

TEXAS PANHANDLE CENTERS
901 WALLACE BLVD. AMARILLO, TEXAS
www.texaspanhandlecenters.org

September 2019 Volume XVI, Issue 9

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and Wheeler counties

September is National Suicide Prevention Month. Suicide is a heartbreaking, serious and preventable public health problem. Be the one to learn the warning signs and reach out to the National Suicide Prevention Lifeline: 1-800-273-TALK

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ❖ Talking about wanting to die or to kill oneself.
- ❖ Increasing the use of alcohol or drugs.
- ❖ Looking for a way to kill oneself, such as searching online or buying a gun.
- ❖ Acting anxious or agitated; behaving recklessly.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Sleeping too little or too much.
- ❖ Talking about feeling trapped or in unbearable pain.
- ❖ Withdrawing or feeling isolated.
- ❖ Talking about being a burden to others.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings.

Suicide Is Preventable.

Call the Lifeline at 1-800-273-TALK (8255).

With Help Comes Hope



IDD CONSUMER BENEFITS

Elvire Sanders-Blakemore, Developmental Health Director

 Cindy Pulse is the Consumer Benefits Coordinator for the Intellectual and Developmental Disability (IDD) Waiver Provider Services. Cindy has worked for TPC for 20 years. She has worked for Specialized Services, IDD Service Coordination, and began working as a Consumer Benefits Coordinator in March, 2008.



Cindy completes all billing for the Home and Community Services (HCS) that is provided by staff, including residential, day habilitation, nursing, transportation, and community outings. When Service Coordination and Provider Services develop a plan each year for individuals, an Individual Plan of Care is completed, and per state mandate, Cindy enters all state mandated forms for the HCS program.

All individuals who are in HCS and Texas Home Living Waiver Services have to be Medicaid eligible. Cindy assists individuals and families who are in need of Medicaid for the Waiver Services. She completes all Medicaid Redeterminations where TPC is the Representative Payee, and assists in getting individuals' Medicaid reinstated. She assists families throughout the Texas Panhandle with completion of forms, compiling supporting documentation, and filing information for Texas Health and Human Services Commission (HHSC).

This department completes any paperwork requested by the Social Security Administration (SSA). This includes all requests to become the Representative Payee for any HCS or Texas Home Living Waiver individual. Representative Payee

Reports, as well as Disability Reports are also completed by Consumer Benefits. All interviews regarding client disabilities and any updates needed are completed by Cindy. She reports all monthly wages earned through jobs for individuals in Waiver Services to the Social Security Department.

Cindy has worked with the agency for many years and has a wide range of knowledge and information regarding services provided for our clients. She has been very helpful to consumers that have lost their Medicaid eligibility and goes beyond what is expected to get their Medicaid eligibility re-established. Because of Cindy's hard work, we have had very few clients that have completely lost their Medicaid and were unable to re-establish eligibility. We, as well clients, and parents, are very grateful to Cindy for the work she has done.

For more information or to contact Cindy, she can be reached at 806.351.3210



OTIS CORNER

Submitted by: Christy Schroeder, Safety Director

As the seasons begin to change moving into the fall months some individuals may suffer from certain allergens that could trigger asthma or breathing difficulties. Of course we typically think of summer allergies like hay fever or pollination being amongst the main reason, but triggers for asthma and breathing concerns can happen at any time of the year under the most unlikely situations.

My family recently adopted a couple of the sweetest long haired Chihuahuas you could ever imagine, but on that first night something quite strange occurred to my youngest daughter. As we slept peacefully for the first four hours of what would end up being a very long and turbulent night, my daughter began to have breathing difficulties and wheezing. Our little family all nuzzled in comfy beds, and of course my daughter had confiscated the two new additions to cuddle with through the night. I was awoken to my daughter seemingly distraught, and informing me that she was having problems catching her breath.

We decided to take the little ones outside for some fresh air, and to see if that would solve some of the problems, but unfortunately we soon discovered that my daughter was having

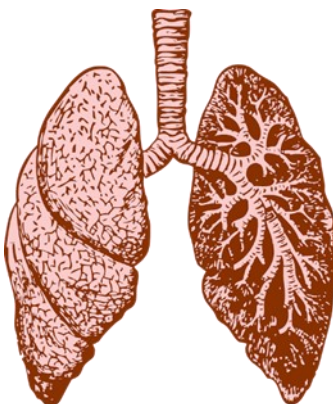
asthma symptoms due to the new cuddle buddies.

