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and Wheeler counties



Two words sum up New Year's Resolutions: Faith and Gym.

A recent study shows that 57 percent of Americans made a health resolution while 52 percent made a faith resolution.

Those top two topics lead five categories of New Year's resolutions.

About 43 percent of respondents in the telephone survey, cited use of time as an important resolution. That was followed closely by improving relationships with family (42 percent) and working on finances (37 percent). One third of respondents wanted to improve a relationship with a friend.

If you are one of the 75 percent of people who have failed to follow a resolution, you might want to reframe and re-adjust your new year vow.

According to Christine Koh and Asha Dornfest, authors of Edit Your Life podcast, try using a different word for resolution. Try thinking of your resolutions as intentions or di-

rections about where you will take the year. If you think of them that way, then you may find yourself broadening your aims. Instead of vowing 'run one mile a day,' maybe what you really want to do is spend 30 minutes in dedicated exercise.

No matter what your goals, sometimes the hardest become much easier when you whittle down a resolution to the barest bones.

If you want to exercise, but you never have actually done it, maybe your resolution should be to just put on your exercise clothes at a specific time every day. Or just exercise for five minutes. That easy vow will get you started.

Dornfest recommends you get a confidant to talk with you about pursuing your resolutions. The same person might not be perfect for all your resolutions, though.

Koh advises building failure into resolutions. Hey, you are never going to be perfect. If or when you slip up, how will you address the problem? Build in a 'start again' plan.



ACT—Assertive Community Treatment Team

Submitted by: Libby Moore, Behavioral Health Director

The ACT model was first developed in the early 1970's when large amounts of people were being let out of psychiatric institutions. Community Mental Health Centers were not equipped to manage the various treatment needs people had that promoted full integration into the community.

TPC has delivered the ACT model of treatment since the early 1990's. TPC was originally asked by the State of Texas to be a pilot site for this type of treatment approach. This model focused on providing treatment with a client who was having difficulty functioning in major areas of life. This included work, social functioning, independent living skills, money management, physical health and wellness.

The caseload ratio in ACT is typically small. This allows the team to work with the individual on the various aspects of recovery with little need to refer outside of the team. The team is comprised of case managers, specialties in co-occurring psychiatric and substance use disorders, psychiatric and nursing support, supported housing, supported employment specialties and peer support.

Independence, rehabilitation and recovery are central aspects to the mission of ACT Teams. Participants on the team take an active role in their recovery. Teams serve on call to help individuals resolve crisis situations. This approach helps a person avoid hospitalization and learn ways to manage their illness with reduced levels of disruption. ACT is now recognized by SAMSHA, NAMI and CARF as an evidenced based approach to outpatient psychiatric care. It is being considered for people with psychiatric illnesses in the criminal justice system, vet-

eran's administration, refugees with mental illness and children and adolescents with serious emotional disturbances.

One thing we know now that we didn't realize when we first started using the ACT model is that people with serious mental illness die on average 25 years earlier than the general public. They tend to die from treatable or preventable diseases. ACT focuses on holistic care. They work hard to incorporate primary care into the areas of wellness. This focus has wide ranging benefits. Physical health plays a major role in mental wellness.



Treatment approaches that support holistic care, like ACT could shape how the next generation of people with psychiatric illness's manage their lives.

TPC currently has between 20 to 25 people served on ACT. The team is comprised of 2 full time case managers with a vacant case manager position open for hire. They receive nursing support, psychiatric support, peer support and team support through an LCSW.

TPC is proud of the services this team provides. They support the mission and vision of TPC every day. The people served through the years by the teams have benefited the most. Strong bonds have developed between the individuals served on the team. This social acceptance and mutual respect have improved everyone's wellbeing. Because of all the benefits ACT offers it is a core service in Community Centers in Texas and other states. We look forward to incorporating more aspects of ACT into all the services we provide.

