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The Pavilion

Northwest Texas Healthcare System

1501 S. Coulter | Amarillo, TX 79106



We invite you to join us to hear this year's speaker Dr. Mitchell Jones. Dr. Jones is a founding Psychiatrist of The Pavilion and the Psychiatrist involved in the investigation of the "In Cold Blood" murder case in 1959 which was turned into a book by Truman Capote and later a movie.

Our annual lecture is dedicated to raising awareness and advocating for mental health programs.

This is a free event. Lunch will be served and continuing education credits will be offered.

Friday, July 26, 2019 12:00 pm—1:30pm
Grand Plaza at the Amarillo Civic Center
401 S. Buchanan, Amarillo TX

Registration is required in advance.
RSVP to Susie O'Dierno
806-351-4622
Susie.O'Dierno@nwths.com

"Mitch Jones MD is one of the founding psychiatrists for Texas Panhandle Centers, Texas Tech University Health Sciences Center Department of Psychiatry, and Northwest Texas Hospital, the Pavilion, which all occurred in 1968-1969. Dr. Jones was a psychiatrist who served the community in his private practice; as well as, treating patients with mental illness at the three entities alongside his psychiatrist peers Buster McCoy MD, Robert Brittain MD, and Hugh Pennal MD. Dr. Jones completed his undergraduate degree at West Texas State University, finished a medical degree at the University of Texas Medical Branch in Galveston, and then went on to residency at the Menninger Clinic. While in residency, Dr. Jones was called upon to conduct a psychiatric interview with killers of a Kansas family in 1959 where that case became infamous later spawning the Truman Capote novel "In Cold Blood". Dr. Jones has long been respected for his psychiatric care, involvement in the community and history in transforming mental healthcare in the Texas Panhandle."

Peer Support/Peer Specialist

Donald Newsome, Director, Quality Management and Compliance

A Peer Specialist is an individual who has “lived experience” with behavioral health (mental health and/or substance use disorders) and “come along side” another person with similar background to walk with, support and guide them on the journey of recovery. A Peer Specialist may earn certification as Mental Health Peer Specialist (MHPS) or a Recovery Support Peer Specialist (RSPS). The MHPS offers help and hope in relation to a person’s recovery from mental illness and the RSPS focuses on helping people towards sobriety and improved mental health.

Peer Specialists are trained to share their mental health and/or addiction recovery story with others as well as provide skills, support, advocacy and other recovery related services as needed by the person with whom they are helping. These services offer hope in one’s own recovery and may motivate individuals in the midst of what is sometimes confusion in the midst of a diagnosis, and hope & encouragement to being working toward a goal(s) that will move them in toward their own version of recovery.

Peer Supporters can those they serve with physical, psychological or social goals such as learning to cope with the symptoms of their mental illness; getting needs met through the behavioral health system; learning everyday coping strategies while living with behavioral health symptom; dealing with stigma; budgeting and social skills.



Peer Specialist at Texas Panhandle Centers offer groups to include, Peer Social Support, Peer Coping Skills, Mindful Breath/Gentle Movement (yoga), Peer Support

Advocacy, Journaling Skills, Dual Recovery, Independent Living Skills, S.I.M.P.L.E., W.H.A.M., and Tobacco Cessation Classes.

To be eligible to enroll in peer support at TPC, an individual must enrolled in TPC behavioral health services, be an adult over 18 years of age and peer support must be included as a strategy on their recovery plan. House Bill 1486, which became effective in January 2019, now includes a Medicaid payment for Mental Health or Recovery Support Peer Specialist services.



**In observance of Independence Day, TPC
Offices will be closed on
Thursday, July 4th.**

**Wishing everyone a safe and
happy holiday!**

Fourth of July Firework Safety

Submitted by: Christy Schroeder, Safety Director

As the fourth of July festivities approach we would like to remind everyone to keep safety in mind especially when planning on having fire works with children and families. According to the National Fire Protection Association it is estimated that there are about three deaths, and higher than eighteen thousand fires per year from fireworks alone. When we think about protecting our children and families firework safety should remain a top priority since in the year 2017 there were more than twelve thousand injuries with a third of those injuries being to children under the age of fifteen. Most of the reported injuries were to arms, legs, and heads reported by the Consumer Product Safety Commission Annual Report by Yongling Tu. There are some free resources that can be found at <https://www.nfpa.org/Public-Education/By-topic/Seasonal-fires/Fireworks>.

