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Serving the citizens of:

Armstrong, Carson,
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 Deaf Smith, Donley, Gray,
 Hall, Hansford, Hartley,
 Hemphill, Hutchinson,
 Lipscomb, Moore,
 Ochiltree, Oldham, Potter,
 Randall, Roberts, Sherman,
 and Wheeler counties

May is Mental Health Awareness Month

Please Join us In Celebrating Mental Health Awareness
 Month On Thursday, May 18, 2017

From 11:30am to 2:00 pm - 1500 S. Taylor

Meet the Therapy Horses from Horse Play

Participate in a Butterfly Release in Recognition of Children's
 Mental Health Awareness



In observance of Children's Mental Health Awareness Day, more than 60 counties throughout Texas participated in the "Flight2Freedom" release of butterflies. On May 16th TPC staff were at Emerson Elementary School in Amarillo to release paper butterflies. Butterflies symbolize endurance, change, hope and life. In addition to this event, the City of Amarillo issued a Proclamation declaring May 16th "Children's Mental Health Awareness Day". The Proclamation was signed by Mayor Paul Harpole and the members of the City Council (Proclamation on page 2).

TPC staff and partner agencies will host activities from 12noon - 2pm at the Taylor and Polk Street Clinics, along with a butterfly release at 1:00pm. Additionally, butterfly bushes were planted at Emerson Elementary, the Wallace Campus, and the Courtyard between the Polk and Taylor Street Clinics in Amarillo to commemorate this event.



CITY OF AMARILLO PROCLAMATION FOR CHILDREN'S MH AWARENESS DAY

CITY OF
AMARILLO, TEXAS
City Council

Proclamation

WHEREAS, children are our most important resource, and our children's behavioral and physical health are equally important to their futures; and

WHEREAS, less than 20% of children and adolescents receive needed behavioral health support and services; and

WHEREAS, addressing the complex behavioral health needs of children, youth, and families today is fundamental to the future of the City of Amarillo and the Panhandle region; and

WHEREAS, Texas Panhandle Centers will release butterflies on May 16 at Emerson Elementary School to draw attention to issues surrounding behavioral health in children; and

WHEREAS, Texas Panhandle Centers is committed to improving behavioral health care for children in our community and the Panhandle region;

NOW, THEREFORE,

WE, MAYOR AND CITY COUNCILMEMBERS, of the City of Amarillo, Texas, do hereby proclaim May 16, 2017 as

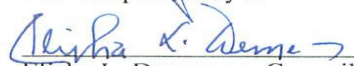
"CHILDREN'S MENTAL HEALTH AWARENESS DAY"

in the City of Amarillo and encourage citizens in Potter and Randall County to join with over 60 counties across Texas to support Flight2Freedom, the release of butterflies to draw attention to behavioral health in children.

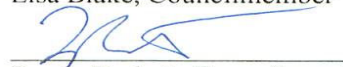
GIVEN UNDER OUR HANDS AND SEAL OF OFFICE this 16th day of May 2017.

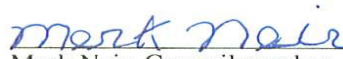



Paul Harpole, Mayor


Elisha L. Demerson, Councilmember


Lisa Blake, Councilmember


Randy Burkett, Councilmember


Mark Nair, Councilmember

IDD SERVICE COORDINATION

Elvire Sanders-Blakemore, Developmental Health Director

The Service Coordination Unit is the focal point for coordination of services to individuals with intellectual and developmental disabilities. The service coordinator assures that the client is informed of basic rights and that his/her personal outcomes, wants, and desires have been addressed. The service coordinator also provides consultation with staff/family members and other agencies in addition to developing positive rapport with the individuals served. Service coordination provides assistance in accessing medical, social, educational, and other appropriate services and supports that will help an individual achieve a quality of life and community participation. It also provides the following:

Service Coordination functions include:

Assessment – identifying the individual's needs and the services and supports that address those needs as they relate to the nature of the individual's presenting problem and disability.

Service planning and coordination – identifying, arranging, advocating, collaborating with other agencies, and linking for the delivery of outcome-focused services and supports that address the individual's needs and desires. The service coordinator helps to develop an individualized plan of services and supports for each individual that is based on a person-centered process.

Monitoring – ensuring that the individual receives needed services, evaluating the effectiveness and adequacy of services, soliciting the individual's satisfaction with services, and determining if identified outcomes are meeting the individual's needs and desires.



Misty Galindo, Susan Ross, Megan Meadows, Sharon Guinn



Crisis prevention and management – linking and assisting the individual to secure services and supports that will prevent or manage a crisis.

