

Board of Trustees

Chair
 The Honorable Willis Smith
 Lipscomb, Texas

Vice Chair
 Dr. Sam Reeves
 Amarillo, Texas

Secretary/Treasurer
 Janis Robinson
 Hereford, Texas

Patty Ladd
 Amarillo, Texas

Larry Adams
 Amarillo, Texas

Linda Brian
 Amarillo, Texas

Amy Hord
 Canyon, Texas

Charles Gill
 Panhandle, Texas

Sharon Braddock
 Clarendon, Texas

Legal Counsel
 Don L. Patterson

Executive Director
 Bud Schertler

Serving the citizens of:

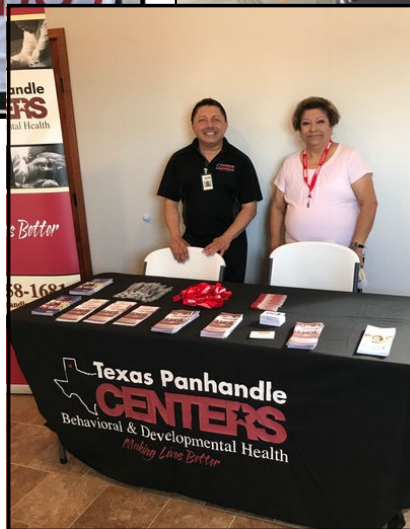
Armstrong, Carson,
 Collingsworth, Dallam,
 Deaf Smith, Donley, Gray,
 Hall, Hansford, Hartley,
 Hemphill, Hutchinson,
 Lipscomb, Moore,
 Ochiltree, Oldham, Potter,
 Randall, Roberts, Sherman,
 and Wheeler counties

WELL HEALTH CENTER "FREE" CLINIC

Texas Panhandle Centers partnered with other healthcare organizations to serve the residents of Cactus and the surrounding communities. Stephanie Diehlmann, MD, practices in Dumas, Texas and has coordinated a free clinic to meet the healthcare needs of those in Moore County.

TPC's Mobile Response Vehicle was on site and available. TPC staff included: Steve Garcia and Sammie Artho, both with System of Care, as well as Jennie Long, Adult Behavioral Health Case Manager (Dumas), Julia Cruz, Children's Behavioral Health Case Manager (Dumas), and Eunice Moreno who provided Spanish translation services.

The free event ran from Monday, July 16th - Wednesday, July 18th.



WHOLE HEALTH PEER SUPPORT

By: Donald Newsome, Quality & Compliance Director

Whole Health Peer Support Services have been offered by Texas Panhandle Centers since 2013 through the 1115 Waiver. Peer services are provided in one-on-one sessions, group sessions, or both. A Health Risk Assessment (HRA) is completed by the peer supporter during intake into peer services. Once it is completed, the peer supporter and the individual work collaboratively to develop wellness or health related goals and the S.M.A.R.T. objectives to meet the goal. The goal is based not only upon the results of the HRA, but may include other related issues which fall under the umbrella of peer supported recovery. Each individual has their own idea of what recovery means to them, so the goals and objectives are unique to each individual. In general, recovery entails the process of regaining control of one's life, self-esteem, personal agency, and relationships which may have been and may still be impacted due to the symptoms related to a behavioral health diagnosis and/or substance abuse. In addition to whole health goals, an individual may choose to work towards an additional goal or desired outcome that they believe will move them closer to recovery. Wellness support is an example of a whole health outcome.

Individual sessions and group sessions are facilitated by peer support specialists. A Peer Support Specialist is someone with lived experience with the symptoms of a behavioral health diagnosis or substance use disorder. Peers offer nonjudgmental support and encouragement and are advocates to others

who are beginning or continuing their own recovery journey. Many of the peer supporters within Whole Health Peer Support are certified providers of peer services and all are willing to share their stories of recovery to aid the process.

One of the many reasons peer support has been found to be effective is, although an individual may have a case manager, prescriber, nurse and perhaps a therapist, research bears out the importance and benefit of having someone who has walked in similar shoes to be involved in one's personal recovery journey. Common issues addressed in peer services include, improving coping skills, help with budgeting, mentoring, the need for advocacy and social skills from the perspective of someone who has lived experience with behavioral health issues. Peer support services are based upon a mutual relationship between the peer supporter and the participant.

Current peer groups offered at TPC include Stress, Anxiety, and Relaxation Group, Mindful Breath/Gentle Movement (Yoga), the Major Depressive Disorder Support Group, the Bipolar Disorder/Schizophrenia Support Group, Processing through Journaling, Simplified Intervention to Modify Physical Activity, Lifestyle and Eating Behavior (SIMPLE), Whole Health Action Management (WHAM), and Tobacco Cessation. SIMPLE is a sixteen-week weight loss course that addresses the issue of weight gain related to the use of psychotropic medications. WHAM is a ten-week

(Continued on page 4)



COMPLIANCE CORNER

Welcome back to Compliance Corner where we address questions that are received internally to inform and educate. (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 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:

Can I get in trouble at work for something I posted on Facebook even though I didn't mention any client or staff names?