As I took time to reflect on these events I thought it might be good to share some asthma related information with you during this article.

Asthma happens when a person has narrowing or swelling of the airways attributing to wheezing, sensations of tightness in the chest, coughing, and shortness of breath, along with other possible signs to watch out for.

Most times asthma symptoms can be relieved by medications and/or with the use of an inhaler that your doctor can prescribe. Inhalers can assist with opening of the airways when asthma is more manageable.

Asthma symptoms can flare up and/or become worse when triggers like pet dander, pollen, or mold are in the air. Even at times of exercise can trigger asthma symptoms when the air is cold and dry according to the Mayo Clinic website. You can find more information on asthma, asthma related symptoms, and how to monitor symptoms of asthma at <https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>





Campbell & Associates
LOSSteam
Postvention Workshops & Training

Save the Date!

Amarillo College West Campus-Lecture Hall Side A

October 4 and 5, 2019

8:00 AM - 4:00 PM

LOSS Training

Local Outreach to Suicide Survivors

Instilling Hope

Dr. Frank Campbell, PhD, LCSW, CT

Author of Active Postvention Model (APM)

Lezlie Culver, MSW

Tarrant County of Texas LOSS Teams

CEUs Available

Registration Details to Come



**The Hope &
Healing Place**



Texas Department of State
Health Services



**Texas Panhandle
CENTERS**
Behavioral & Developmental Health
Making Lives Better

PBHA

Panhandle
Behavioral
Health
Alliance



Public Health
Prevent. Promote. Protect.
City of Amarillo

Laura W. Bush
INSTITUTE for WOMEN'S HEALTH
TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

White Hat Award



The IDD Service Coordination department would like to give this month's White Hat Award to **Alicia Huckabay, Director of IDD Intake**, for the way she works so hard to ensure that we as staff feel appreciated and that our morale is high. Alicia has a generous spirit and she makes sure that everyone around her feels appreciated and valued. Alicia is also very diligent about working with our department when our clients need an evaluation scheduled and will try her best to accommodate. She 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 Miller for IDD Service Coordination Department

Answer's to last months questions:

1) Parent Cafés 2) August 15 3) August 24

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



1. The month of September is observed as _____
2. Local Outreach to Suicide Survivors Prevention Workshop will be held at _____ on _____.
3. TICTOC stands 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)

Save the date!
TPC's Employee Health Fair
Friday, Oct. 25th
7:30AM - 10:30AM



901 Wallace Blvd: Bldg. 501
Halloween Themed Event!

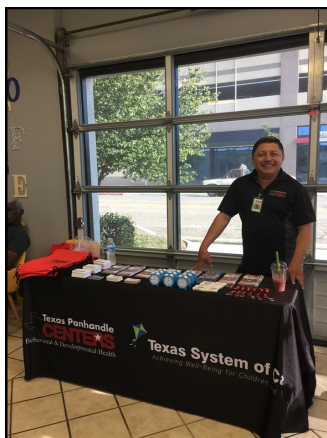


Food! Games! Free Flu Shots! Giveaways! Labs! Prizes!
Health education and much more!

Walk to Wellness Fundraiser

Center City Shakes and Bakes hosted a Walk to Wellness on Saturday, August 24th. The event was to raise awareness around physical and mental health. A percentage of the proceeds from the sales of the shakes that day were donated to TPC!

