



Here's What's Happening...

TEXAS PANHANDLE CENTERS

901 WALLACE BLVD. AMARILLO, TEXAS

www.texaspanhandlecenters.org

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Serving the citizens of:

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and Wheeler counties

ZERO Suicide

IN HEALTH AND BEHAVIORAL HEALTH CARE

Texas Panhandle Centers is pleased to partner with Zero Suicide. Zero suicide is a commitment to suicide prevention in health and behavioral health care systems and is also a specific set of strategies and tools.

Zero Suicide is the foundational belief that suicide deaths for individuals under care within health and behavioral health systems are preventable. It presents both a bold goal and an aspirational challenge.

Zero Suicide Champions believe that anything short of zero suicides in health care is unacceptable.

For health care systems, this approach represents a commitment:

- To patient safety, the most fundamental responsibility of health care
- To the safety and support of clinical staff, who do the demanding work of treating and supporting suicidal patients
-

The programmatic approach of Zero Suicide is based on the realization that suicidal individuals often fall

through cracks in a fragmented, and sometimes distracted, health care system. A systematic approach to quality improvement in these settings is both available and necessary.

The challenge and implementation of a Zero Suicide approach cannot be borne solely by the practitioners providing clinical care. Zero Suicide requires a system-wide approach to improve outcomes and close gaps.

Essential Elements of Suicide Care

After researching successful approaches to suicide reduction, the Action Alliance's Clinical Care and Intervention Task Force identified seven essential elements of suicide care for health and behavioral health care systems to adopt:

1. Lead – Create a leadership-driven, safety-oriented culture committed to dramatically reducing suicide among people under care. Include survivors of suicide attempts and suicide loss in leadership and planning roles.
2. Train – Develop a competent, confident, and caring workforce.

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Community Corner

NAMI Family-to-Family Education Program

FREE for family members and loved ones of individuals with

Major Depression
Bipolar Disorder (Manic Depression)
Schizophrenia and Schizoaffective Disorder
Post-traumatic Stress Disorder
Borderline Personality Disorder
Panic Disorder and Obsessive Compulsive Disorder
Co-occurring Brain Disorders and Addictive Disorders

A series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders.

There is no cost to participate in the NAMI Family-to-Family Education Program. Over 150,000 people in the U.S., Canada, and Mexico have completed this nationally recognized, evidence-based course. We think you will be pleased by how much assistance this program offers. We invite you to call for more information.

Register Now! 806.678.7385

Thursday Evenings: September 1st—November 17th, 2016

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3. Identify – Systematically identify and assess suicide risk among people receiving care.
4. Engage – Ensure every individual has a pathway to care that is both timely and adequate to meet his or her needs. Include collaborative safety planning and restriction of lethal means.
5. Treat – Use effective, evidence-based treatments that directly target suicidal thoughts and behaviors.
6. Transition – Provide continuous contact and support, especially after acute care.
7. Improve – Apply a data-driven quality improvement approach to inform system changes that will lead to improved patient outcomes and better care for those at risk.

Zero Suicide is a call to relentlessly pursue a reduction in suicide and improve the care for those who seek help.

August is Children's Eye Health and Safety Month

Did you know that 80 percent of learning occurs through our eyes? Healthy vision is critical to classroom and homework success. Poor vision can lead to poor reading skills, lower grades, difficulty in interpreting music notes, reduced self-esteem, and negative behavior issues.

August is Children's Eye Health and Safety Month. Before shopping for school supplies, uniforms, new sneakers or knapsacks, schedule a comprehensive eye exam with an optometrist for your child between the ages of 3 to 18.

Myopia (nearsightedness), hyperopia (farsightedness), and astigmatism (blurred images) are common refractive errors easily corrected with eyeglasses or contact lenses. Amblyopia (lazy eye), strabismus (abnormal alignment of the eyes), and color blindness are also common and correctable conditions that affect children's vision.

A diagnosis of ADHD or ADD in some cases could be an overall weakness in spatial and visual-motor skills.

