LIGHTING PROJECT

By: Terry Zimmerman, Support Services Director

Recently our maintenance department completed a new LED lighting project in building 501 on the Wallace Campus. We replaced 354 interior lights.



Due to legislation, as of July 14, 2012 most of the florescent lamps and ballasts we use are no longer manufactured. This means that sometime in the near future, we would not be able to obtain the parts or the florescent bulbs currently in use.

TPC partnered with Cain Electrical Supply Corporation and Excel Energy for assistance with this project. The cost of the project was \$24,201. Although this seems to be quite expensive – in the long run it will save us a lot

money. We enrolled in a rebate program with Excel Energy in order to limit the initial cost exposure. The rebate paid was \$6,000, which brought the overall cost down to \$18,201. The entire project will be fully funded in approximately 3 years and 4 months.

Our energy usage savings is approximately \$5,512 per year. This means that in 10 years we will save \$55,112, and in 20 years we will save \$110,220 energy savings alone.

Not only do we reduce our energy usage, we also save labor and repair costs because the lifetime on these LED lights is approximately 20 Years!

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:

Trenetra Tarver, HCS Administration
Tami Savage, HCS Administration

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.



Steven Garcia, System of Care, 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.

Community Corner

Myths & Realities About Health Weight Management



Trying to manage your weight? You are not alone. As many as 60% of adults are overweight or obese and many of them are trying to lose those unwanted pounds. If you are looking for advice on how to manage your weight, you can find it with ease on the Internet, in books and magazine, and in the media. However, some of that advice may be more fiction than truth. Read on to get a reality check on popular weight management myths.

Myth: Calories don't count.

Reality: Calories count and no matter where they come from, if a person eats more than their body needs they will gain weight. One pound is equal to about 3,500 calories. To reduce weight, we need to cut calories and increase physical activity.

Myth: Carbohydrates make people gain weight.

Reality: Fruits, vegetables, and whole grains are important sources of energy our bodies need every day. The problem with carbohydrates lies in how much people eat and what they do to those carbohydrate foods. Drowning large amounts of pasta in cream sauces or loading up a baked potato with sour cream, bacon, butter, and cheese adds excess fat and calories our bodies don't need.

Myth: Snacks are bad.

Reality: Some people are able to manage their weight more easily with 5 or 6 small meals during the day instead of 3 large ones. Everyone is different. Snacks can be helpful in controlling hunger - the key is to choose nutritious snacks that help your body meet (but not exceed) its

energy needs. Snack only when you are hungry (i.e. not bored or stressed) and watch the portion sizes.

Myth: Foods like grapefruit or cabbage can help the body burn fat.

Reality: While these foods have some good nutritional value, there is no evidence to suggest that these or other foods make the body burn fat.

Myth: Drinking lots of water can help you lose weight.

Reality: Drinking more water alone probably will not help people manage their weight over the long term. However, choosing low- or no-calorie drinks (like water) instead of high-calorie ones can help reduce overall calorie intake. For example, drinking water or diet soda instead of regular soda can save 150 calories per 12 ounces. Switching from whole milk to skim saves 70 calories per 8 ounces.

