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Serving the citizens of:

Armstrong, Carson,
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Lipscomb, Moore,
Ochiltree, Oldham, Potter,
Randall, Roberts, Sherman,
and Wheeler counties



On November 10th, Texas Panhandle Centers, Speak Your Mind Texas and West Texas A&M University sponsored a community awareness event: **Community Conversation**. Amy Hord, BSW Program Director at West Texas A&M University, and Texas Panhandle Centers Board of Trustee, facilitated the event. Deborah Evans, Deputy Regional Director for the Department of State Health Services presented a campaign overview and discussion of warning signs. High School students from area schools participated in the conversation.

Mental illness and substance use strike early. Half of all mental health issues start by age 14, and 75 percent by age 24. The good news is that recovery is possible. Learn how to recognize the warning signs, what actions to take, and what resources are available. Find out how you can get involved. It could save a life.

For more information about mental health resources in the Amarillo area visit speakyourmindtexas.org, texaspanhandlecenters.org, or call 2-1-1.

Developmental Health Crisis Respite

This is the second in a series of articles highlighting various TPC Programs in an effort to inform and educate.

The IDD Crisis Program is up and running under the leadership of Jim Cameron, the newly hired Crisis Intervention Specialist, and Leta Acker, the Psychology and Autism Director. Brittany Padgett will serve as the supervisor for the program and will hire and supervise the staff. Crisis Respite services for those with Intellectual and Developmental Disabilities can be rendered in home as well as out of home. We would like to achieve the following outcomes with our Crisis Respite Program:

- To provide short-term care and intervention strategies to individuals in crisis to protect the person, caregiver, and/or others living in the home.
- To provide intervention to prevent or decrease hospitalization or state supported living center admissions.
- To minimize the crisis situation and increase the likelihood of maintaining the person in the community.
- To assist the individual in transitioning successfully back to the community.
- To provide skills training to help the family and/or staff to appropriately learn to handle crisis situations and to be able to cope with them.



Jim Cameron



Brittany Padgett

In home crisis respite services can be provided to individuals in their homes if the individuals are not a threat to themselves or others in the home. If the individuals are not stabilized in their natural environments within a 72 hour period, or, are seen as a threat to themselves or others in the home, out of home respite may be beneficial.

Out of home crisis respite services can be provided up to 14 calendar days to individuals who are in crisis and cannot be stabilized in their homes or in a less intensive environment. The crisis respite facility will provide a therapeutic environment based on the needs of the individuals who are temporarily placed in this facility. Therapeutic interventions will include a functional assessment that will be completed by the crisis intervention specialist to determine the cause of the behavior(s) and the most appropriate strategies and therapeutic supports to use to help the individuals. The results of the functional assessment will be used to develop an individualized plan that will include strategies and therapeutic supports.

So far, we have only served clients in their homes, who have not had the need for out of respite services. We are currently in the process of hiring staff for our out of home respite facility, which will be located in Amarillo.

Another Successful Health Fair



Another successful Health Fair is behind us! Many thanks go out to the Wellness Committee for their hard work in putting it all together, the organizations that donated items for prizes, the vendors that had products, services and information, IMS, BSA and TPC's nursing staff as well as the employees that participated. The lists below are not all inclusive.

Wellness Committee members include:

Desire' Winslow-Chair
Mary Salazar-Secretary
Rayna Henderson
Laci Phillips
Libby Moore

Sara Patschke -Vice Chair
Joyce Lopez-Enevoldsen
Angela Ellis
Joseph Dad
Bud Schertler



Dillard's
The Scarlet Door
Starbucks
AT&T Mobility
Gold's Gym
Amarillo National Bank
Red Lobster
Target
Sun Adventure Sports
Walgreen's
Color Box Salon
Lowe's Home Improvement
Pinkie's
Party Stop

Planet Fitness
Home Depot
Happy State Bank
Allstate Insurance
Martin Tipton Pharmacy
United Supermarkets
Office Depot
Bed, Bath & Beyond
Total Nutrition
Total Works Chiropractic
Supercuts
Water Still
Quick Quack Car Wash
World Market

Pei Wei
Dr. Saeeda Simjee
Red Robin
Roasters
Chick-fil-A

Eat-Rite
Sam's Club
McAlister's Deli
Jimmy Johns
Hollywood 16

Vendors:

AISD
Alpha-Omega Chiropractic
TPC's Behavioral Health
BSA:
Dietary/Nutrition/Diabetes
Fitness
Lab
Sleep Disorders Center
CareToday
GNC