When considering allowing children handle fireworks please keep in mind that the heat from the sparks can reach temperatures hot enough to melt gold according to kidshealth.org. Even when allowing children of any age to handle sparklers the heat can cause serious injuries to the face, hands, arms, and can even cause clothes to catch on fire. It is suggested that eye protection should be worn when lighting fireworks as a safety precaution, and avoid any loose clothing as it is easier to catch fire having any loose clothing on especially if when lighting any type of fire work. Please be mindful of fireworks backfiring, and fireworks like Roman candles are notorious for having this happen. If an injury should occur when using or being around any type of firework please remember not to rub or touch the wound, if an eye injuring occurs do not flush the eye with water, and do not put any type of ointment, lotions, or creams on the wound. Burn contain heat, and if a burn is covered with ointments or lotions it can cause the heat to become trapped allowing for further burns to occur deeper into the tissue according the Burn Center of



Lubbock, TX. If there are any eye burns it is best to cut out the bottom of a paper cup and place it around the eye, and seek medical attention immediately, and if any burns occur with clothing you should remove the clothing quickly, and call your doctor immediately according to KidsHealth.org.

Remember to stand back away from fireworks as they are being ignited, watch for falling debris from fireworks in the sky, and

avoid dry grassy areas or any longer grassy areas that would ignite easily. If using fireworks avoid areas where livestock might feed such as barns with hay bales as this is an extreme fire hazard, and keep fireworks pointed away from houses, cars, and standing buildings to avoid property damages when using fireworks. Keep in mind that fireworks are usually prohibited within city limits and fines could be as high as two thousand dollars per violation according to new channel 10. There is still a city ordinance prohibiting the use of fireworks within the city of Amarillo, TX that had been in effect for nearly thirty years according to Amarillo.gov website.

Local festivities can be found by Googling fireworks in Amarillo TX. 2018 if you would like more information on local venues providing fireworks for the family, and events that you can participate in that would be a less restrictive and add a lower risk of injuries for family fun. We would like for you all to stay safe, healthy, and have some fun this Fourth of July, and hope that you have found this information helpful in some way.

This article was provided as part of the safety snippet by Christy Schroeder, QM Case Manager III/ Safety Director. Please let me know if you need any further information on this article or sources of information. Thank you and have a safe and fun celebration.

COMPLIANCE CORNER

Welcome back to Compliance Corner. In Compliance Corner we will address a question that was received internally for the purpose of education. (All personal identifying information has been removed to protect the identity of the employee and 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 TPC 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:

Is it a **breach** of HIPAA for a supervisor to ask an employee why they have been out for the last 3 days, and if they have been seen by a physician?

Answer:

No. This would not be considered a HIPAA breach.

HIPAA Section 164.402 defines a **breach** as an acquisition, access, use, or disclosure of protected health information (PHI) in a manner not permitted by federal law which compromises the security or privacy of the protected health information (PHI). Furthermore, Texas Panhandle Center’s Administrative Policies and Procedures Manual, Sec. 3.18.1 states:

Employees absent for three or more consecutive days may be required to provide a physician’s statement verifying the absence as health related. If extenuating circumstances exist, a supervisor may request a physician’s statement to verify the absence is health related at any time during the first three (3) days that the employee is absent.

If you have a question/scenario that you would like to be considered for inclusion in the newsletter, email the information to Compliance.Corner@txpan.org.