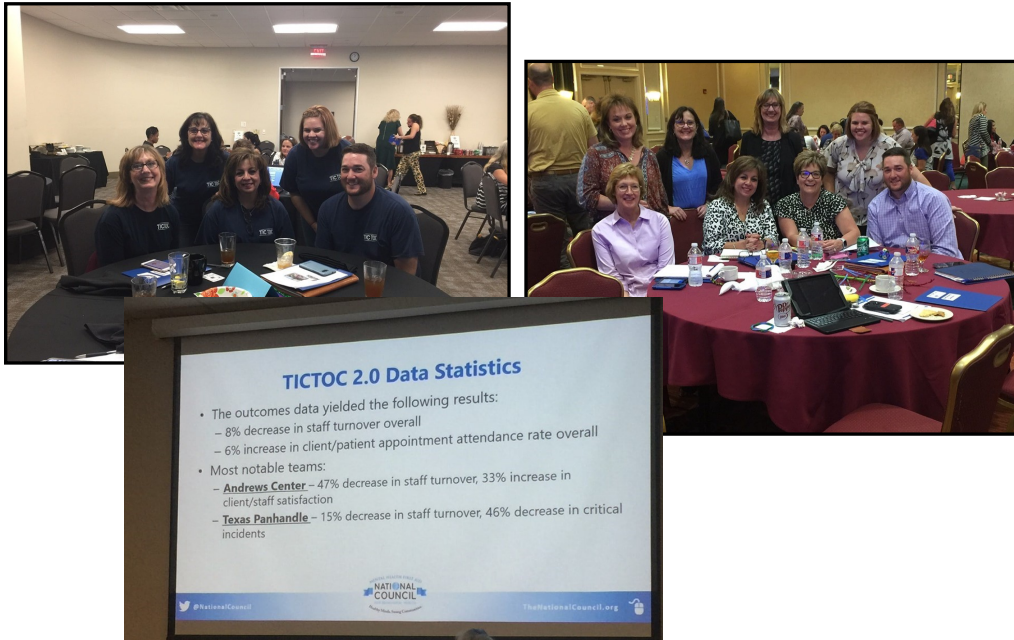
Many thanks to Katecha Cook, Owner of CCS&B, for hosting the event. She is planning future events to benefit TPC. Details will be forthcoming!



TPC's Trauma Informed Care Time for Organizational Change Committee and members of the executive team attended the Wrap-up Summit for TICTOC 2.0 in Austin recently. TPC was recognized as a notable team for the impact on staff turnover and critical incidents.



The group also received training from the National Council for Behavioral Health on the next phase of the initiative — 3.0. They are excited to continue the effort of becoming a trauma informed community.



On Friday August 16th, members of the TIC TOC Committee presented information to the behavioral health regional staff. They showed a video, shared information on their latest initiatives and provided donuts and giveaways to the staff.

L to R: Stacy Sandorskey, Troy Klamm, Diana Van Scoy, Jennifer McKay, Joyce Lopez-Enevoldsen, Rayna Henderson.



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

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Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@txpan.org

Community Corner

Amarillo Police Department's Crisis Intervention Team

Libby Moore, Chief Clinical Officer

On August 28, 2019, Texas Panhandle Centers was able to present a bicycle to Corporal Woven with the Amarillo Police Department's C.I.T. team. Corporal Woven is assigned primarily to our Amarillo downtown area to intervene with people experiencing behavioral health conditions. He works with Amanda Weatherford our PATH provider, our MCOT team – Athena Johnson, Ada Okodugha, Erin DeOtte, and LaTonya Glover, our Intercept team Bri Ray, Larissa Bernal and his fellow CIT officers – Officer Jensen, Officer Cox, Corporal Hernandez, Corporal Thompson and Sargent Riddlespurger.

During the Point in Time count, which is an event where people experiencing homelessness are identified and offered assistance, Corporal Woven mentioned how a bike could really help him get to hard to travel places to assist people living in the alleys, streets and remote places in the community. TPC saw this as an opportunity to help.

This bike will not only keep Corporal Woven in tip top shape, which is very important to fighting crime, it will also allow him access to the people most in need of our assistance.

The teams mentioned above as well as all of TPC and community partners play a crucial role in engaging people in getting treatment for their behavioral health needs. Meeting people where they are literally and where they are in their recovery process are crucial in helping people achieve their life goals.

Thank you everyone for "Making Lives Better"



United Way
of Amarillo & Canyon

TPC will host two jean weeks to benefit the United Way of Amarillo & Canyon. The first jean week starts Monday, October 7 - October 10. For just \$2 a day you can wear jeans to work. The second jean week is October 28 - October 31.

Rallies are set for October 21 at 10am a 1500 S. Taylor and October 23 at the Wallace Training Room. There will be snacks and prizes!

Can't I wait and get vaccinated when/if flu hits my community?

It is best to get vaccinated before flu begins to spread. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, so the sooner you get vaccinated, the more likely it is that you will be protected once flu begins to circulate in your community.

Flu vaccines can't give you the flu.

Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness.

- You may have been exposed to a non-flu virus. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against other viruses that may cause symptoms similar to flu, like the common cold.
- You might have been exposed to flu after you got vaccinated, but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu.
- You may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating.
- Unfortunately, however, some people who get a flu vaccine may still get sick. How well the flu vaccine works (or its ability to prevent flu) can range from season to season and also can vary depending on who is being vaccinated. However, if you do get sick, flu vaccination might make your illness milder than it would have been otherwise

Don't avoid getting a flu vaccine because you don't like shots.