Indicators of potential vision problems may include:

- Wandering eye
- Frequent eye rubbing
- Head tilting to look at objects

- Squinting or excessive blinking
- Red, crusty or swollen eyes
- Pulling objects closer; avoiding close work



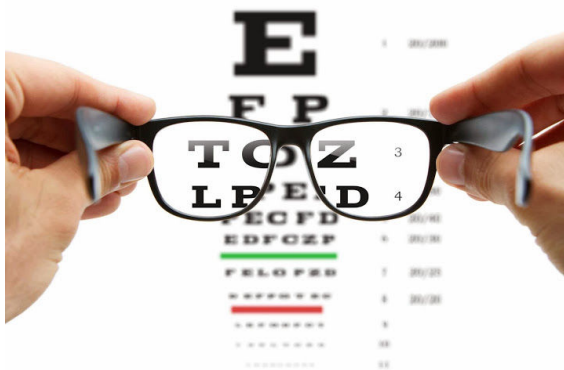
- Headaches, nausea
- Inability to dribble or catch a ball

Most kids are required to participate in physical education or a sports activity but poor vision can increase eye injuries. School-aged kids are particularly prone to them, since their athletic skills are still being developed. Baseball-related eye injuries are prevalent in kids 14 and younger. Basketball-related eye injuries lead the list for 15 to 24-year-olds.

At least 90 percent of sports-related eye injuries are preventable with the proper use of protective eyewear. Regular eyeglasses do not offer safety.

The eyes of maturing children change frequently. The vision screening provided by the school nurse is only designed to alert parents to a potential problem.

Visit your eye care professional to keep your children's eyes healthy and to avoid any potential vision problems.



Preventive Care Screenings



Take advantage of these and other services available to adults at no cost sharing, thanks to the Affordable Care Act.



Tests: Blood Pressure, Diabetes, Cholesterol



Regular Visits : Well Adult, Well Baby, Well Child



Vaccinations: Flu, Pneumonia, Measles, Polio, Meningitis



Cancer Screenings: Mammograms & Colonoscopies



Intervention: Quit Smoking, Lose Weight, Identify Depression, Reduce Alcohol Use



Care for Healthy Pregnancies

With access to free preventive care, you & your family could catch signs of health issues before they develop into something dangerous. Don't Delay.

Cost Tip:

Most Preventive services are covered at no cost. However, if you receive additional services, or a diagnosis is made, you may incur charges you will be responsible for.

Bed Bugs

Submitted by: Desire Winslow, Safety Director

BED BUGS, words that bring itchiness to our skin and fear into our hearts. Unfortunately, bed bugs have become an epidemic world-wide. It is a problem that can affect all of us; it is a problem we might face at our jobs, in our homes and in the community. For these reasons I have listed some quick tips for various situations in which we may find ourselves. Bed bugs can be transported from place to place on clothing, baggage (purses) and any other cloth material item. If you have been inside a home or with a person who you suspect may have a bed bug infestation there are a few steps that can help you prevent spreading them or worse, taking them into your own home.

After exposure disrobe all clothing worn and place them in the *dryer first*, on the hottest setting possible for at least 20 minutes. After being in the dryer, you should then wash the clothing in at least 140°F and then dry them on a hot temperature again. If you cannot dry the clothing exposed you can also freeze them at -5 C or below for five days. If a dryer is not at your immediate disposal double bag all clothing (including shoes) and leave outside of your home/vehicle, preferably in the sun until you are able to treat the items.

Safety Tips When Traveling: I recommend doing this at **ANY** hotel you stay at!

- Upon first arriving in your hotel room place luggage, unpacked on the bathroom counter or in the bathtub, off of any car-

peted or cloth areas. Once you have inspected the room try to keep suitcases on suitcase holders or on hard surfaces off of the floor, do NOT leave your suitcase on the bed.

- At hotels, thoroughly inspect the entire room before unpacking, including behind the headboard and in sofas/chairs. Pull back the sheets and inspect the mattress seams, particularly at the corners, for tell-tale stains (red/brown dried blood spots). If

you see anything suspect, notify management and change rooms/establishments immediately. If you do need to change rooms, be sure that you do not move to a room



adjacent and/or directly above/below the suspected infestation.

- When unpacking keep as much of your clothes in the suitcase as possible and use the closet furthest from the bed when hanging any clothes.
- Consider placing your suitcase in a plastic trash bag or protective cover during the duration of your trip to ensure that bed bugs cannot take up residence there.
- After your trip, inspect your suitcases before bringing them into the house. Vacuum your suitcase thoroughly before storing away. Consider using a garment hand steamer to steam your luggage, which will kill any bed bugs or eggs that may have

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hitched a ride home.

