

Board of Trustees

Chair
The Honorable Willis Smith
Lipscomb, Texas

Vice Chair
Dr. Sam Reeves
Amarillo, Texas

Secretary/Treasurer
Janis Robinson
Hereford, Texas

Patty Ladd
Amarillo, Texas

Larry Adams
Amarillo, Texas

Linda Brian
Amarillo, Texas

Nanna Fisher
Amarillo, Texas

Charles Gill
Panhandle, Texas

Sharon Braddock
Clarendon, Texas

Legal Counsel
Don L. Patterson

Executive Director
Bud Schertler

Serving the citizens of:

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

EMPLOYEE HEALTH FAIR!

901 WALLACE BLVD - BUILDING 501

 **October 30th, 2015**
7:30am to 10:30am

**Health Screenings, Flu Shots, Information,
Games, Prizes, and more!!!**

(If you will be getting lab work done, remember to fast)

Wear a Costume and Get a jean pass!

Be sure to register as there are several opportunities to
win prizes. Booths and Vendors include:

Insurance Management Services
BSA Health Systems
CareToday
Complete Nutrition
Harrington Cancer Center
Harrington Breast Center
Sam's Club
IT Department
Behavioral Health Department
HRD's Haunted House
Relax Awhile Massage

Phoenix Butterfly Day Spa
Photography Studio
Amarillo Town Club
Share the Road
Chiropractic Care
GNC
AISD
Kangen Water Systems
LIMU

And much more...



Prizes!

Fun!

Food!

Games!



October is Mental Health Awareness Month

Sources: nami.org mayoclinic.org

What is a mental illness?

QUICK ANSWER

A mental illness is a condition that impacts a person's thinking, feeling or mood, as defined by the National Alliance on Mental Illness.

Mental illness may effect a person's ability to relate to others and function on a daily basis. Mental illnesses include ADHD, bipolar disorder, post-traumatic stress disorder, depression and schizophrenia, among others.

FULL ANSWER

Mental health conditions can have multiple causes, including genetics, lifestyle and environment, explains the National Alliance on Mental Illness. For example, stressful situations or traumatic events can trigger mental health conditions, and the person's genetics may also predispose a person to certain conditions.

To diagnose a mental illness, doctors usually perform a physical exam, request lab work and/or perform a psychiatric evaluation, according to the Mayo Clinic. Treatment depends on the type of mental illness. Treatment options may include medication and/or psychotherapy. Hospitalization may also be necessary in cases where other options have failed.

Although mental illnesses often require professional care, various lifestyle changes can help improve mental health conditions, according to the Mayo Clinic. These lifestyle strategies include sticking to the treatment plan prescribed by the doctor, avoiding alcohol and drugs, and staying active. Experts also advise those with mental illnesses to refrain from making any important decisions while experiencing severe symptoms.

Gaynelle Williams, Quality Management, participated in the Ochiltree County Health Fair on October 7th. She handed out brochures and provided information on TPC Services.



Texas Panhandle Centers Behavioral and Developmental Health

White Hat Award



The IDD Service Coordination Department would like to give this month's White Hat Award to the **IDD Nursing Department**. We have such hard working and dedicated nurses and we appreciate you very much. Recently, **Rodney Bailey, DON** assisted with an Excel project that will enhance our department and make our jobs easier. Their door is always open and they do whatever it takes to "get the job done." It is obvious our nurses take good care of our clients and for that, you all are deserving of this award.

Sharon Guinn for IDD Service Coordination

Answers to last months questions:

1) Washing hands 2) Donald Newsome 3) United Way of Amarillo & Canyon



The United Way of Amarillo & Canyon measures their success not in dollars raised, but in actual lives changed.

In support of United Way of Amarillo & Canyon, TPC will have another jeans week! By wearing jeans, you will be helping people in need right here in Amarillo and Canyon. All of the money collected will be pooled and given as a United Way Campaign donation.

The United Way Rallies for Amarillo are scheduled for Wednesday, October 21st at 9:00am at the Taylor Street Training Room and on Thursday, October 22nd at 3:30pm at 901 Wallace Blvd. in the HRD Training Room.

There will be door prizes, snacks and a brief program presentation.

The next jeans week will be the week of October 26th – October 30th.

Please give your jean money to your supervisor during the week that you wear jeans. Supervisors are then responsible for submitting the money to Carol Cobb in Financial Services. Checks should be made payable to "United Way of Amarillo & Canyon."