White Hat Award



The IDD Service Coordination Department would like to give this month's White Hat Award to Janice Stoner, Director of ASCI-Amarillo. She works hard making sure the clients who attend ASCI-Amarillo are successful at meeting their goals, and enjoying the time they spend with their peers and staff. Janice has gone 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 Miller
For IDD Service Coordination

Answer's to last months questions:

1) 1.4 Million, Mental Health First Aid 2) Teladoc 3) Stroke

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

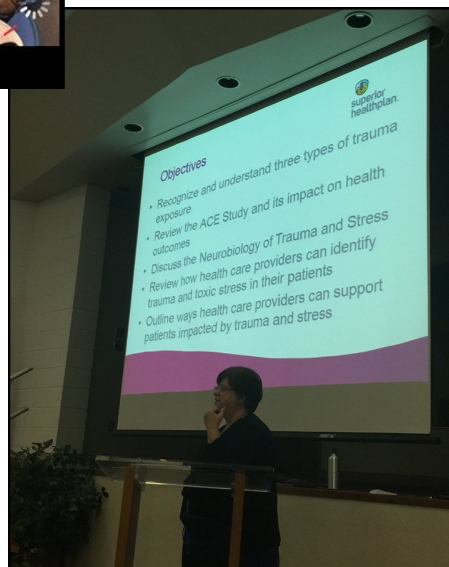
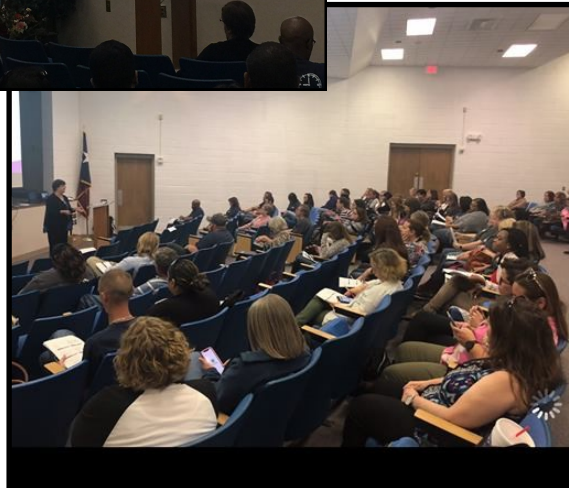
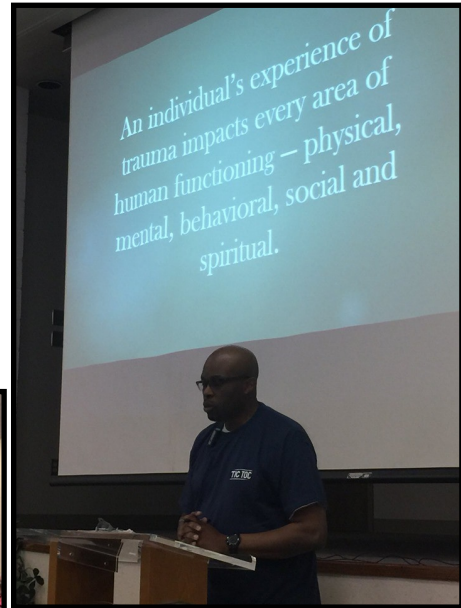
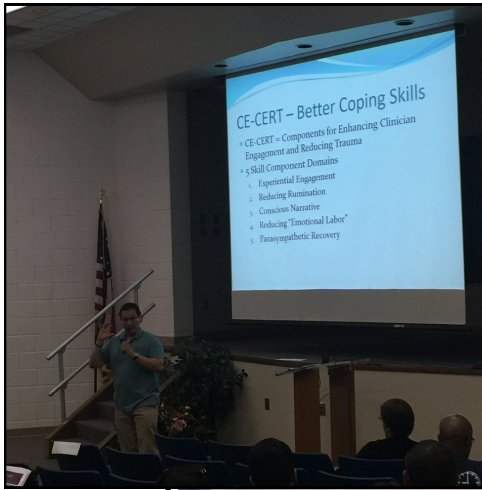


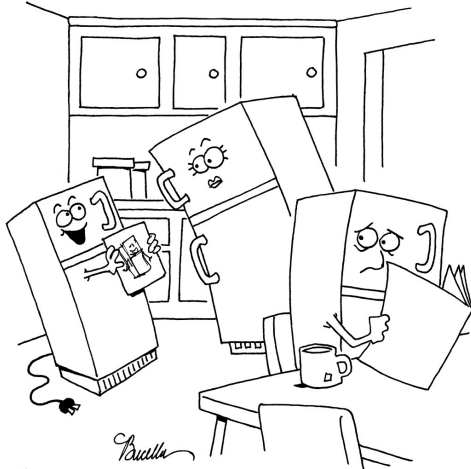
1. A founding psychiatrist for TPC was _____.
2. _____are trained to share their mental health and/or addiction recovery story with others as well as provide skills, support, advocacy and other recovery related services.
3. _____ Is the most common cancer in the U.S.

