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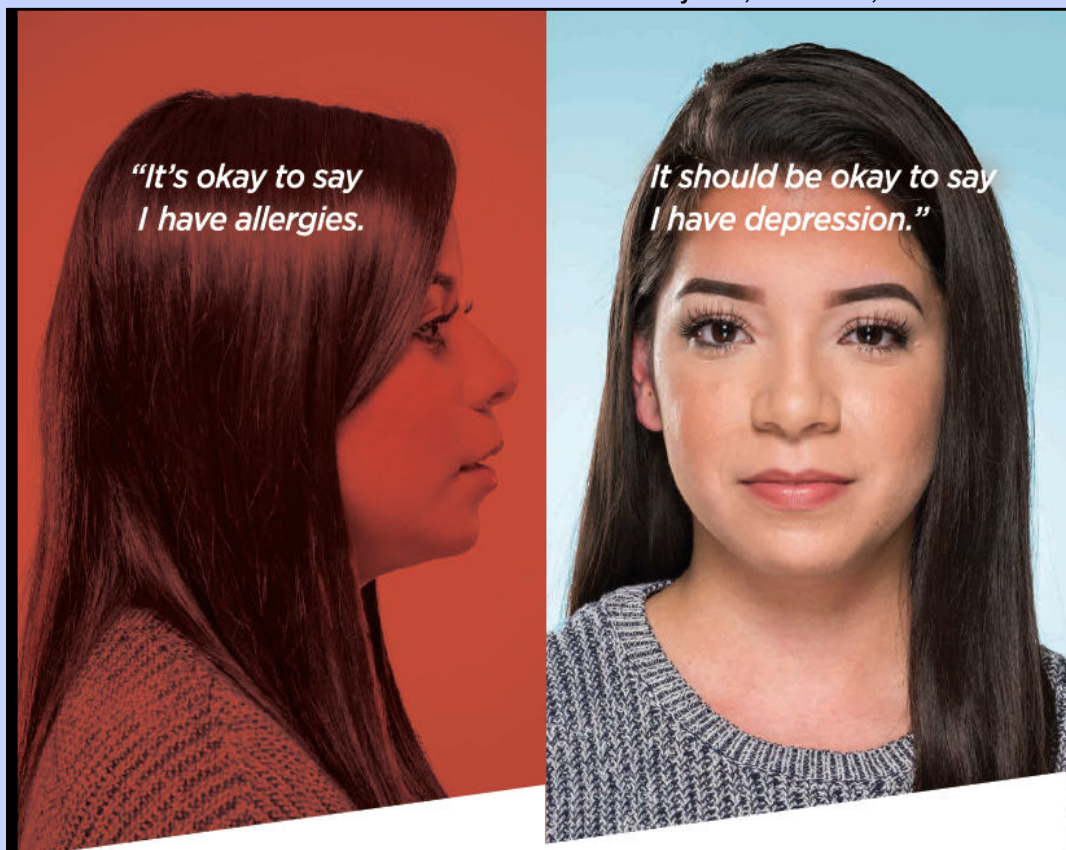
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Ochiltree, Oldham, Potter,
Randall, Roberts, Sherman,
and Wheeler counties



Join the movement. Add your voice.

You can be among the first to add your voice to the movement.
We want to hear from you personally so that you can inspire others
to speak up about mental health.

Show your support. Add your name or share your story at OkayToSay.org



Okay to Say Opens a Discussion About Mental Health and Launches a Statewide Movement to Increase Access to Effective Care

Like many other diseases, mental illnesses and their impact on society are treatable; however two thirds of people with a diagnosable mental illness do not seek treatment. The Meadows Mental Health Policy Institute launched Okay to Say, a grassroots awareness movement committed to expanding the conversation and helping people find effective treatment.

Okay to Say is a community-based movement aimed at increasing public awareness about mental health issues that affect Texans and the effective treatments available, as well as the challenges and successes people encounter when they seek help for a treatable disease. Okay to Say asks individuals and organizations to join the movement and share their stories and support at okaytosay.org. By talking openly about mental health, Okay to Say hopes to raise awareness that treatment works and is available across Texas.

