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and Wheeler counties

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

STATE ASSOCIATIONS OF ADDICTION SERVICES

On Tuesday, May 24, Mental Health First Aid instructors and champions addressed a packed room on Capitol Hill to share stories about how Mental Health First Aid has saved their life, or the lives of others in their communities—from helping them connect a student and their parents with appropriate treatment to deescalating a situation with a prison inmate in crisis using empathy and compassion. They also urged congressional staffers in the room to support the Mental Health First Aid Act.

Speakers included Michael Allora, Deputy Fire Chief at the Clifton, NJ Fire Department; Alyssa Fruchtenicht, a school-based mental health coordinator from Waterloo IA; Virgil Meyer, a Lieutenant with the Pennsylvania Department of Corrections; and **Tousha Barnes, a U.S. Army Veteran.**

"Mental Health First Aid literally saves lives," said Allora. "if you are providing services to people, you need this training. Mental Health First Aid should not be optional."



Did You Know?

Children's Behavioral Health Services offers parent support groups.

Noon Meeting

Third Tuesday of Every Month
12:00 - 1:00 P.M.

Evening Meeting

1st Monday of Every Month
7:00 - 8:00 p.m.

Location for both Meetings:

TPC - Children's
1500 S. Taylor
Amarillo TX
(Come in the Back Door)

No registration required.

Father's Day - June 19th.



Lunch & Learn



Lizbeth Greshem, with Potter County Extension Services and our Walk Across Texas Divisional Representative, was at TPC to show us how to eat healthier. She presented smoothie demonstrations and included samples to try. She shared tips for healthy snacking which included:

1. Save time by slicing veggies and serve with dips like hummus or low-fat dressing.
2. Mix it up. Mix trail mix with fat free yogurt or frozen fruit.
3. Grab a glass of milk. Milk is a quick and easy way to get a healthy snack.
4. Go for great whole grains. Offer wheat breads, popcorn or whole oat cereals low in sugar.
5. Nibble on lean protein.
6. Keep an eye on the size.
7. Fruits are quick and easy.
8. Consider convenience.
9. Swap out the sugar.
10. Prepare homemade goodies.



Nanette Provence, Payroll, 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.



In observance of Independence Day,
Texas Panhandle Centers will be
closed on Monday, July 4th.

Have a safe and happy holiday!

More Pets Go Missing on July 4th Than Any Other Day Of The Year!

Share these great tips to provide a safe Independence Day
for your canine household!

Take your dog for a long walk
before the festivities begin. This will
allow them to potty before the noise
begins and it tires them out.

Never use fireworks around
your dog. The noise can spook
them into taking off, or they can
accidentally get burned by the
fireworks.

Make sure your dog is wearing an
ID collar with your current
contact info. Collars can come
off, so microchip your dog as well
(and be sure to register it).

Loud, crowded fireworks
displays are no fun for dogs.
Resist the urge to bring your
dog with you to the festivities.

Leave your dog at home with all the
windows securely closed and all
shades drawn. Turn on some music to
drown out noise from fireworks.

Leave your dog with
something to play with
(A frozen kong stuffed with
treats will last hours).

Consider staying home with
your dogs to insure they
remain safe, especially if
they have anxiety.

If your dog is extremely
anxious, consult with
your vet about giving a
mild sedative to help
calm your dog.



"I can work days, evenings, nights...I'm
very flexible."



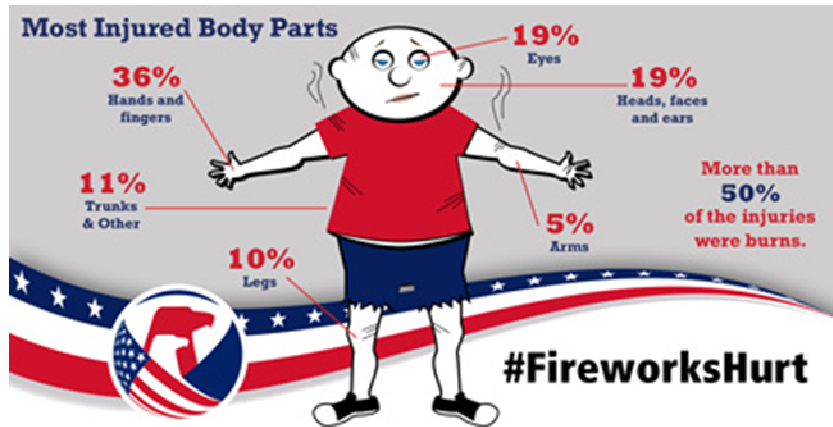
This call is to inform you of a
special offer and to let you know
that being placed on the DO NOT CALL
list doesn't work.

Fireworks Safety

Submitted by: Desire Winslow, Safety Director

With Memorial Day behind us, the next lovely holiday all TPC Employees will get to enjoy is Independence

Day!! Make sure your family stays safe and injury free by following these helpful safety tips when celebrating with fireworks.



According to the US Consumer Product Safety Commission, 230 people on average go to the emergency room

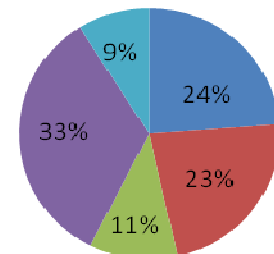
every day with fireworks-related injuries in the month around the July 4th holiday. The following is a breakdown by age of such injuries.

QUICK-TIPS:

Firework Injuries by Age Group

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.
- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.

■ Age: 0-9
■ Age: 10-19
■ Age: 20-24
■ Age: 25-44
■ Age: 45-64



Congratulations!

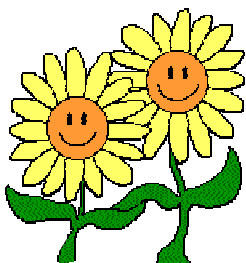
The following employee was recognized through the Performance Enhancement Program for one or more of the following: Core Competencies, Safety, Critical Thinking, Communication, Client Rights, Continuous Quality Improvement, Professional Behavior, Customer Service:

Zoey Baca, Westcliff Group Home

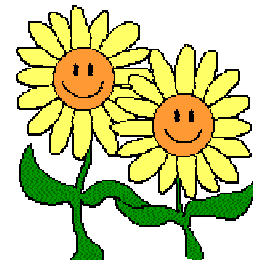
Reminder to supervisors: If you would like employees recognized through PEP in the newsletter, submit the PEP (or a copy) to the respective executive manager for approval.

Welcome these New Employees...

Jason Williams	Maintenance General
Karla Correon	ECI
Abraham Sanchez	Programming Services
Sharea Sutton	Alternate Living
Cheryl Tenbrink	IDD Service Coordination
Aliesha Walker	IDD Service Coordination
Lindsey Eggleston	Service Coordination Children's BH
Madelene Washington	Transportation BH
Jessica Dominguez	Children's BH Hereford



June 20th
First Day of Summer



White Hat Award



The IDD Service Coordination Department would like to give this month's White Hat Award to **Candice Elliott, IDD Nursing**. She is always on top of the health needs of our clients and does her job with a smile. Candice is always helpful with answering any health related questions about the clients. She goes 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) Community-based Movement 2) Prior 3) Form

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



1. More than _____ of injuries from fireworks were from burns.
2. For healthy snacks, offer _____, _____ or _____ cereals low in sugar.
3. Mental Health First Aid Instructors and champions urged congressional staffers to support the _____.

[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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