Answer:

Depending upon the content of the posting, disciplinary action may be taken. Texas Panhandle Centers' Administrative Policy and Procedures regarding Social Media addresses your question in Section 3.13.2.

Employees may be disciplined for publishing, in any public medium (including print, broadcast, digital or online), any statements or information that:

- 1. Has the potential or effect of involving TPC or any TPC employee in any form of dispute or conflict with other employees or third parties; or,*
- 2. Could be viewed as malicious, obscene, or disparages TPC or its clients, customers or business associates.*

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)

training program for people with chronic physical and behavioral health conditions. These trainings promote self-management to create and sustain new health behavior. Tobacco Cessation groups are led by individuals who have received specialized training through certification courses offered at Rutgers University and MD Anderson Cancer Center. Tobacco cessation may also be offered as a one on one service. Free nicotine replacement therapy (NRT) in the form of gum, lozenges and/or patches, education and support are offered to individuals who participate in tobacco cessation. Research has proven this group of interventions to be effective in facilitating a nicotine-free lifestyle for users of tobacco products.

Whole Health Peer Support is based in Amarillo at Hardy Street. Peer support services have also been provided in Borger and Dumas with a goal to provide services in regional TPC areas based upon demand.

Peer Support is growing nationally and internationally within the behavioral health, primary care, substance use disorders, and veteran populations. To refer an individual who receives services through TPC to Whole Health Peer Support, please contact Angela Ellis @ 351-3268 or harriet.ellis@txpan.org.

Welcome these New Employees...

Elida Adame	HCS Browning
Roberto Ballin	Behavioral Health
Christeen Duran	ASCI Amarillo
Krystyna Hartman	Celia Herrera
Erin Osburne	Clarendon Behavioral Health



Sarah Hernandez, Early Childhood Intervention, 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 **Wesley "Terry" Barley, RN with IDD Nursing**. Terry is always very friendly and gentle with our clients. He is also very helpful to the service coordination department and is great at making sure the annual TB shot process goes smoothly. Terry has gone 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

Answer's to last months questions:

- 1) Same Day/Next Day 2) 6 million 3) Autism Spectrum Disorder

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



1. Resilience: The Biology of Stress and the Science of Hope is scheduled for _____.
2. About _____ vehicles are on the road with unresolved safety recalls.
3. A _____ is someone with lived experience with the symptoms of a behavioral health diagnosis or substance use disorder.

[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



Unchecked Recalls Pose Roadway Risks

Check to Protect Campaign Targets Drivers of Older Vehicles.

[Check To Protect](#) is a national campaign to encourage drivers to check the recall status of their vehicle and have open recalls fixed immediately.

Led by the National Safety Council and founding coalition partner, Fiat Chrysler Automobiles, the campaign is focused on drivers of vehicles five years old or older and drivers of used cars. Recall compliance rate is only 44% for these vehicles compared to 83% for newer vehicles.

About 53 million vehicles are on the road with unresolved safety recalls, according to [National Highway Traffic Safety Administration data](#). That's more than one in four cars on the road. This poses an urgent and serious risk to drivers and passengers.

Checking Recall Status is Easy

Drivers can enter their vehicle identification number at checktoprotect.org or directly on NHTSA's [website](#) for a full report of their vehicle's recall status. The 17-digit VIN can be found in the lower left corner of a car's windshield, on the inside of the driver-side door, on a car's registration card and possibly on insurance documents. Getting a recall repaired is free of charge to the vehicle owner.

Solutions for Recall Noncompliance

Check To Protect aims to bring together the automotive industry, traffic safety advocacy groups, and federal and state government to help overcome barriers to recall compliance.

Drivers report not addressing a recall for a variety of reasons:

- They do not have time or are waiting for a more convenient time
- The recall was not concerning enough to them; some said they would wait until the recall became an issue before taking it in for repair parts needed are not immediately available from the dealership

Fiat Chrysler Automobiles US is providing the initial funding for Check To Protect, but coalition membership is open to all automakers and traffic safety advocacy groups in the U.S.



Employee Recognition:

Judge Willis Smith, Chair of the Board of Trustees, the Board and Executive Team, recognized Jeff Young, Motor Pool, for fifteen years of service with the Center.

Also recognized was Linda Smith, ASCI Amarillo (not present) for twenty-five years of service.

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

Congratulations!



RESILIENCE—THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE COMING AUGUST 17th —TO REGISTER VISIT:

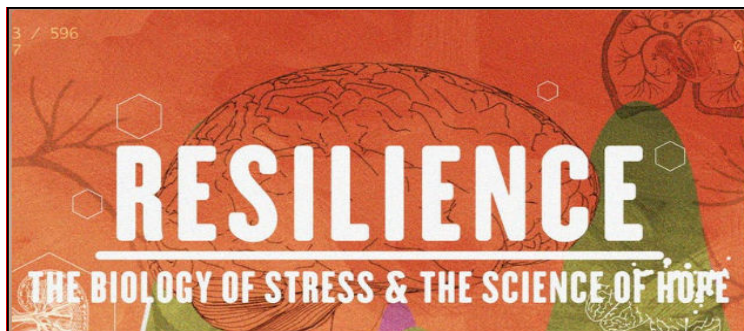
<https://www.eventbrite.com/e/mental-health-awareness-ace-adverse-childhood-experience-and-resilience-tickets-47263109232?aff=ehomecard>

This program brought to you by a collaboration with **CASA (Court Appointed Special Advocates)** and **Texas Panhandle Centers** to provide information about mental health awareness, hope and resilience to adverse trauma.

RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior.

Amarillo College Downtown
Campus
1314 S. Polk Street
Amarillo, TX 79101

8:30am or 10:30am





WALK ACROSS TEXAS WRAP-UP EVENT



There will be a Walk Across Texas Wrap-up event for all teams that successfully completed the 8 week walk.

The wrap-up event is scheduled for Friday, July 20th at 3pm in the HRD Training Room.

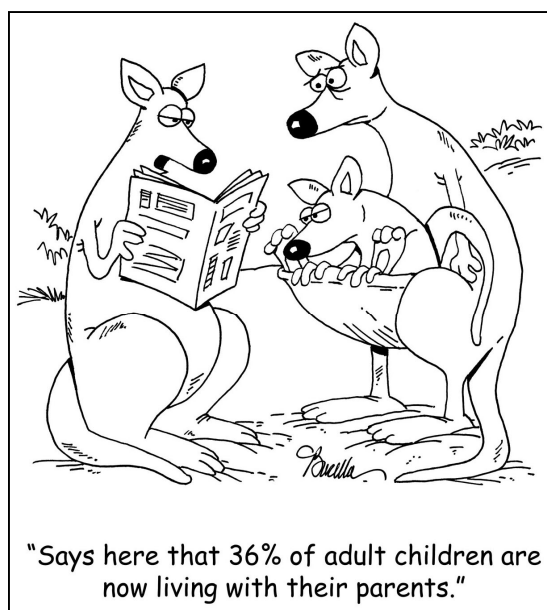
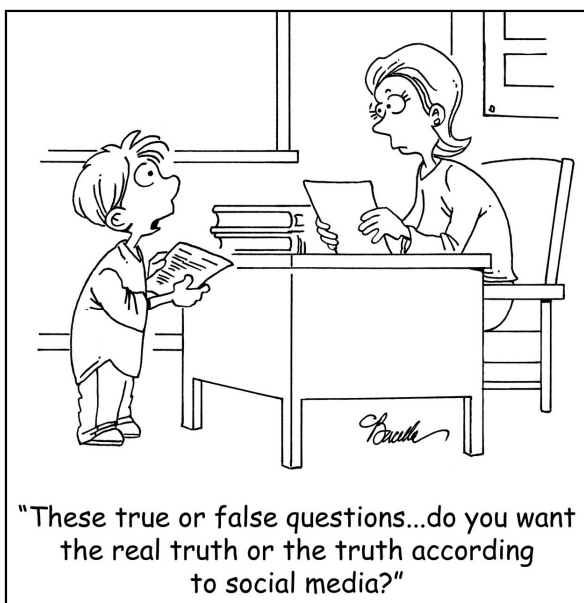


There will be snacks and prizes! See you there!

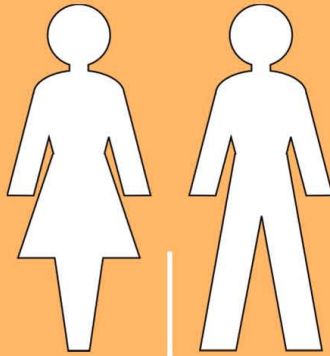


"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

— Maya Angelou



Talk with your doctor about these **ANNUAL Screenings**



When it's time to schedule your yearly physical, be prepared and armed with the knowledge of what to expect.

Cholesterol Blood Test

Women over the age of 45 and men over the age of 35, every 5 yr

Colonoscopy

All women and men ages 50-75, every 10 years

Pap Smear – all Women ages 21-65, every 3-5 yrs.

Abdominal Ultrasound – one time in men ages 65-75 who smoke or have smoked cigarettes

Mammogram – All women ages 50-74, every 1-2 yrs; Women ages 40-49, timing should be discussed with your Dr.

Bone Density testing – All women over age 65, every 2 years



www.imstpa.com

1-800-687-3020

The United States Preventative Services Task Force (USPSTF) puts out evidence-based guideline to help doctors determine what tests should be done, for whom, and at what age. These are the tests your doctor may address with you at your next physical based on the latest USPSTF recommendations.



Festival 2018
SEPT. 15, 2018 | 3 to 9pm
Dance

WHERE: Memorial Park | 2501 S. Washington

**Live Music/Dance, Games, Food, Fun
for the Whole Family!**

ARAD

Brought to you by the collaborative efforts of local 12-step and alternative recovery and support resources. All are welcome at this sober event.

This is a tobacco free event

Support the Recovery Festival and make a Tax-Free Donation on our Facebook page:
[@AmarilloRecoveryFromAlcoholandDrugs](#)