“Nine out of ten Texans think that it is more difficult to discuss mental health rather than a physical issue,” explains Andy Keller, PhD, chief executive officer, Meadows Mental Health Policy Institute, “By starting the conversations, we help those living with mental illness, as well as their families and loved ones, know that they are not alone and that treatment exists.”

For those living with a mental illness, a lack of hope or knowledge about the help that is available, as well as a common misperceptions can lead to social, psychological and physical costs and tragic personal consequences. Too often people in need and their families do not know that effective help is available, so they may retreat, try to solve the

problems themselves and suffer alone. As a result, too many people with treatable mental illness delay or even fail to benefit from care that can work, which simply lets the initial symptoms metastasize into other life and physical health problems.

Okay to Say wants to break this cycle and help people realize that they are not alone in facing these challenges. The statewide effort launches with Emmitt Smith and Mark Cuban encouraging Texans to join the movement and add their voice through a social media campaign. It's easy. Individuals are free to add their name to the pledge at okayto-say.org. They can share stories, photos and video.

“The first step in getting people help is to realize that it's okay to say, you live with a mental illness or know someone who does. By talking openly about mental health, we can lead the way, as individuals and as a state, in getting people the help they need”, Keller says.

The Meadows Mental Health Policy Institute is a nonpartisan, nonprofit organization that supports the implementation of policies and programs to help Texans obtain effective, efficient mental health care when and where they need.

Texas Panhandle Centers and the Meadows Mental Health Policy Institute have partnered to share the message, It's Okay to Say.

Follow us on Facebook at:

facebook.com/Texas-Panhandle-Centers-Behavioral-and-Developmental-Health

Loan Repayment Assistance Program Deadline May 31, 2016

Source: Texas Council of Community Centers

The deadline for submitting applications for the Higher Education Coordinating Board (THECB) loan repayment program for Mental Health Professionals is May 31, 2016. See below for more information about the program.



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

Applications and guidelines are available on the THECB's [webpage for the Mental Health Loan Repayment Program](#).

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.

February 9, 2016

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 Texas Higher Education Coordinating Board (THECB) announced the application is available on their [Loan Repayment program webpage](#).

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

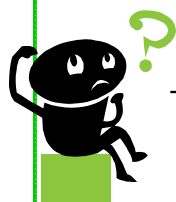
The program was created during the 84th Legislative Session by the Senate Health and Human Services Chairman, Senator Charles Schwertner, MD (R-Georgetown) and House Higher Education Chairman, Representative John Zerwas, MD (R-Katy).

Based on the number of inquiries, applications from eligible professionals are expected to far exceed available funding.

"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."

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 or assistance with the Loan Repayment Program for Mental Health Professionals, please [email THECB](#) or call THECB at **1-800-242-3062** (outside Austin) or **512-427-6340** (if calling from within the Austin Area).



Toni Pirelli, 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.

COMPLIANCE CORNER

Question:

If I provide a behavioral health service to a client without a current Recovery Plan, will the service be billable?

Answer:

Services delivered prior to authorization are not allowed and are not eligible for payment.

According to Texas Resiliency and Recovery UM Guidelines, authorization at the LOC level and medical necessity determination at the LOC level is required prior to service delivery. Medical necessity must be established with any new/initial authorization. Medical Necessity must be reestablished with any request for additional service amounts or a change in level of care authorized. The Recovery/Treatment Plan review is required at least every 180 days.



LMHA authorization of services requires the following conditions:

- (a) Assessment completed
- (b) Treatment plan completed
- (c) Diagnosis current within the last year
- (d) Determination of medical necessity

NOTE: Crisis services are exempted from (b) and (c).

Observing Children's Mental Health Week



Bulletin Board created by Mellisa Morphis, Service Coordinator, at Children's Behavioral Health Services.