- Wash all of your clothes - even those that have not been worn - in hot water to ensure that any bed bugs that may **have made it that far are not placed into your drawers/ closet.**



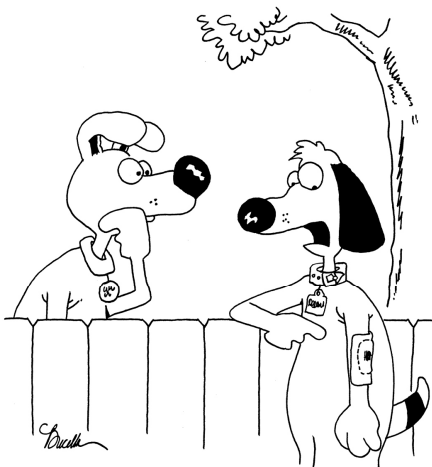
Bites:

Bed bugs tend to leave bite marks in a straight line or trail. Often appear in a series of 3 or 4 bites. Bed bug bites often resemble mosquito and flea bites. The body's reaction to a bed bug bite will vary from person to person. For most people, the reaction is limited to localized itching and swelling at the site of the bite. If the itching sensation is intense and you scratch the bites, there is a chance you could open the skin which exposes you to risk of infection. Some people however have an allergic reaction and require medical treatment. If the onset of bed bug bite symptoms is not immediate, you may have a hard time drawing a connection between the bite marks and sleeping.

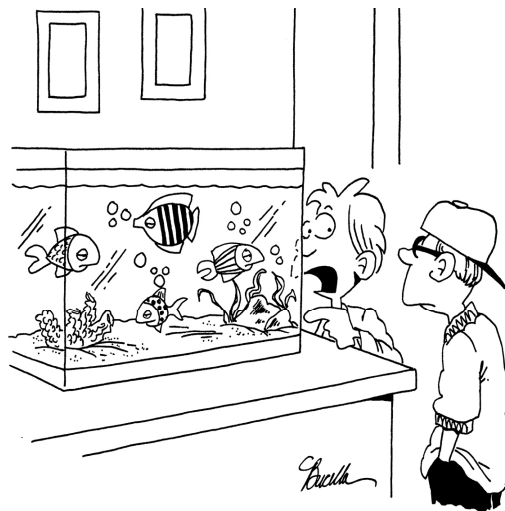
If any TPC Property (vehicle, office space, etc.) is exposed to bed bugs please report this to Kay Annen (Maintenance) via phone or email immediately.

Be decisive, right or wrong, make a decision. The road of life is paved with flat squirrels who couldn't make a decision.

~ Unknown



"These homework patches really reduce your cravings. This one is 'Chemistry,' but you can get them in any subject."



"Are they real or is this a screen saver?"

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:

Cindy Pulse, IDD Consumer Benefits

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.

Welcome these New Employees...

Josh Cantu	Programming Services
Gay Welch	IDD Services
Kristen Coffee	STAR Program



School will be back in session soon; please watch for school crossings and slow your speed in school zones. In school zones, all drivers are prohibited from texting and using handheld devices while driving.

Fines range from \$200-\$500



LABOR DAY

In observance of Labor Day, TPC offices
will be closed on Monday,
September 5th.

Have a safe and restful Labor Day!

S.T.A.R. (Services-To-At-Risk Youth & Their Families)
brings you...

“Back in Control”

Parenting Workshop

Saturday, September 24, 2016
8:45 AM-4:00 PM

TEXAS PANHANDLE CENTERS
Children's Services Building
1500 S. Taylor Street
Amarillo, Texas 79101

Must pre-register! Call 359-2005

Instructor: Janice James, MA, QMHP

CEUs available for LPCs & MSWs; General CEUs available, also
(Must attend full class for certificate)

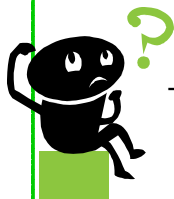
NO CHARGE

Seating is limited. No Childcare is provided.



Gaynelle Williams, Coordinator of Compliance and Planning, presented information regarding TPC services to the Canyon Rotary Club on Tuesday, August 9th.

Cheryl TenBrink, 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.

White Hat Award



The IDD Service Coordination department would like to give this month's White Hat Award to **Joyce Shull, IDD Nurse**. Joyce does an amazing job at scheduling and running the clinics and helping the service coordinators with information about their clients. She is a great liaison with the pharmacy and always makes sure the clients have the medications they need. Joyce goes above and beyond her job duties and from all of us in 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) Prevention 2) 15 minutes 3) August 31st, 2016

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

1. Zero Suicide Champions believe that anything short of _____ suicides in health care is unacceptable.
2. The suicide intervention task force identified _____ essential elements of suicide care for health and behavioral health care systems to adopt.
3. At least 90% of _____ related eye injuries are preventable with the proper use of protective eyewear.



[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:

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