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Serving the citizens of:

Armstrong, Carson,
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Randall, Roberts, Sherman,
and Wheeler counties

Texas Panhandle Centers Celebrates 50 Years

The City of Amarillo appointed the original Board of Trustees in March of 1966. The name of the organization was Amarillo Community MHMR Center, and it served only Potter and Randall Counties. In September of 1973, the Center reorganized in order to expand service coverage to the upper twenty-one counties of the Panhandle.

The Center's name was changed to Texas Panhandle Mental Health Authority in 1988. The agency established offices in Dumas, Borger, Perryton, Pampa, Hereford, Clarendon and Amarillo in order to serve residents in all twenty-one counties.

Before September of 2000, Texas Panhandle Centers was actually two organizations: Texas Panhandle Mental Health Authority (TPMHA) and Amarillo State Center (ASC). Texas Panhandle Mental Health Authority served adults with chronic mental illness and adolescents with emotional disturbances in the upper counties of the Texas Panhandle. Amarillo State Center served citizens with developmental delays residing in the Panhandle. TPMHA employed approximately 160 staff, and ASC employed approximately 450. These two organizations merged in September of 2000, becoming Texas Panhandle Mental Health Mental Retardation.

Amarillo State Center (ASC)

In 1966, Amarillo was selected as a pilot project to demonstrate the feasibility of training persons with developmental disabilities in their community. Construction began in 1966 on land donated by the Harrington Foundation in the Harrington Regional Medical Center, and was completed in 1967.



The Amarillo State Center for Human Development began serving clients in twenty-three counties of the Texas Panhandle.

A system of satellite offices were established in Pampa, Borger, Childress, Tulia, Dumas, Hereford, Perryton, and Wellington to provide day care, training, pre-school, prevocational, and

vocational training. The picture below is from the early 1970's expansion of the Amarillo State Center.

In 2000, with the merger of TPMHA and ASC, **Texas Panhandle Mental Health Mental Retardation** was formed. On December 13th, 2010, Texas Panhandle Mental Health Mental Retardation began doing business as **Texas Panhandle Centers Behavioral and Developmental Health**. This change was made to better reflect the agency's focus of service, as well as reflecting our goal of erasing stigma attached to intellectual disabilities.

Today, Texas Panhandle Centers (TPC) serves persons with mental illness, intellectual and developmental disabilities (formerly referred to as mental retardation) and children with developmental delays from birth to three years of age. The Board of Trustees adopted a decentralized service system requiring care be provided to local service areas in the most cost-effective manner. The Center has service centers located in seven locations in the Texas Panhandle: Amarillo, Borger, Clarendon, Dumas, Hereford, Pampa and Perryton. All Texas Panhandle Centers primary locations are accessible to persons with disabilities, and all TPC services are available through planned accommodations.

Loan Repayment Program for Mental Health Professionals

Senate Bill 239 authorized a new student loan repayment assistance program for certain mental health professionals who provide services in federally designated Mental Health Professional Shortage Areas (MHPSAs).

The program was created during the 84th Legislative Session by the Senate Health and Human Services Chairman, Senator Charles Schwertner, MD (R-Georgetown) and House Higher Education Chairman, Representative John Zerwas, MD (R-Katy).

"Texas needs a mental health workforce capable of meeting the growing needs of our growing state," said Schwertner. "Without an adequate number of mental health professionals, we will continue to see those experiencing mental illness cycle through our jails and emergency rooms at great expense to the taxpayer."

"The Loan Repayment Program for Mental Health Professionals is a critical piece of the overall investment made by the legislature to help solve the state's mental health crisis," said Representative Zerwas. "We must con-

tinue to work at addressing all aspects of this difficult issue that touches so many Texas families."

A total of \$2.125 million was appropriated for FY2016-2017. The amount allows for financial commitments to approximately 100 providers for two years of loan repayment.

Applications are due **Friday, May 31, 2016**.

Based on the number of inquiries, applications from eligible professionals are expected to far exceed available funding. However, a three-month application period is anticipated to improve the opportunity to meet the statutory requirement for an equitable distribution of awards among the different types of eligible professionals.

For more information and to see if you meet the eligibility criteria please visit:

<https://www.dshs.state.tx.us/Texas-Medical-Shortage-Area-Designations.shtm>

Thank a social worker!
It's National Social
Work Month!



