



Here's What's Happening...

TEXAS PANHANDLE CENTERS

901 WALLACE BLVD. AMARILLO, TEXAS

www.texaspanhandlecenters.org

October 2017, Volume XIV, Issue 10

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Serving the citizens of:

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

Texas Panhandle Centers



Snacks will be
provided!

EMPLOYEE
HEALTH
FAIR

Games &
Prizes



Sign in and pick
up a game board

Labs and
Weight/B.P.
Stations

To receive the most
discounts on your
insurance please
complete labs and
blood pressure checks
at your designated
station. Remember
nothing to eat or drink
(besides H2O) for 8
hours prior to testing.

Friday, October 27th

7:30 AM - 10:30 AM

901 Wallace Blvd: Bldg 501



Employee Health Fair...



At the Health Fair you can expect there to be flu shots, lab draws, games, snacks, prizes and much more!

Remember if you are having labs drawn, no food or drink after midnight (except H2O). **Wear a costume – get a jean pass!**

Why should you participate in the Wellness Works Program?

By participating in health screenings you can reduce your insurance deductible by up to \$1,200!

Part of the health fair is the Wellness Works Program. Employees will be awarded health plan deductible credits termed “Healthy Living Rewards” for voluntary completion of activities and biometrics. These credits are applied to the Health Plan deductible (**if completed before 12/15/17**).

Each employee will be given the opportunity to earn the following Healthy Living Rewards:

Complete online Health Risk Assessment (HRA) & an initial Care Management Consultation..... **\$300**

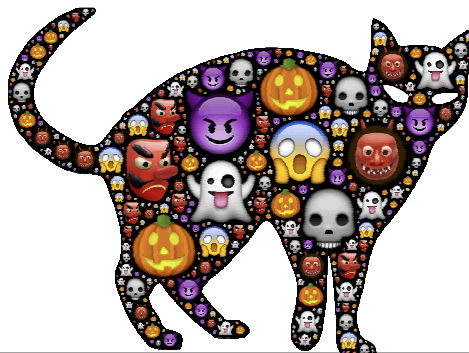
Biometric Standards:

Total Cholesterol <u>less</u> than 210 mg/dl.....	\$300
Blood Pressure <u>less</u> than 130/85.....	\$300
Body Mass Index (BMI-calculated by HRA) 28 or less.....	\$300
Possible Total Living Rewards.....	\$1200

(Credits applied to the deductible)

Important: If the employee is unable to meet any of the biometric standards listed above, the following reasonable alternative standard will take the place of the Healthy Living Rewards:

Complete one (1) additional Care Management Consultation (CMC) (telephonic) for each unmet standard.



Programs that work with People on Probation

Libby Moore, Behavioral Health Director

All the programs at TPC can work with an individual that is on probation. A criminal offense does not exclude a person from treatment. TPC does offer some specific programs for people who are in the legal system. Here are a few:

The TPC program that we have had the longest is the TCOOMMI program. TCOOMMI stands for Texas Correctional Office on Offenders with Medical and Mental Impairments. This is a grant funded program that comes through the Texas Department of Criminal Justice. We began contracting for this service in 2003. TCOOMMI offers a treatment approach that pairs an individual with a mental health condition with their probation officer and a case manager as the core team. From there the person can have psychiatric services, counseling and an array of community supports. The program offers services to Youth and Adults. All of the services are designed to aid the person's recovery. The ultimate goal is for the person to realize a life of their design that reduces the likelihood of additional incarcerations and improves the overall quality of the person's life.

Individuals receiving services in this program have been identified through CSCD (Community Supervision and Corrections Department) in Potter, Randall and Arm-

strong Counties for Adults or Randall County for Youth as needing specialized services to address their mental health or behavioral health needs. Behavioral Health addresses not only psychiatric conditions but substance use conditions that impact a person's ability to function in the community.

The TCOOMMI team usually works with a small caseload to ensure frequent services can be delivered. These services are provided in the community, a person's home, in the office or anywhere there is a benefit to the person. Connecting back into the com-

munity is a big factor for a person's overall well being. Finding supports through work, home life and friendships helps us all in striking a healthy balance. This balance promotes the wellness needed in recovery.

This is an ongoing process that is based on the unique needs of the individual.