Texas Panhandle Centers' service coordination department is under the leadership of Sharon Guinn. The department has two supervisors, Susan Ross, and Megan Meadows, a supervisor/trainer Misty Galindo; thirty-

one service coordinators; and five clerical support staff that include two part-time staff. The SC coordination staff are hard working people who work together as a team in meeting the needs, hopes, and desires of everyone they serve throughout the Texas Panhandle.

WALK ACROSS TEXAS



TPC has 21 Walking Teams this spring! This is the most teams ever! Teams “walked out on work” on Monday, May 1st to kick off the event. Approximately 60 staff walked out at the Wallace location while others participated from their individual worksite. Lizabeth Gresham, Potter County Extension Agent with Texas A&M AgriLife, Tina Atkins and Terry Gandy, RN’s with Insurance Management Services, were on site handing out free goodies. Bottled water, fruit and other snacks were also provided. Teams will walk, run, cycle, hike, etc. as many miles as they can in 8 weeks. A midway lunch and learn will be offered as well as a wrap up event. News Channel 10 showed for the event. Teams include:



	Team Name:	Captain:
1.	AGONY OF DE FEET	Jessica Shuman
2.	CATCH ME OUT WALKIN	Megan Meadows
3.	EVERYDAY I'M HUSTLING	Laci Phillips
4.	FABULOUS STAR UNI-CORNS	Jennifer Miller
5.	FREUD AND THE SLIPS	Caroline Frigo
6.	FULLTIME GROOVERS	Carol Gilbert
7.	HOLY WALKAMOLIES	Lindsay Garza
8.	LIKE A BOSS	Sammie Artho
9.	LOLLYGAGGERS	Susan McQuaig
10.	MANDMS	Makayla Meza
11.	OH MY QUAD	Valerie Spanel
12.	PINK FREUD	April Hazelwood
13.	RED HOT CHILI STEPPERS	Katrina Short
14.	ROAD RUNNERS	Debra Cooksey
15.	RUNNING ON EMPTY	Sandra Bell
16.	SCRAMBLED LEGS AND ACHIN'	Laura Ratheal
17.	SHAKE N BAKE	Amanda Arguellez
18.	THE PAVEMENT PRINCESSES	Janice Stoner
19.	THE RUNNAWAYS	Gracie Chavez
20.	TEXAS DOUBLE WALKERS	Jessica Ray
21.	IN IT TO WIN IT	Genna Dunlap

Welcome these New Employees...

Emily Ambers	IDD Service Coordination
David Bustos	Adult Behavioral Health
Simeon Gwehn	Alternate Living - Carlton Pool
Doris Ironfield	ECI
Shalyn Montoya	Specialized Services
Misty Royal	Specialized Services



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:

Janice Stoner, ASCI Amarillo
Nick Montoya, Alternate Living Administration

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.

Walk Across Texas Midway Event

Please join Lizabeth Gresham, Potter County Extension Agent, for a midway Walk Across Texas Program. Lizabeth will provide information on health and wellness as well as provide a smoothie presentation and samples. The Program will be held Friday, June 2nd from 10:30am—11:30am in the HRD Training Room of the Wallace location.



Amanda Morgan, Adult BH Medication Clinic, 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.



On Friday May 5th several TPC staff participated in the 2017 Leadercast at Amarillo College. The theme of this year's event was *"Purpose is what defines us, drives us, and empowers us."*

Common Sense Parenting

WHEN: TWO Saturdays, June 3 & June 17, 2017
8:45 AM to 4:00 PM

WHERE: TPC Children's Services Building
1500 S. Taylor Street
Amarillo, Texas 79101

INSTRUCTOR: Melissa Morphis, CFP

Must attend both sessions for certificate.
(CEUs offered for LPCs, MSWs, Childcare Workers and General)

NO CHARGE

Must pre-register at 359-2005. Limited seating. No Childcare

Sponsored by: S.T.A.R. (Services-To-At-Risk) Youth and their Families
A Program of Texas Panhandle Centers