Texas Panhandle Centers Behavioral and Developmental Health



TPC FLEET VEHICLES

Sandy Skelton, Chief Operating Officer

REMINDER TO ALL TPC VEHICLE DRIVERS

TPC has a large fleet of vehicles for the primary purpose of serving clients in their home environment whenever appropriate. The agency's Motor Pool employees are dedicated to performing preventive maintenance, oil and filter changes, minor repairs, and other needed service on a regular basis. In partnership with Motor Pool, all agency drivers have certain responsibilities before, during and after the use of vehicles as follows:



- ♦ **Mileage Sheets** – turn in by the 10th of the month with Supervisors' signature and forward to Kay Annen in the Maintenance Department (Bldg 501). Please complete the entire form including all the information at the top. One employee in each Department should be responsible for this process.
- ♦ **Gas Receipts** – write your RU # on receipt and send to Accounts Payable **immediately** after purchase. Please do not accumulate gas receipts.
- ♦ **Vehicle Cleanliness** – at the end of each trip, make sure there is no trash in the vehicle. Improvement is needed related to vehicle cleanliness.
- ♦ **Reporting Damage** – drivers should walk around the vehicle prior to use to determine if there is any damage to the vehicle. If damage is observed, please report such to Motor Pool as soon as possible. If something happens to the vehicle while being used (e.g. rock chip, etc.), please report to Motor Pool.
- ♦ **Accidents** – follow written procedures – a copy of the procedures is included in the vehicle folder. Please review the procedures periodically.
- ♦ **Telephone numbers** – are contained in the vehicle folder.



Your attention to these issues is appreciated (Executive Managers will be informed if certain procedures are not being followed). Thanks to all TPC drivers and be safe!



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:

Cindy Pulse, IDD Consumer Benefits
Julie Manning, Alternate Living
Rodney Bailey, IDD Nursing
Anita Finnell, ASCI Amarillo
Allison Embry, Children's Services
Ana Ibarra-Vazquez, Children's Services

Welcome these New Employees...

Roque Correa	Community Living
Nora Lujan	ECI
Brandi Osburn	Behavioral Health Adult
Brittany Perez	IDD Service Coordination
Sara Shook	MH Docket Program
Nydia Sotelo	Behavioral Health Adult
Gwen Litz	IDD Service Coordination
Stephanie Jenkins	Specialized Services
Joanna Wilkie	Specialized Services
Paul Henderson	IDD Service Coordination
Callie Kalinec	ECI
Jennifer Bledsoe	Behavioral Health Adult
Katie Crowley	Intake, Screening & Crisis
Shrina Cunningham	IDD Service Coordination
Marcus Escobar	MCOT
Makayla Jones	Specialized Services
Jessica Kennedy	Specialized Services



Phyllis Rockhold, Accounts Payable, 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.

Congratulations!



IT'S WALK ACROSS TEXAS TIME AGAIN!

WHAT IS WALK ACROSS TEXAS? *Walk Across Texas is a free program to help people start moving more and establish physical activity as a lifetime habit. Doing WAT with people you know is a great way to help you keep going when you feel like quitting.*

WHEN?

WAT Starts May 2, 2016 and runs for 8 weeks through June 27, 2016

**START FORMING YOUR TEAMS NOW!
MORE INFO IN THE WEEKS TO COME
QUESTIONS? CONTACT DESIRE WINSLOW**
desire.winslow@txpan.org



S.T.A.R. (Services-To-At-Risk Youth & Their Families)
brings you...

"Back in Control"

Parenting Workshop

Saturday, March 19, 2016
Be There: 8:45 AM-4:00 PM
TEXAS PANHANDLE CENTERS
Children's Services Building
1500 S. Taylor Street
Amarillo, Texas 79101

Must pre-register! Call 359-2005
Instructor: Janice James, MA, QMHP

CEUs available for LPCs & MSWs; General CEUs available, also
(Must attend full class for certificate)

NO CHARGE

Seating is limited. *No Childcare is provided.*

STAR is a program of TPC

White Hat Award



The IDD Service Coordination department would like to give this month's White Hat Award to **the staff at ASCI in Borger (Christine Edwards & Heather Howeth)**. Christine and Heather are always extremely friendly, helpful and accommodating. They have several clients who need full-time attention and despite being short handed, they never hesitate to provide help when asked. We thank you and appreciate all that you do.

Breanna Deakin for IDD Service Coordination



Answer's to last months questions:

1.) High Blood Pressure 2.) 40/400 action 3.) Super Bowl Sunday



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



1. The original Board of Trustees for Amarillo Community MHMR was established in ____.
2. Applications for the loan repayment program are due ____.
3. Walk Across Texas begins _____.

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**

IMS

www.imstpa.com

WELLNESS WORKS

TARGETED POPULATION MANAGEMENT

Losing weight, unfortunately, isn't a one-size-fit-all proposition. What helps one person shed pounds may backfire on another. The only successful way to reach and maintain a healthy weight is to find out what works for you. There are probably a million ways to gain 10 pounds, but here are 10 ways to lose them – whether you are working on the first 10 pounds or the last.

Add – Don't subtract! Try adding foods to your diet instead of subtracting them. Add in healthy goodies you really love, like deep-red cherries, juicy grapes, or crunchy snow peas. Slip those favorite fruits into your lunch bag or breakfast cereal; add veggies into soups, stews and sauces.

Be creative in your work out. If the word "exercise" inspires you to creative avoidance, then avoid it. Maybe the trick to enjoying a workout is to never call it "working out". Burn calories and invigorate muscles by riding bikes, hiking, washing the car, playing Frisbee, or hike the mall. Make a list of the activities you enjoy and vary your routine to keep it interesting. Whatever activity you choose – make it VIGOROUS! It burns more calories.