Dayna Schertler, Health Integration Specialist, named Director of WTAMU Student Counseling

Dayna is a long-time resident of the Texas Panhandle with over 20 years of mental health experience and has been employed at WT for thirteen years. Dayna has served WT as the Health Integration Specialist as part of the Student Medical Services team. This position has allowed Dayna to utilize her social work background and clinical experience to facilitate solution oriented strategies based on individual student needs. Dayna has built positive relationships with university and community stakeholders to ultimately improve the lives of our students utilizing both campus and community resources. Dayna's experience working in university settings, the mental health care profession, and creating effective, innovative programs makes her an excellent match for this position and a strong asset to the Division of Student Affairs.

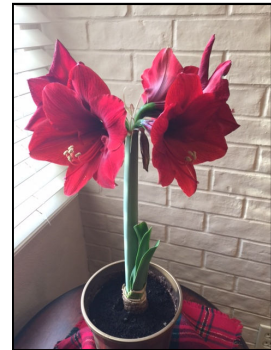
WTAMU Division of Student Affairs
Jack B. Kelley Student Center

Congratulations!



Lillian Wheeler, Adult Behavioral Health Med Clinic, submitted the Amaryllis on the left. She reported the first bloom on December 30th.

Honorable mention goes to the Amaryllis from the Wallace location. This plant bloomed in early January and had over 5 blooms.



Many thanks to the person or persons who put up the Christmas ornament display between buildings 501 and 503 at the Wallace Campus. That is the kind of gift which asks for nothing in return. It brought beauty, joy and smiles to our faces as we passed by during the dark December days.

~ Amy Bynum

Thank You!



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:

Pat Slaughter, ASCI

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...

Carol Gilbert

Genevieve Campos

Amanda Weatherford

Thomas Boyd

Steven Klamm

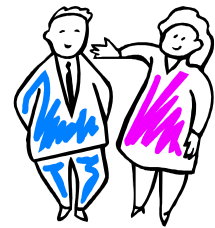
IDD Service Coordination

Children's Behavioral Health Hereford

Adult Behavioral Health

Wayne Group Home

MH Docket



Kristie Wineinger, ASCI Amarillo, 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.

Happy New Year!

Tax Considerations for the New Year

The tax man cometh. Time to prepare yourself to take all possible deductions.

⇒ Retirement accounts

Retirement accounts are a great method for reducing taxes. In fact, the 401k and IRA were created to give incentives for saving money. Each dollar contributed reduces taxable income.

401k -- The annual limit of contributions is \$18,000 (\$24,000 for those over 50) and this amount does not include employer contributions.

IRA -- The annual limit is \$5500 (\$6500 for those over 50)

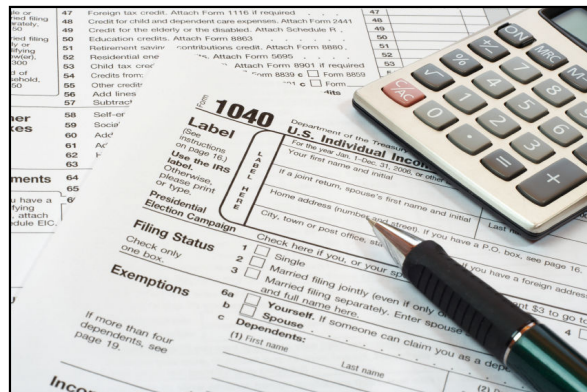
College 529 -- You can contribute up to \$14,000 per year while still avoiding the gift tax penalty. While there is no federal tax deduction for this, many states allow a deduction for these contributions.

HSA (Health Savings Account) -- Available to those with a high-deductible health insurance plan, the HSA allows one to contribute up to \$3,350 for an individual and \$6,750 for a family (add an extra \$1,000 if you are over 55).

⇒ Charitable Contributions

For philanthropic individuals, charitable contributions are a great way to manage your tax burden while providing for those less fortunate or other worthy causes. In most circumstances, up to 50 percent of yearly income can be deducted each year for qualified gifts.