For more information about United Way of Amarillo & Canyon, go to <http://www.unitedwayama.org/>

Have a Safe and Happy Halloween!



*Daylight Saving time ends on
November 1st. Remember to set your clocks
back one hour on Saturday night.*

80% of success
SHOWUP
UPSHOW
is showing up.



Welcome these New Employees...

Ross Watkins
Alicia George
Crystal Jackson
LaViza Matthews
Makayla Meza
Gerry Bevers
Justin Bradley
Tatum Burdis

Alternate Living
MCOT
Somerset Group Home
IDD Service Coordination
Alternate Living
ASCI
Children's Services
Children's Services



How Your Beverage Affects Your Mind

Coffee and Tea May Protect the Brain

Submitted by: Libby Moore, Behavioral Health Director

Daily drinkers have lower rates of depression and cognitive decline.

Coffee and tea may do more than just jolt you awake—they could also help keep your brain healthy, according to a slew of recent studies. Researchers have linked these beverages with protection from depression, Alzheimer's disease and Parkinson's disease.

One large study investigated the link between depression and the intake of coffee, tea and sweet drinks (see box below) by following more than a quarter of a million older adults for 10 years. Researchers at the National Institutes of Health recorded consumption of each type of beverage in 1995 and 1996 and then compared those figures with participants' self-reported diagnosis of depression after 2000. Results showed that coffee intake was associated with a slightly lower risk for depression, according to a paper published last April in PLOS ONE. The paper found little effect from tea, but other work has shown tea to be protective

A study reported in November 2013 found older Chinese adults who regularly drank any kind of tea had a significantly smaller risk for depression: 21 percent for those who drank tea between one and five days a week and 41 percent for daily drinkers. The research also asked about the participants' leisure activities to ensure that the tea and not teatime socializing, provided the protective effect.

Some studies suggest that coffee and tea drinkers have lower rates of cognitive decline too, but the evidence is mixed. Research in rodents that has focused on specific compounds in coffee and tea supports the idea that some of these chemicals reduce the risk for Alzheimer's and Parkinson's. In one such study, published online last June in Neurobi-

ology of Aging, supplementing rats' diets with a component of coffee called eicosanoyl-5-hydroxytryptamide shielded the animals' brains against the pathological changes typical of Alzheimer's. In 2013 another experiment found the same compound to have protective effects against mouse model of Parkinson's. Caffeine may not just defend the brain, but help it too - a paper in September in the same publication reports that spiking the mice's drinking water with caffeine reduced the protein tangles seen in Alzheimer's, and it also prevented spatial memory deficits.

It is still too soon to say whether coffee and tea truly protect the brain, but most researchers agree a daily habit couldn't hurt.

-Tori Rodriguez

Fact or Fiction?

Here's what the science says about some popular claims regarding the cognitive effects of certain drinks:

1. **Pomegranate juice enhances memory: Probable.** Many studies support the connection, including a recent brain-imaging study that showed the volunteers with age-related memory issues who consumed this antioxidant-rich drink performed better on memory tasks than those who drank a red placebo drink.
2. **Red wine staves off cognitive decline: Possible.** A growing body of research continues to support the health benefits of drinking wine. One study, which followed a group of men and women over seven years, found that those who consumed moderate quantities of red wine performed better on cognitive tests than those who tended to abstain from alcohol or who consumed beer or liquor. 
3. **Breast milk boosts cognitive development in childhood: Doubtful.** 2013 comprehensive literature review concluded that although children who were breast fed as infants are generally more intelligent than those we do not, this benefit is mostly likely because of the parents' socioeconomic status and IQ, not mother's milk.

- Victoria Stern

Employee Recognition

On September 24, the following employees were recognized for their years of service with the Center:

- 25 years - Mellisa Talley, Information Services Director
- 25 years - Bud Schertler, Executive Director
- 25 years - Libby Moore, Behavioral Health Director
- 20 years - Diane Donnell, Utilization Management Director/Medical Practice Coordinator

They received a gift card, plaque and a day off. **Congratulations!**



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:

Norma Sloan, STAR

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.



"What a waste for opposable thumbs!"



"Alright ... last selfie, Mrs. Briggs!"

Pat Schumann, Purchasing & Materials Management, 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!

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

COMPLIANCE CORNER

Donald Newsome, Quality Management Director

Question: If I document service times which overlap can my documentation be considered as a false claim?

Answer:

The Federal False Claims Act (the FCA or the Act) is a law that prohibits the making of a false claim or statement to any federal employee or officer to obtain money.



