



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

JUNE IS MEN'S HEALTH MONTH

Let us celebrate the men in our lives by supporting their health including their mental health. If you or someone you know needs help, call one of the following:

The Crisis Hotline (806) 359-6699 (Amarillo Area) or
1-800-692-4039 (Toll Free) Non-Crisis (806) 337-1000 (Amarillo Area)
or 1-800-299-3699 (Toll Free)

4 MAJOR MENTAL HEALTH PROBLEMS AFFECTING MEN

Depression - Over 6 million men suffer from depression per year, but that number could be higher as male depression often goes undiagnosed.

Anxiety - Anxiety disorders are the most prevalent mental illness among adults today, with over 3 million men having a panic disorder, agoraphobia, or other types of anxiety.

Bipolar Disorder - The age of onset bipolar disorder for men is between 16 and 25 years old, but men often do not seek treatment or report symptoms correctly, resulting in a diagnosis much later in life.

Psychosis and Schizophrenia - Approximately 3.5 million people are diagnosed with schizophrenia. 90% of those people who are diagnosed with schizophrenia by age 30 are men.

okay to say



AUTISM PROGRAM

By: Elvire Sanders-Blakemore, Developmental Health Director

What is Autism Spectrum Disorder?

Autism spectrum disorder (ASD) is a condition related to brain development that impacts how a person may perceive and socialize with others. This could lead to challenges in social interaction and communication, and in some cases, there may also be behavioral concerns.. ASD includes limited and repetitive patterns of behavior. The term “spectrum” in autism spectrum disorder refers to the wide range of symptoms and the severity of the disorder.



L to R **Cindy Peters, Eddie Tijerina, Angie Holcomb, Stephanie Jenkins**

Autism spectrum disorder includes conditions, such as, autism, Asperger’s syndrome, childhood disintegrative disorder, and an unspecified form of pervasive developmental disorder. Asperger’s syndrome is often looked upon as a mild form of ASD.

ASD begins in early childhood with symptoms typically presenting within the first year. A small number of children may appear to develop normally in the first year, and then go through a period of regression between 18 and 24 months of age when they develop symptoms. While currently there is no cure for ASD, intensive and early treatment can make a significant difference in the lives of many children.

The TPC Autism program serves children and adults that are diagnosed with Autism spectrum disorder. Eligibility for the Autism program is determined through our Intake program with Alicia Huckabay. The program is with Cynthia Peters as the director, and three support staff, Angela Holcomb, Stephanie Jenkins, and Eddie Tijerina, serving individuals throughout our catchment area. Services currently provided are:

- behavioral supports;
- social skills training;
- social skills groups

Supports and outcomes are developed for each individual based on needs identified by a thorough assessment. The Autism program continues to grow and is currently serving more consumers than we have ever served in the past. For more information on Autism Spectrum Disorder, call 806.351.3212.

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:

I sometimes see 6-8 people in a single day. Do I really have to have all my services documented same day/next day?

Answer:

Yes- The only exception to this rule relates to the provision of crisis services.

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.



Welcome these New Employees...

Alexandria Gilchrist

Jennifer Mahannah

John Semahoro

Susan Bowers

Leighann Brock

Chenoa Burleson

Alejandra Diaz

Steve Garcia

Luis Marin

Ashley Olivarez-Duran

Bianca Saenz

Gay Welch

Specialized Services

Clearwell Group Home

Wayne Group Home

STAR

Children's BH

ECI

IDD Intake

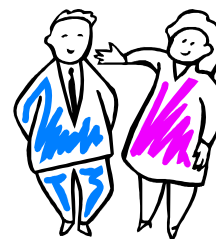
HR/Systems of Care

Adult Probation & Parole

Adult BH

ECI

IDD Crisis Respite



Valerie Hood, 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 **Nick Montoya, Director of Alternative Living**. Nick is always very friendly and willing to help with any issues our clients have. He is very helpful to the service coordination department and is great at lending a hand as well as resources. Nick 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) True 2) Wound 3) 8

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



1. Do I really have to have my services documented the ____ day?
2. Over ____ men suffer from depression in a given year.
3. ____ disorder begins in early childhood with symptoms of the disorder showing up within the first year.

[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

Road Trip!

If vacation-time means a road trip, a few simple preparations can keep you safe and out of trouble.

Under the hood:

Check all fluids, including oil, coolant, brake fluid and windshield washer fluid. Check the air filter. Check the battery.

The tires and the spare:

The owner's manual, or your online car health guide, will tell you what the tire pressure should be. Make sure tires are properly inflated. That goes for the spare, too. Imagine the trouble this could save.

Inspect the tires to make sure there is enough tread. The old penny in the tread trick should work: Hold the penny so that Lincoln's head is upside down and facing you. If you can see his whole head, it's time to replace the tire.

Lights and signals:

Besides the obvious safety issues, proper lights and signals are just one more reason why you won't get a

ticket -- or a nasty look from other drivers.

Safety gear:

At an absolute minimum, make sure you have the tools to change a tire.

But also consider carrying a spare, fully charged cell phone and battery-powered phone charger, drinking water, a gas can, and a flashlight.

It is not a bad idea to carry an emergency reflective triangle and a flare; especially useful if you will be going into back country.