People in the TCOOMMI program usually receive a minimum of 3.5 hours of service per month and are in the program an average of 2 years.

Other programs that TPC offers for people involved in the criminal justice system include the Jail Diversion Program at Randall County Detention Center, The Mental Health Docket Program in Potter and Randall Counties, participation in the Drug Court and Veterans Court in Potter County.





LEARN HOW TO PROTECT FROM AN OVERDOSE



TEXAS OVERDOSE NALOXONE INITIATIVE

REGISTER TODAY!

DO YOU KNOW SOMEONE WHO IS AT RISK FOR A HEROIN/OPIOID OVERDOSE?

Join us for training and education on how to administer Naloxone to reverse a heroin/opioid overdose. Sponsored by Texas Panhandle Centers for Behavioral & Developmental Health, Young People in Recovery, and RecoveryATX.

TRAINING OBJECTIVES:

- ▶ Learn what opioids are
- ▶ Identify the risk factors for overdose
- ▶ Identify what an overdose looks like
- ▶ Learn how to respond to an opiate overdose

DID YOU KNOW...?

According to the American Society of Addiction Medicine (ASAM), in 2015, the opioid epidemic was responsible for 20,101 overdose deaths related to prescription pain relievers and 12,990 overdose deaths related to heroin.

TRAINING DATE

October 19th, 2017 - 12 pm to 3 pm.

LOCATION

6222 SW 9th Ave.
Amarillo, TX 79106

COST & RSVP

- ▶ Cost: Free
- ▶ CEUs available for Addiction Professionals
- ▶ RSVP: TONI@RecoveryATX.org
- ▶ Visit: <http://www.tinyurl.com/TTORtraining>

**This Recovery Oriented Community
Collaborative Education series is brought to
you by:**



Halloween Safety Tips

Submitted by: Desire Winslow, Quality Management Safety Director



Walk Safely

1. Cross the street at corners, using traffic signals and crosswalks.
2. Look left, right and left again when crossing and keep looking as you cross.
3. Put electronic devices down and keep heads up and walk, don't run, across the street.
4. Teach children to make eye contact with drivers before crossing in front of them.
5. Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
6. Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

Trick or Treat With an Adult

1. Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.

Keep Costumes Creative and Safe

1. Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
2. Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
3. Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
4. When selecting a costume, make sure it is the right size to prevent trips and falls.

Drive Extra Safely on Halloween

1. Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
2. Take extra time to look for kids at intersections, on medians and on curbs.
3. Enter and exit driveways and alleys slowly and carefully.
4. Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
5. Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.

Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

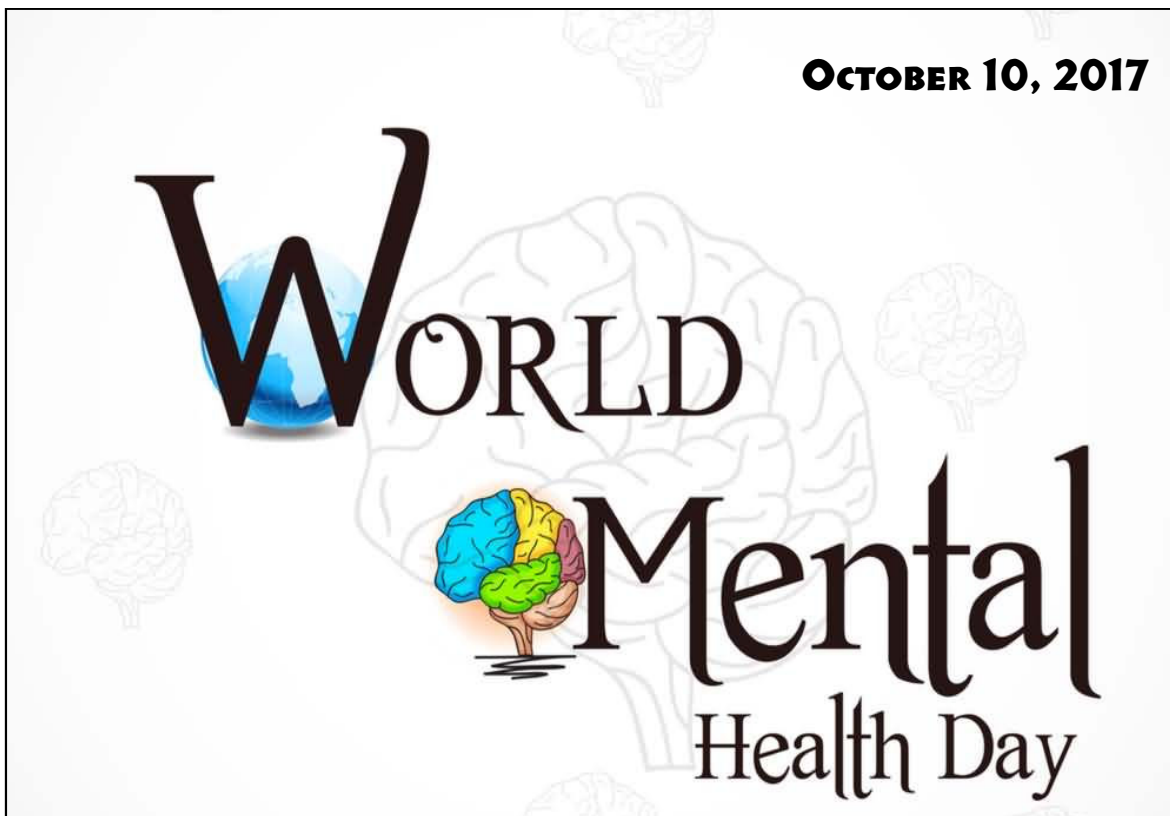
**SAFE
KIDS**
WORLDWIDE™

ASCI-Amarillo Sunflower Garden

Submitted by: Janice Stoner, Director, ASCI

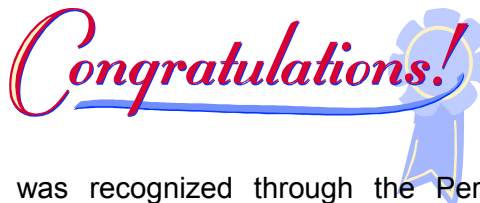


Toward the end of May the staff and clients of ASCI-Amarillo had the idea of making a garden. We initially wanted to plant vegetables, but decided to try Sunflowers instead. With the help of David Kee and Adam Hill in the Maintenance Dept., we began the dirt work in early June. During the week of June 12th approximately 75-100 variations of Sunflower seeds were planted. The clients and staff began watering the garden daily and weeding it as needed. It seemed that the flowers would never grow, but due to much needed rain the flowers began to grow and exceed all expectations. By late August we had a beautiful assortment of Sunflowers. The clients and staff of ASCI-Amarillo have already made plans to add another type of flower and increase the garden next year.



Welcome these New Employees...

Hanna Brinson	Children's BH
Jalisa Byrd	Children's BH
Jacqueline Hamilton	MH Docket Randall Co
Naoma Lytle	BH Intake Screening & Crisis
Yvonne Mercer	IDD Service Coordination
MacKenzie Osakwe	Westcliff Group Home
Jamie Powers	MH Docket Potter Co



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:

Tatum Burdis, Case Manager, Children's Services

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.



Tami Savage, Therapist Tech, HCS Administration, 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 **Rosa Rivera, Pam Light, Allie Castro, Alexis Moore, Jenna Chavez, and Clarissa Anaya, the members of the Pampa Day Habilitation staff.** They have stepped up and have been running the Perryton day habilitation so that our clients continue to have their needs met. They are also willing to go out in the region to pick up clients so that they can continue participating in day habilitation services. These ladies go above and beyond their 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) Windows 10 2) Jana Campbell 3) DEET containing products 4) Social Security

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



1. If you are having blood drawn at the health fair, don't forget to _____ after midnight.
2. Wear a costume to the health fair and get a _____ pass.
3. TPC sponsored "How to Protect From an Overdose" FREE seminar is scheduled for _____.

[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.](mailto:joyce.lopez@txpan.org)

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

CHIEF OPERATIONS OFFICER

At the September 28, 2017 Board of Trustees meeting, Sandy Skelton, Chief Operations Officer, was recognized for his service to the Center.