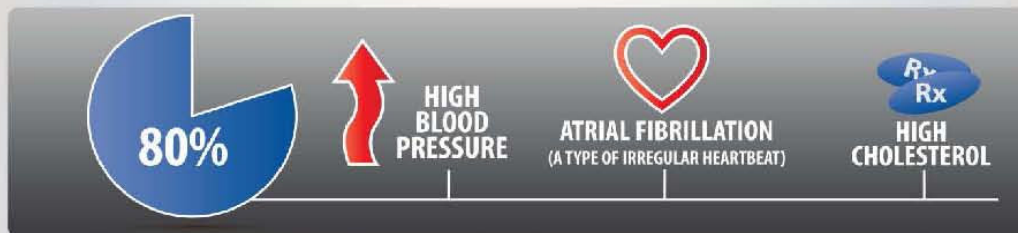


STROKE STOPS BLOOD FROM GETTING TO THE BRAIN. **IT CAN BE DISASTROUS.**



• **GOOD NEWS** •

UP TO 80% OF STROKES CAN BE PREVENTED BY CONTROLLING RISK FACTORS LIKE:



TAKE THE FAST TEST TO IDENTIFY COMMON STROKE WARNING SIGNS.

WHEN STROKE HITS, LONG-TERM DISABILITY CAN BE SIGNIFICANTLY CUT IF YOU GET MEDICAL CARE **FAST.**



A severe headache with no known cause is another key warning sign of a stroke.

Learn about more sudden signs of stroke @ www.stroke.org

GRILLING SAFETY TIPS

Desire Winslow, Safety Coordinator



As the warm, beautiful weather approaches many of us will be lighting up the grills and having a cookout for friends and/or family.

Whether your barbecue uses charcoal, wood, propane or natural gas, don't even think about firing it up until you are sure it's safe.

The following tips can help to ensure your fun event isn't ruined by injury or tragedy.

- Make certain that vents are clean and operable and that there are no areas that have rusted through.
- Embers can wreak havoc with a nearby wood pile or even your home.
- Thoroughly clean your grill each season. Grease buildup can cause a fire that cannot be easily extinguished.
- For gas grills, check and secure all gas connections. A leak can be fatal. Soapy water sprayed onto each connection and fitting will reveal an unwanted leak.
- Keep your grill at least 10 feet away from your home or other combustible surfaces.
- Don't barbecue indoors, including in a garage. You can literally suffocate every living thing in your home.
- Don't barbecue on a wood deck if there is a chance that dry grass is growing beneath it. You can start a fire that can't be easily extinguished.
- Don't use gasoline or paint thinner to start your fire. You may lose a substantial amount of hair in the process.
- Use starter fluid sensibly. Apply it to the coals and then light your fire. Don't stand next to the fire and squirt lighter fluid onto the flames.
- When using a gas grill NEVER turn the gas on with the lid closed. An accumulation of gas can result in a horrendous explosion.
- Keep children away from the grill. Each year many children and adults are burnt or injured during backyard barbeques.

Enjoy your delicious food and good times with loved ones!

<http://safetytoolboxtopics.com/Seasonal/grill-safety.html>

White Hat Award



The IDD Service Coordination department would like to give this month's White Award to **Alicia Huckabay, Director of IDD Intake**. Alicia plans events throughout the year that go a long way towards lifting spirits and increasing morale for the staff at the Wallace Campus, as well as often bringing dough-nuts and snacks for building 503. Alicia 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 Department

Answer's to last months questions:

1) Asthma; 250,000 2) 35 3) Flash floods

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 Proclamation declaring _____, on May 16th.
2. There are ____ walking teams participating in this year's Walk Across Texas
3. Up to ____ of strokes can be prevented by controlling risk factors.



[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

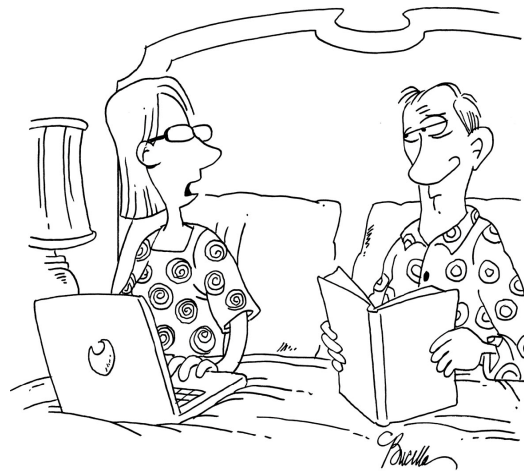
BABY NEWS!



Congratulations to Desire Winslow, Quality Management/Safety Director, on the birth of a baby boy! Xavier Mathias Ramirez was born on April 25, 2017 at 12:29am. He weighed 6lbs. 2.9 oz. and was 19.5 inches in length. Everyone is happy and healthy!



"I used to text, but now there's a patch that allows me to communicate face to face."



"Have you ever thought of having yourself digitally restored?"

**In observance of Memorial Day, TPC offices
will be closed on Monday, May 29th.**



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