Because a false claim may be either a fraudulent claim for payment to the U.S. government, or a false record or statement (ex. overlap in service provision not allowed by Medicare/Medicaid guidelines) used to support a claim approved for payment, services provided to a client which overlap a similar service may be deemed to be a false claim if submitted as a request for reimbursement.

The False Claims Act applies to any request or demand for monetary reimbursement that the Federal Government wholly or partially provides. This includes claims for reimbursement from federal health care programs, including Medicaid and Medicare. The lack of intent to make a false claim does not excuse a Community Based Health Organization such as Texas Panhandle Centers (TPC), from liability.

TPC's Information Technology (I.T.) and QM & Compliance (QM) Departments conduct regular billing and coding audits to identify situations in which services may have overlapped as a safeguard against submitting false claims.

Should you be notified by I.T. or Quality Management of an overlap in service provision, make the requested correction immediately. As always if you have additional questions you may contact QM.

If you suspect fraud or abuse, you are obligated to report it.

**Texas Panhandle Centers' Compliance Officer is Donald Newsome.
His Back-up is Gaynelle Williams, Coordinator of Compliance and Planning**

Both have confidential voice mail and can be reached at:

Donald Newsome: 806-351-3284

Gaynelle Williams: 806-351-3207

You may submit compliance related questions to: compliancecorner@txpan.org

Fire Prevention - A critically important October MUST DO!

Fires kill more Americans than all natural disasters combined.

Nearly half of all home-fire deaths occur between 11 p.m. and 7 a.m. as family members sleep. Fire safety experts believe that half of these deaths could be prevented with a smoke alarm.

This year's National Fire Prevention Day theme is: ***Hear the Beep Where You Sleep.*** Every Bedroom Needs a Working Smoke Alarm!

Almost a thousand home fires occur annually on Halloween night. Two out of every five occur because of a candle that was lighted and forgotten.

Take action now! Children are the most vulnerable in a nighttime fire.

Invest in enough smoke alarms this week to have installed (in every bedroom, hallway and the kitchen) long before the Halloween holiday.

Then create a plan and teach even the youngest child how to 'get low and get out' when they hear the smoke alarm beep.

Although the National Fire Prevention Week campaign takes place from Sunday to Saturday, Oct. 4-10; the 9th is always Fire Prevention Day and has been since 1920.



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 mental illness is a condition that impacts a person's _____ or _____.
2. TPC's IT, QM and Compliance Departments conduct regular billing and coding _____ to safeguard against submitting false claims.
2. This year's National Fire Prevention Day theme is: _____.

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.

Eating Disorders and Teen Trauma

To register call: Kathy Tortoreo, Treasurer of AAAMHP, 806.341.0936 Email: ktgargoyle@yahoo.com

Amarillo College Center for
Continuing Healthcare Education &
**Amarillo Area Association
of Mental Health Providers**

is excited to bring

Tennie McCarty

Founder and CEO of Shades of Hope
And

Barry Gilbert

Director of Training at RCJPD and YCHP
To Amarillo College
West Campus Lecture Hall.
Friday, October 23, 2015
Eating Disorders and Teen Trauma



Tennie McCarty



Barry Gilbert

**Friday, October 23, 2015
8:30 am – 4:30 pm**

Conference will be held at Amarillo
College West Campus Lecture Hall,
Side A located at 6222 SW 9th Ave,
Amarillo, TX 79106.

Price for Conference:

Non Members Early Reg: \$75

Members Early Reg: \$60

Non Members Reg at Conf: \$90

Members Reg at Conf: \$75

Students: \$30

Objectives

Participants will:

- Learn Practical Signs and Symptoms of Eating Disorders / Food Addictions
- Addiction as Related to Eating Disorders
- Family Systems of Eating Disorders
- Guidelines for Treating Eating Disorders
- Techniques and Exercises Related to Body Image
- Affirmations

Participants will:

- Be Able to Define "Trauma"
- Identify Common Behaviors Related to Traumatic History
- Discuss the ACES Screening Tool
- Discuss Treatment which is Considered "Best Practice"

Who Should Attend

- Health care Professionals
- School counselors and Administrators
- Public Officials
- Social Service providers
- Ministers, Pastors, and clergy
- LPC's, LMFT's, LSW's, LCSW's, and psychologist

6.5 HOURS

Continuing Education CEU's

Criteria for Completion to receive the CEU's. These are: Register, Sign in, Stay for the whole program & Complete the evaluation.