The minor pain of a flu shot is nothing compared to the suffering that can be caused by the flu. A flu vaccine reduces your risk of illness, hospitalization, and can prevent you from spreading the virus to your loved ones. So, whatever little discomfort you feel from the minor side effects of the flu shot is worthwhile to avoid the flu.

You need to get a flu vaccine every year.

There are two reasons for getting a flu vaccine every year:

- a) Flu viruses are constantly changing and so flu vaccines may be updated from one season to the next. You need the current season's vaccine for the best protection.
- b) A person's immune protection from the vaccine declines over time. Annual vaccination is needed for the best protection.



Get a Flu Vaccine

- Flu vaccines are offered in many locations. Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, including doctor's offices, clinics, health departments, retail stores, pharmacies, and health centers, as well as by many employers and schools.
- Use the vaccine finder at <http://vaccine.healthmap.org/> to find a flu vaccination clinic near you.



For more information, visit <http://www.cdc.gov/flu> or call 1-800-CDC-INFO (800-232-4636).

Points to Ponder

By Jana Campbell, Rights Protection Officer



Neglect by an employee, contractor, or agency is defined by Adult Protective Services as an act of, or omission by, an individual responsible for providing services to a person served, which caused, or may cause physical or emotional injury, or death to a person served, or which placed a person served at risk of physical or emotional injury or death.

This statement means that as employees of Texas Panhandle Centers (TPC) we are responsible for the individuals that receive services here. If that individual depends on TPC to provide trust fund money to them on a certain day to purchase food, or pay a bill, every effort must be made to make sure that happens. If a client has to go without food or electricity because an employee did not get their money to them as needed this could be considered neglect.

What's Strong With You? TICTOC 3.0



"Not that it's right, but I understand. I was young once and used to sneak out to do crop circles, too."



"Talk about depressing...I went to my school reunion and even the elephants didn't remember me."



Debra Dye, ASCI Perryton, 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.



MAKING LIVES BETTER

Why is TPC a great place to work? There are many reasons but some notable reasons includes a few individuals like Laura Ratheal, Terri Andersen and Marie Farbrow in Developmental Health.

These individuals placed a jolly acorn vase and basket full of Fall goodies at their location near the copy machine. Everyone was invited to try to guess the number of acorns in the vase. Whoever guessed the closest without going over, would win the vase and basket!

Thank you ladies for Making Lives Better!



"Marion is a vault of information." "Superhero" "Life Changing" "Rock star" Those were the words used from more than one of Marion Thompson's co-workers.

Marion, who is with adult consumer benefits, facilitated getting benefits for an individual on what would be considered a difficult case. The staff and clients really enjoy working with Marion.

Thank you Marion for Making Lives Better!

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 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...

Sandra Sutton	Community Living
Asli Sheikey	Club Meadows Group Home
Sarena Garcia	Adult Behavioral Health
Martha Gallo	ECI
Clarissa Anaya	ASCI Pampa
Angela Atkinson	Peer Support
Edward Bustos	ACT Team
Megan Howell	IDD Service Coordination
Kaitlyn King	IDD Service Coordination
LaToya Little Butler	Specialized Services
Alejandra Llamas	IDD Nursing
Jaziel Quintana	Children's BH
Becky Reavis	Utilization Management
Anahi Sanchez	Specialized Services
Erin DeOtte	Crisis Redesign
Tami Dunsworth	ASCI Perryton
Jarrett Estep II	ASCI Perryton
Bailey Milstead	HCS Provider Services
Maria Nunez-Corral	IDD Service Coordination



An Evening at Hodgetown

On Thursday, August 29th several departments from TPC enjoyed an evening at the Ballpark. In attendance were staff from accounting, information technology, data management, purchasing, maintenance, medical records and several other TPC departments. 🕒📅



HUTCHINSON COUNTY UNITED WAY HEAT UP HUTCHINSON KICK OFF COOK OFF

TPC participated in the Hutchinson County United Way Kick off Cook off in Borger on Saturday, September 14th. The event was well attended. Many thanks to Chapin Renshaw, Maria Tarango, Tammi Donoghue and Tillarie Sisneros for participating.

TPC is supported by Hutchinson County United Way