Something to consider when discussing charitable gifts is that they don't have to be cash. Gifts of clothing, furniture, cars,



household goods, stocks, property, and even mileage spent on behalf of the charity are all tax deductible at the end of the year for full or partial value.

⇒ Investment Strategy Checkup

Year-end is a great time to rebalance portfolios for a couple of reasons:

Rebalancing should be done periodically to ensure that one's portfolio has not skewed too far in one direction during the year's ups and downs.

It could provide opportunities for tax-loss harvesting to help offset any capital gains earned during the tax year.



Texas Panhandle Centers Behavioral and Developmental Health

Guard Your Health in Cold Weather

Did you know that in cold weather, 60 percent of your body fuel is used to maintain body temperature?

That means you must count on tiring more easily, and you will be more likely to suffer hypothermia or even frostbite outdoors.



A windy day is even worse. At 20 degrees, for example, a 15 mph wind creates an effective temperature of -6 degrees. A 30 mph wind means -11 and a 40 mph wind dumps the effective outdoor temperature to -22.

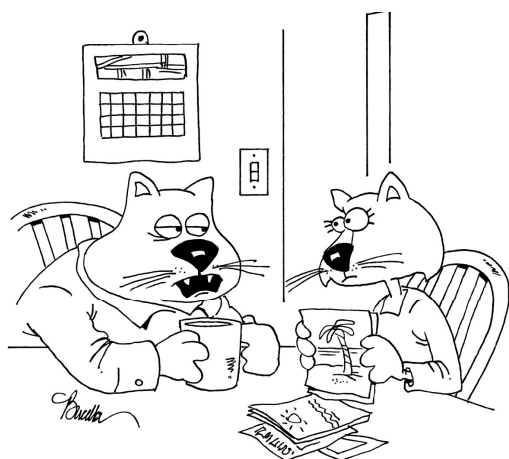
Cold weather puts extra strain on your heart, so it's important to avoid exertion. Shoveling snow, pushing a car, or even a fast walk might be a problem if it is very cold.

Decrease your chance of getting frostbite or hypothermia by dressing in layers for outdoor activities. Ideally coats should be water repellent. Wear a heavy knit or microfiber hat and face protection. Cover your mouth to keep very cold air out of your lungs. Wear mittens instead of gloves for more warmth.

Stay dry. Change socks and other wet clothing to prevent loss of body heat. Wet clothes lose all insulating value and lose heat rapidly.

Frostbite causes a loss of feeling and a white or pale appearance in extremities like fingers, toes, nose and ears. Although frostbite is unusual with today's excellent winter fabrics, if it does occur, warm the victim with blankets. Place the frostbitten area in warm (not hot) water. Do not rub the area. Give warm, not hot, nonalcoholic drinks.

If the feet are involved, the Red Cross cautions that the victim should not walk until he or she receives medical attention.



"We can't afford a vacation. If you want to feel the sand between your toes, you're going to have to walk around in the litter box."



"Grandma's pretty old. Will she be able to read something not written in cursive?"

White Hat Award



The IDD Service Coordination Department would like to give this month's White Hat Award to **Mark Ellyson, Purchasing**. Mark works in Purchasing in Bldg 501 of the Wallace Campus. He is always willing to give a helping hand to ensure that the TPC staff have everything they need to provide the best service possible to the clients. Mark also did an excellent job helping out with the recent food drive; doing everything he could to make sure it went smoothly. He goes above and beyond his job duties and from all of us in the IDD Service Coordination Department, we thank you and appreciate all you do.

Breanna Deakin for IDD Service Coordination

Answer's to last months questions:

- 1) Peer Support Specialist
- 2) Reindeer /Caribou (Rangifer Tarandus)
- 3) Applied Suicide Intervention Skills Training

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

1. According to a recent survey, ___ of Americans made a health resolution and ___ made a faith resolution.
2. ACT is the acronym for _____.
3. Cold weather puts extra strain on your _____, so it's important to avoid exertion.



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.

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**