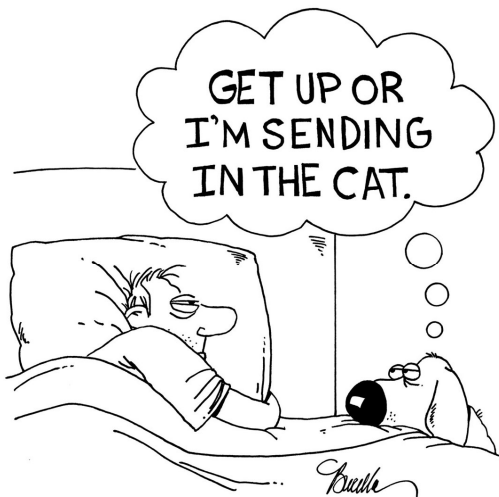
Just in case:

Do you have a spare key accessible from outside the car? What about jumper cables?

Basics:

Take with you your license, proof of insurance and registration.

Travel safe and enjoy the trip.



"I'll need your username and password..."

Water Safety Tips from the Pool Safely "Simple Steps Save Lives" Program

Submitted by: Desire Winslow, Safety Director

1. Staying close, being alert and watching children in and around the pool

- Never leave a child unattended in a pool or spa, always watch your child when near water
- Teach children basic water safety tips
- Keep children away from pool drains, pipes and other openings to avoid entrapments
- Have a telephone close by when you or your family is using a pool or spa
- If a child is missing, look for him or her in the pool or spa first
- Share safety instructions with family, friends and neighbors

2. Learning and practicing water safety skills

- Learn how to swim and teach your child how to swim
- Learn to perform CPR on children and adults, and update those skills regularly
- Understand the basics of life-saving so that you can assist in a pool emergency

3. Having appropriate equipment for your pool or spa

- Install a four-foot or taller fence around the pool and spa and use self-closing and self-latching gates; ask your neighbors to do the same at their pools.
- Install and use a lockable safety cover on your spa
- If your house serves as a fourth side of a fence around a pool, install door alarms and always use them. Additionally, install window guards on windows facing pools or spas
- Install pool and gate alarms to alert you when children go near the water
- Ensure any pool and spa you use has compliant drain covers, and ask your pool service provider if you do not know

- Maintain pool and spa covers in good working order
- Consider using a surface wave or underwater alarm



Find more tips for pool & spa owners at poolsafely.gov.

If you suspect someone is drowning, follow these USSSA guidelines:

- **“Throw, Don’t Go”** — Never just jump in because a drowning person can accidentally pull their rescuers under with them. Tossing a lifesaving device, rope, towel, or even pool noodle helps the drowning person without increasing risk to others
- **Get backup** — Call 911 or inform others that someone is drowning, so they can call 911, and let them know you’re helping. Alert lifeguards; they’re trained to assist.
- **Help from behind** — When drowning people see a rescuer coming toward them, they clutch and pull them under the water. Approaching them from behind is safer for both the rescuer and the victim.
- **Use a life jacket** — Wearing a Coast Guard-approved life jacket prevents a rescuer from being pulled under by a drowning person or an undercurrent. Life jackets are essential for rescues in water with currents, such as lakes, rivers, and oceans.
- **Look for signs of secondary drowning** — If drowning is prevented, the victim might still have water in his lungs and can suffocate hours later. Look for labored breathing, lethargy, and coughing hours afterward, which can indicate secondary drowning. Secondary drowning is very uncommon, but it is still important for people to be aware that it *can* happen even after it seems an accident was avoided.





WALK ACROSS TEXAS STARTED MAY 7TH

The following teams signed up to participate in the 8 week walk.

Sole Survivors

Walkie Talkie

The Mixing Pot

Misfit Rebels

72

Red Hot Chili Steppers

The Christopher Walkins

Weight Warriors

ECI I

Like A Boss

Straight Off The Couch

Chicks With Kicks

Gym Class Drop Outs

We're Into Fitness

ECI II

Carb Crunchers

Baby Got Track

Big Dogs

Windbreakers

A WAT midway event was held on Thursday, June 14th from
2:30pm -3:30pm in the HRD Training Room
"Celebrating with Small Bites"
presented by Lizbeth Gresham

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:

Hanna Brinson, Children's BH
Tatum Burdis, STAR
Rick Smithson, YES Waiver

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.

Community Corner

My name is Linley Laster. I am the Mentoring Project Coordinator at Family Support Services. This program is for the youth in the 79107 area and are from 5-10th grade. This program was developed to help assure young people that they are heard and that they know someone cares about them. Most young people feel that they are alone in their day to day challenges. Studies and research have shown that quality mentoring relationships have a powerful and positive effect on young people in various areas of their lives.

I am trying to inform the community about this program and I am also looking for people to become mentors. Please contact me at 806.342.2500

Thank you,

Linley Laster
Family Support Services

NOTICE!

FY 2019 OPEN ENROLLMENT!

**The enrollment period for group benefits
(healthcare coverage) will be July 23 —July 27, 2018.
It will be very important that you respond in a timely manner.
*Watch for more information coming soon.***

Happy Summer!
June 21st