[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)

TIC TOC Kickoff Event

On May 23 the Trauma Informed Care Time for Organizational Change (TICTOC) Committee presented a kickoff event. The event featured Dr. Michael Gomez with the Center for Superhero's and Texas Tech in Lubbock, and Patricia Gill, Centene Corporation. Dr. Gomez shared information about vicarious trauma and Ms. Gill presented on ACES. Donald Newsome, with TPC, emceed the event and introduced the TICTOC concept and committee to the staff. The event was well attended.





"I drew it in school. Can I hang it on Dad?"



"Can we bond later, dad? I'm writing code."



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:

Wesley Barley, IDD Nursing

Julie Williamson, IDD Nursing

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.



"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."

~ Nelson Mandela.



Angela Richardson, Specialized Services, 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.

SAY YES TO SUN PROTECTION SAY NO TO SKIN CANCER

SKIN CANCER IS THE MOST COMMON CANCER IN THE U.S.

ONE in **FIVE** Americans will develop skin cancer in their lifetime, and one person dies from melanoma, the deadliest form of skin cancer, every hour.



THERE ARE TWO TYPES OF SUNSCREENS:

Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:



- **SEEKING SHADE**
- **WEARING PROTECTIVE CLOTHING**
- **GENEROUSLY APPLYING SUNSCREEN**



PHYSICAL SUNSCREEN

This sunscreen **WORKS LIKE A SHIELD**; it sits on the surface of your skin, deflecting the sun's rays.

Look for the active ingredients **ZINC OXIDE** and/or **TITANIUM DIOXIDE**.

Opt for this sunscreen if you have **SENSITIVE SKIN**.



CHEMICAL SUNSCREEN

This sunscreen **WORKS AS A SPONGE**, absorbing the sun's rays.

Look for one or more of the following active ingredients: **OXYBENZONE**, **AVOBENZONE**, **OCTISALATE**, **OCTOCRYLENE**, **HOMOSALATE** and **OCTINOXATE**.

This formulation tends to be **EASIER TO RUB INTO** the skin without leaving a white residue.

THE U.S. FOOD & DRUG ADMINISTRATION HAS APPROVED THE ACTIVE INGREDIENTS IN THESE SUNSCREENS AS SAFE AND EFFECTIVE.



If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's **BROAD-SPECTRUM**, **WATER-RESISTANT** and has an **SPF 30 OR HIGHER**, it can effectively protect you from the sun. Make sure you reapply it every **TWO HOURS** when outdoors, or after swimming or sweating.



If you have questions about how to protect your skin or choose a sunscreen, talk to a board-certified dermatologist or learn more at **SpotSkinCancer.org**.

EMPLOYEE RECOGNITION

At the May 30, 2019 Board of Trustees meeting, Judge Willis, along with the Board and Executive Management Team, recognized **Carol Cobb, Financial Services** for 35 years with the Center. Carol was given a crystal award, gift card and a day off.

Congratulations Carol!

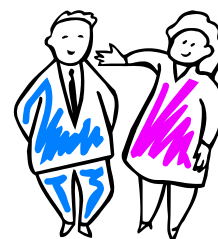
Congratulations Carol!



Welcome these New Employees...

Brittnie Raban
Rugaju Tchambaza
Monica Van Riper
Cynthia Beck
Lisa G. Counts
Ada M. Okodugha
Pablito Duarte
Alessandra Finney
Dekontee Goe
Leticia Martinez
Saxon A. Tallman

Child & Adolescent BH
Specialized Services
IDD Crisis Respite
ECI
Specialized Services
MCOT
Maintenance
Amherst Group Home
Westcliff Group Home
ASCI Dumas
Child & Adolescent BH



Articles or suggestions for this publication may be submitted by the 1st of each month to:

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