Harrington Breast Center
Harrington Cancer Center
Hope & Healing
IMS
Limu
Nutrimost Amarillo
Pharmacist Doug
Massage:
Mickey Butler with Relax-A-While

Stephanie Gauna, LMT
Julie Bednorz, LMT
Sam's Club
Texas A&M AgriLife Ext.
Tobacco Free Amarillo
Usborne Books and More
Superior Health Plan
STARKids-Maximus
Amerigroup

*If you were unable to attend the health fair on October 28th and would like to have labs done for the deductible credit, please contact the Human Resources Department for a voucher. **The deadline for completing all requirements for Wellness Works is December 14th, 2016.***

Costumes at the health fair



Costumes continued



Welcome these New Employees...

John Cash	First Episode Psychosis Program
Alejandra Diaz	IDD Service Coordination
Allie Hair	Behavioral Health Adult
Judy Leis	IDD Service Coordination
Brenda O'Neill	Utilization Management
Dekontee Goe	Specialized Services
Whitney Denson	HCS Canode
Audrey Kuxhausen	HCS Camp Lane
Leslie Ramirez	MH Service Coordination Children's
Jessica Lopez	ECI
Jaylyn McDonald	Behavioral Health Pampa
Juan Arawiran	Atkinson Group Home
Brancet Lyons	ASCI Amarillo



In observance of Thanksgiving,
Texas Panhandle Centers will be
closed on Thursday, November
24th and Friday, November 25th.



"Let's go over this again. Anything that hits the floor is yours, with the following exceptions..."



"FIRST PUMPKIN PIE
MADE, MRS. FINEBAUM?"

Happy Holidays!

The Board of Trustees and Executive Management Team of TPC are pleased to present employees with a holiday gift. Semi-boneless, spiral sliced hams will be delivered to the following locations on the following dates:

Polk/Taylor: 12/1/2016 3:30 p.m. - 4:15 p.m.
Wallace Blvd: 12/1/2016 4:00 p.m. - 4:30 p.m.

Respite &
ASCI Amarillo: 12/2/2016 3:45 p.m. - 4:00 p.m.

Tyler Street: 12/2/2016 During regular mail delivery
Santa Fe Building: 12/2/2016 During regular mail delivery

All Regional Sites: Schedule through your respective supervisor.
Group Home Staff

& Others: May pick up during regular business hours at any of the above designated times or from the Purchasing Dept. starting December 3rd.



* Please note: Each employee will be issued a card which is to be signed and presented at the time of pick up or delivery.

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:

Carlos Arenivar, Purchasing

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.

Thank you to my work family. It has been a pleasure being part of TPC for almost 32 years. I really appreciate the party, cards, emails and gift card that I received to acknowledge my retirement. You guys are wonderful and I will miss you.

Thanks,
Michelle Warnica

Sock It Jeans Week

The week of November 28th – December 2nd will be “Sock it” jeans week. Wear jeans all week long for the price of a package of **NEW** socks to benefit the clients of TPC.

You pick the size and color and send them to Mary Salazar in Bldg. 501 of the Wallace Campus. Thank you for participating!



Time To Give Thanks—or not!



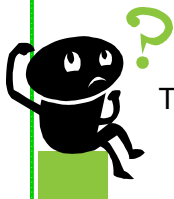
It seems like for the past year all we have heard about in the news is the presidential campaign and the candidates' unfavorable opinions of each other. This campaign has been the most unprecedented in history, yet on November 8th Americans made their voices heard.

Whether you supported one candidate over another, and whether the outcome is

the one you'd hoped for, one thing is true - as American's we have the ability to choose. So if you're struggling for something to be thankful for this year, let one of those be your first amendment right.

On November 24th, take time give thanks for your many blessings, whether it be your family, friends or constitutional rights—or not!

Nicole Garcia, 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.

White Hat Award



The IDD Service Coordination department would like to give this month's White Hat Award to **Amy Bynum** in the payroll department. **Amy** has done a great job with helping us through the ADP change and is also happy and helpful when you call her. Amy 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

Answer's to last months questions:

- 1) Nov. 2nd @ Taylor St and Nov. 3rd at Wallace 2) 24 hours 3) Respectful, Skilled and Reliable

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



1. "Sock It" Jeans Week is scheduled for _____.
2. Out of home crisis respite services can be provided up to ____ calendar days .
3. TPC sponsored an event on November 10th called: _____

[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:

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