Lighten the foods you already love. One of the ways to cut back without feeling denied is to switch to a lower calorie version of the foods you love. A pizza tastes just as good with reduced fat cheese. Use non-fat milk instead of whole milk on your favorite cereal. Select low fat or fat free versions of your favorite dressing on that great leafy green salad.

Because hydration helps – really! Down some water before a meal and you won't feel famished. For the compulsive snacker it's a great idea to keep no-calorie beverages (preferably WATER) at hand as a way to keep your mouth busy. Everyone should consume half your body weight in ounces of water daily.

6-8 glasses of water each day

Avoid alcohol Alcoholic beverages are some of the emptiest calories out there. Replace them with water and watch the weight come off.

Share & share alike With the massive meals served in American restaurants today, it's easy to share the dinner plate. Split the meal or take the other half home for later. When you are trying to eat better or get more exercise, you can be more successful if you do it with a partner or a group.

Tune in – Tone up During commercials pedal your stationary bike, walk the treadmill, or slip in a little strength training doing bicep curls with cans of your favorite fizzy beverage as weights. It doesn't matter exactly what you do, so long as you're up and active.

Portion control Eating less without feeling denied can challenge most of us. Fill up your plate with twice as many green (non-starchy) vegetables than meat (protein). Go for 3 ounces of lean meat (the size of a deck of cards).

Get involved When you eat at the table, with a place setting, you will be more aware of what you're eating. Get involved, and have a life outside of weight loss.

Lose it today, keep it off tomorrow

Finally, be patient. While cultivating that virtue isn't exactly painless, it may help to know that keeping off weight generally gets easier over time. Researchers found that for people who had lost at least 30 pounds – and kept it off for at least 2 years – maintaining that weight loss required less effort as time went on.

Remember – the little things add up

- Add more fruits and veggies
- Drink more water –cold water increases metabolism
- Schedule exercise in your calendar 3-5 x/week
- Grab a friend or colleague and work out together
- Portion control
- Be patient

Track your

Weight, steps, exercise, fluid & food intake with
Wellness Works Trackers
under the **Tools & Resources** tab at
IMS Wellness Works
www.imstpa.com

Employee Recognition

At the February 25th Board of Trustees meeting, Judge Willis Smith, Board Chair, recognized the following employees for their years of service with the Center. They were awarded a plaque, gift card and a day off. Congratulations!

30 Years - Elvire Sanders-Blakemore, Developmental Health Director

15 Years - Luretta Phillips, Developmental Health Services

Congratulations!



Luretta Phillips - 15 Years



Elvire Sanders Blakemore -
30 Years

Peer Support

Submitted by: Donald Newsome, Quality Management Director

Peer Support is the process of giving and receiving non-clinical assistance to achieve long-term recovery from severe psychiatric, traumatic or addiction challenges. This support is provided by peer supporters—people who have “lived experience” and have been trained to assist others in initiating and maintaining long-term recovery and enhancing the quality of life for individuals and their families. Peer Support services are inherently designed, developed, delivered, evaluated and supervised by peers in long-term recovery.



Chess Grant (center) with other attendees and trainers from the Peer Support Training - Round Rock Texas.

IF YOU USE A SPACE HEATER PLEASE READ!

Submitted by: Desire Winslow, Quality Management, Safety Director

Space Heater Safety Tips:

It is crucial to be aware that space heaters can be the cause of a number of accidents, the most common of which is fire. Space heaters can be used safely in the workplace if proper precautions are taken. The following is a list of safety tips to keep in mind when using your space heater.

- Operating space heaters should NEVER be left UNATTENDED. They should be TURNED OFF and UNPLUGGED at the end of the work day or whenever the employee leaves the room.
- Proper placement of space heaters is critical. Heaters must be kept at least THREE feet away from anything that can burn, including papers, clothing, curtains, rugs, trash cans, plastic bins, walls, the underside of your desk, etc.
- Plug space heaters directly into a properly grounded wall outlet. Do not use an extension cord or power strip, which could overheat and result in a fire.
- Do not plug any other electrical devices into the same outlet as the heater.
- Locate space heaters out of high traffic areas and doorways where they may pose a tripping hazard.

It's best to go for a heater with a tip-over switch. This feature allows the heater to turn



off automatically when it is knocked over. Also, make sure that the heater has a guard that keeps fingers and other flammable materials away from the heating element.

- Perform pre-operational inspection of the heater. Check for damage on its parts, knobs, coils and legs. If damage is detected, take the heater out of service immediately and have it repaired by a competent person.

Never place portable heaters on tables, chairs, stair steps, pallets and other locations where they are likely to fall over or be knocked over. All space heaters should have the certification of and be approved for commercial use by a nationally recognized safety testing laboratory.

Make sure the electrical cord is NOT exposed to the intense heat generated by the heater and never place anything on top of the cord.

Maintain access to a fire extinguisher when using a portable heater. Stop reading this right now and get up and find your nearest fire extinguisher.

**This message is brought to you by the Electrical Safety Foundation International, the Safety Services Company and the Office of Compliance Safety and Health.*



Happy Easter