***Architects of Tomorrow* was the theme at this year's Live Leadercast Conference**

Speakers included:

- Kat Cole, President at FOCUS Brands
- Nick Saban, Head Football Coach at the University of Alabama
- Dr. Henry Cloud, Acclaimed Leadership Expert, Clinical Psychologist and Best-Selling Author
- Andy Stanley, Leadership Author & Communicator
- James Brown, Network Broadcaster: CBS Sports and News
- Steve Wozniak, Co-Founder of Apple
- Rorke Denver, U.S. Navy SEAL & Author
- Tripp Crosby, Comedian & Director



**In observance of Memorial Day,
Texas Panhandle Centers will be
closed on Monday, May 30th.
Have a safe and happy holiday!**

Nurse's Week - May 6-12 Recognizing Nurses at TPC



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:

Michael Flowers, Club Meadows Group Home
Tyrone Johnson, Club Meadows Group Home
Yannin Marquez, STAR Program
Laura Phillips, STAR Program

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...

Melanie Barnett	ASCI Borger
Hannah Kaspar	Human Resources
Tiffany Williams	IDD Services—Pampa
Mark Cobb	MCOT
Stephanie Ramirez	Alternate Living
Tiffany Alanzo	Alternate Living
Debra Miranda	Autism Department
Elena Vargas	ECI
Clinton Mills	Adult Behavioral Health—Homeless Program
Adam Hill	Maintenance General
Elizabeth Schiller	ECI



Employee Recognition

At the April 28th Board of Trustees meeting, Janis Robinson, Secretary/Treasurer, recognized Gaynelle Williams, Quality Management Department, for 20 years with the Center. Gaynelle was awarded a plaque, gift card and a day off.

Congratulations!



White Hat Award



The IDD Service Coordination Department would like to give this month's White Hat Award to **Mark Ellyson, Purchasing**. Mark is always very friendly and delivers our supplies with a smile and a great attitude. He is always very helpful and happy to answer any ordering question that you call him with.

Mark goes 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) 1 in 68 2) The event is occurring, imminent or highly likely 3) Health care provider

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



1. Okay to Say is a _____ aimed at increasing public awareness about mental health issues that affect Texans.
2. BH services delivered _____ to an authorization are not allowed and are not eligible for payment.
3. For strength training, good _____ is essential.

[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.

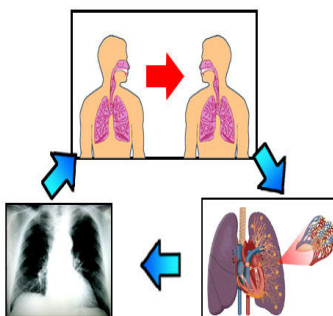
Articles, or suggestions for this publication may be submitted by the 1st of each month to:

Joyce Lopez-Enevoldsen • 901 Wallace Blvd., • Amarillo, Texas 79106
Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@txpan.org

TB

Submitted by: Diane Donnell, Director of Utilization Management, Medical Practice Coordinator

Tuberculosis (TB) is a disease caused by bacteria called *Mycobacterium tuberculosis* that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. Not everyone infected with TB bacteria becomes sick. As a result, two TB-related conditions exist:



according to the guidelines of the local Department of Health.

Repeat TB skin tests for employees are recommended on an annual basis; however, the employee can decline by signing the Tuberculosis Screening Consent Form declining the TB Test.

Chest X-rays, when required, will be completed according to the guidelines of the local Department of Health. For employees exposed to tuberculosis, a repeat baseline TB skin test

latent TB infection

(persons with LTBI are not infectious and cannot spread TB infection to others) and

should be completed as soon as possible after the incident and then repeated in 12 weeks or per current recommendation of the Department of Health.

TB disease (persons with TB disease usually have symptoms, are considered infectious, and may spread TB bacteria to others).

The employee must provide consent or declination for facility screening. The annual TB test is given annually after the employee has completed their reorientation test. TB tests are with the REO packet to be completed. Employees must make arrangements with either IDD or BH nursing staff for a TB test to be given and then read by an RN either 48-72 hours or the TB test is not valid and will have to be repeated.