Sandy came to Texas Panhandle Mental Health Authority in 1989 as the director of mental health. Shortly after, the Board of Trustees selected him as TPMHA's Executive Director. He served in that capacity until he was selected as the Chief Executive Officer for the Texas Council of Community Centers (LMHA's Trade Association) in Austin, Texas. He was CEO for TCCC for 6 years when he retired and moved back to the Texas Panhandle. Retirement for Sandy didn't last long. He came back to work part-time for TPC in 2007 and after 3 years, he went full-time and was promoted to COO in 2011.

Sandy currently serves as the Mayor of Clarendon, Texas and has decided to devote more of his time to the City of Clarendon. Sandy plans to retire from TPC at the end of October.

The Executive Management Team and Board of Trustees recognized Sandy with a light reception during the September Board meeting.



(left) Bud Schertler, Executive Director, Sandy Skelton, Chief Operations Officer, Judge Willis Smith, Chair, Board of Trustees

Congratulations Sandy!
Thank you for your great work!

Congratulations!

Congratulations to the staff in the IDD Service Coordination Department on the improvements that the team has made over the past year. The staff was able to decrease the number of unused services from 3253 last year to 172 through August 2017. Congratulations to the leadership as well as the staff for their diligence and hard work!



"Oh that's my brother. He doesn't want his friends to recognize him."

EMPLOYEE RECOGNITION

At the August 31, 2017 Board Meeting, Dr. Sam Reeves, Vice Chair, along with the Board of Trustees recognized Bob Yung, Accountant, Financial Services, and Vicki Campbell, Clerk, Behavioral Health (not pictured), for their 25 years of service to the Center.

They both were awarded a plaque, gift card and a day off.

Congratulations!



SCHOLARSHIP RECIPIENT



Congratulations to Maira Argomaniz, Case Manager for TPC's 1115 Jail Diversion Program. Maira was the recipient of the 2017 Jack Duncan Rhodes Foundation Scholarship.

The Hope and Healing Place is proud of Maira and her commitment to social service! She is an exemplary volunteer and was key in ensuring *La Esperanza* kicked off this ses-

sion.

Maira has been volunteering with the Hope and Healing Place since July of 2017 and has successfully re-started their Spanish grief support group, *La Esperanza*, which had been on a hiatus since 2015.

She has also been working at Heal the City on Monday nights (through TPC - as a volunteer provider) since February of 2017. She was given the Jack Duncan Rhodes Scholarship of \$5,000 as she pursues her master's degree in social work at WT. "I am honored that I was picked as a recipient for this scholarship by the MSSW Program Director through my involvement in our community."

She will be speaking at this month's "Cafe con Nosotros" which is a business showcase open to the community by the Hispanic Chamber of Commerce in which she will be representing The Hope and Healing Place's: *La Esperanza*, on Oct. 26th.

Maira says that the Hope and Healing Place is always open to having volunteers--especially bilingual ones and she is actively taking referrals for new families who may benefit from *La Esperanza*.

COMMUNITY INVOLVEMENT



(left) Vanessa Gonzales, Perryton Behavioral Health, hosted a TPC booth at the Lipscomb County Health and Wellness Fair—September 30th, Booker, Texas



Caroline Frigo, PESD and Maira Argomaniz, Diversion Program, provided information on TPC services at this year's Suicide Prevention & Awareness Expo hosted by WTAMU on September 19th

October is National Fire Prevention Month

In a fire, even a familiar place can become a MAZE without an exit.
Learn fire escape routes.

A lot of things are annoying: Long meetings, traffic jams, tax forms. And fire drills.

In the case of fire drills and fire safety, this is exceptionally true; however, having a plan is essential. In office buildings, it is important to have open exits and essential that people know where they are.

In fact, the threat of fire is highest during working hours. According to FEMA, non-residential building fires occur most frequently from 3 p.m. to 6 p.m.

An estimated 86,500 nonresidential building fires are reported to United States fire departments each year, according to FEMA. These fires cause an estimated 85 deaths, 1,325 injuries, and \$2.6 billion in property losses per year.

In workplace cases where the blaze is not contained, the most common areas for fires to occur is in vehicle storage areas or other storage areas. Electrical malfunctions and cooking areas follow closely as areas of ignition.

Regardless of where a fire starts, the key is knowing how to escape a building. Don't ignore the occasional, and annoying, fire drill. The consequences can be catastrophic.