All new employees who have not had a TB skin test within the last twelve (12) months, and who are not allergic to the test, will be required to have a TB skin test within ten (10) days of employment. The test is available at TPC at no cost to the employee or the employee can obtain the screening with their primary care physician.

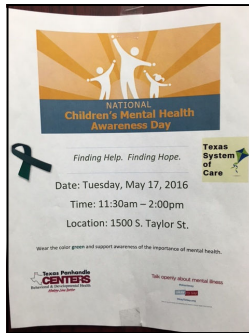
Employees with active pulmonary tuberculosis infection will need to present three consecutive negative sputum cultures prior to attending any program area and a release from their physician.

For employees who are allergic to the TB skin test, a chest X-ray will be completed

May 21 Armed Forces Day



TPC's Mental Health Awareness and Staff Appreciation Event



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

"Back in Control"

Parenting Workshop

Saturday, June 11, 2015

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 TDFPS funded program of TPC

Exercising Safety Tips

Desire Winslow, Safety Director

Before beginning any new exercise program it is always good to first check with your doctor especially if you have any injuries or a chronic or unstable health condition. Also consult your doctor if you suspect you may have an illness that would interfere with an exercise program or if you have been experiencing any troublesome symptoms, such as chest pain, shortness of breath, or dizziness. Once your doctor gives you the go-ahead to exercise, the tips below can help you

- Take 5 to 10 minutes to warm up and cool down properly.
 - Plan to start slowly and boost your activity level gradually unless you are already exercising frequently and vigorously.
 - Be aware that training too hard or too often can cause overuse injuries like stress fractures, stiff or sore joints and muscles, and inflamed tendons and ligaments. Sports prompting repetitive wear and tear on certain parts of your body — such as swimming (shoulders), jogging (knees, ankles, and feet), tennis (elbows) — are often overuse culprits, too. A mix of different kinds of activities and sufficient rest is safer.
 - Listen to your body. Hold off on exercise when you're sick or feeling very fatigued. Cut back if you cannot finish an exercise session, feel faint after exercise or fatigued during the day, or suffer persistent aches and pains in joints after exercising.
 - If you stop exercising for a while, drop back to a lower level of exercise initially. If you're doing strength training, for example, lift lighter weights or do fewer reps or sets.
 - Stay hydrated before during and after your workout. For longer/harder workouts drink replenishing fluids with essential electrolytes.
 - Choose clothes and shoes designed for your type of exercise. Replace shoes every six months as cushioning wears out.
 - For strength training, good form is essential. Initially use no weight, or very light weights, when learning the exercises. Never sacrifice good form by hurrying to finish reps or sets, or struggling to lift heavier weights.
- tions can lead to serious overheating and dehydration. Slow your pace when the temperature rises above 70°F. On days when the thermometer is expected to reach 80°F, exercise during cooler morning or evening hours or at an air-conditioned gym. Watch for signs of overheating, such as headache, dizziness, nausea, faintness, cramps, or palpitations.
- Someone close to you should know when you are exercising, where you are exercising and when you are expected back.
 - Carry some form of identification on you. Most exercise gear has small pockets for this very reason. Ideally, you should have your driver's license and/or a small card that lists your number and the number of an emergency contact.
 - **Be visible** - If exercising in the dark then make sure to wear bright reflective clothing. There are many products on the market with reflective material — hats, headbands, vests, arm bands, tops, shorts/pants and shoes.
 - **Run against traffic and bike with traffic** - This ensures that you are most visible to cars, buses and trucks. When possible, run on sidewalks away from traffic and ride in designated biking lanes.

Delayed muscle soreness that starts 12 to 24 hours after a workout and gradually abates is a normal response to taxing your muscles. By contrast, persistent or intense muscle pain that starts during a workout or right afterward, or muscle soreness that persists more than one to two weeks, merits a call to your doctor for advice.

The following are safety guidelines for exercising OUTDOORS:

- Exercising vigorously in hot, humid condi-

