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and Wheeler counties

February is American Heart Month

*Heart disease is the leading cause of death for both men and women,
but heart disease is preventable and controllable.*

Source: cdc.gov

Every journey begins with one step, whether its climbing a mountain or preventing heart disease. This American Heart Month, the CDC is offering tips for better heart health.

Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year - that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

Heart Attack Symptoms. The five major symptoms of a heart attack are:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulders
- Shortness of breath
- If you think that you or someone you know is having a heart attack, call 911

The term "heart disease" refers to several types of heart conditions. The most common type in the U.S. is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure and arrhythmias.



Cardiovascular disease, including heart disease and stroke, costs the U.S. \$312.6 billion each year. This total includes the cost of health care services, medications and lost productivity.

This situation is alarming, but there is good news – heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health.

Plan for Prevention:

- Eat a healthy diet
- Maintain a healthy weight
- Exercise regularly
- Monitor your blood pressure
- Don't smoke
- Limit alcohol use
- Have your cholesterol checked
- Manage your diabetes
- Take your medicine

Together we can prevent heart disease. For more information, visit: www.cdc.gov



TEXAS PANHANDLE CENTERS OUTPATIENT SUBSTANCE ABUSE TREATMENT PROGRAM

On February 7th, 2013, Texas Panhandle Centers received notice from the Texas Department of State Health Services that the TPC application to provide substance abuse services at 1703 S. Avondale, Amarillo, Texas has been approved.

What this means is that TPC, in partnership with Amarillo Recovery from Alcohol and Drugs (ARAD), will be able to provide an intensive outpatient substance abuse program to adults in Amarillo who are experiencing difficulties caused by chemical dependency and are homeless or at risk of being homeless. Both TPC and ARAD have recently received grant funding to implement this program.

The Texas Panhandle Centers Outpatient Substance Abuse Treatment Program (OSAT) will operate through the belief that all of our clients are individuals and deserve an opportunity to identify and develop a recovery program that will work for them, for their lifestyle, and will support long-term recovery. Through OSAT services, individuals will learn how to tap their own inner strength as well as outside support; both during their transition to a sober lifestyle and long after their initial recovery period. The program will emphasize abstinence from alcohol and illegal drugs, as well as behavior modification to maintain sobriety and assist the person in functioning effectively in society.

Services provided will include:

- Individualized treatment planning based on a comprehensive assessment
- Individual counseling
- Group counseling
- Chemical dependency education and life skills training that follow a

written curriculum

- Education about communicable diseases
- Education about the health risks of tobacco products and nicotine addiction
- Relapse prevention planning
- Coordination of care with other treatment providers, agencies and referral sources
- Referral to continued outpatient/aftercare treatment or to higher level of care when indicated

Roger Yoakum, LCDC, has been hired by ARAD to be the program director, and has been laying the ground work to successfully kick off the program once the license was approved.



MISSION

The Mission of OSAT is to *enhance the health and safety of area residents through the reduction of the overall impact of substance use, abuse, and dependency by creating an accessible system of care which helps individuals break the cycle of their addiction and results in healthier, more productive lives.*

PREVENTING CHILD ABUSE ONE CHILD AT A TIME

Recognizing, Reporting and Preventing Child Abuse

Date: April 20, 2013

1st Christian Church, Snodgrass Fellowship Hall
3001 Wolflin Street - Amarillo, Texas 79109

Presented by the:

Prevent Child Abuse Texas

Sponsored by Texas Panhandle Centers - STAR Services

CEU credit available for LPC's & MSWs; General CEU credit available
(Must attend full class for certificate)

Child care and school workers are usually the first non-family member to see children outside the home on a regular basis. This exposes them to children who are potential victims of child abuse and as such must be trained to recognize abuse and what to do if it is suspected.

Every 11 seconds a U.S. child is reported as abused or neglected. Child Abuse and Neglect has been cited by the Center for Disease Control as a priority health problem. The U.S. Department of Health and Human Services has called violence toward children a public health crisis. In the words of Dr. Bruce Perry, a nationally renowned researcher on child abuse, *"If 20 million people were infected by a virus that caused anxiety, impulsivity, aggression, sleep problems, depression, respiratory and heart problems, vulnerability to substance abuse, antisocial and criminal behavior, retardation and school failure, we would consider it an urgent public health crisis. Yet, in the United States alone, there are more than 20 million abused, neglected and traumatized children vulnerable to these problems. Our society has yet to recognize this epidemic, let alone develop an immunization strategy."*

There were 68,326 confirmed child abuse/neglect victims in 2009. Child abuse is a cyclical problem. Parents abused as children are more than six times as likely to abuse their children as parents who were not abused. Approximately 50% of these victims were pre-school age. Furthermore, approximately 93% of the children were abused by their own family, thereby increasing the need for training. A certificate of attendance will be provided for six hour credit to each participant.

PROGRAM:

- 8:00 Registration
- 8:30 Recognizing Child Abuse
 - Types of Abuse – Physical, Sexual, Emotional & Neglect
 - Characteristics of Victims
 - Characteristics of Perpetrators
- 12:00 Lunch - On your Own
- 1:00 Documenting Child Abuse/Neglect
 - Record Keeping – When Do You Report
 - Protecting Yourself Against False Accusations
 - How to Report Child Abuse and the Process of Investigation
 - Aftermath of Report
- 2:30 Preventing Child Abuse
 - What You Can Do
 - Community Resources
- 3:30 Evaluation & Adjournment

Continued on page 4

Registration Form: Amarillo - April 20

Name:

Title:

School/Business:

Address:

City/State/Zip:

Email:

Phone:

Pre-registration is \$20 if postmarked by April 13. On-site registration is \$25. Seating is limited. Please mail completed registration form and payment to: PCAT, 13740 Research Blvd. #R-4, Austin, TX 78750. Please make checks payable to: Prevent Child Abuse Texas. For questions, call 512.250.8438 Ext. 118 or email: trainings@preventchildabusetexas.org

For the kids (or adults) who hold your heart in their hands, try this sweet treat on Valentine's Day!

Valentine Crispy Cutouts

Ingredients:

3 Tbsp. butter or margarine
1 pkg. (10 oz.) puffed marshmallows
8 drops red food coloring
6 cups crisp rice cereal
Assorted decorating icings



Directions:

Melt butter in large saucepan on low heat. Add marshmallows cook until marshmallows are completely melted and mixture is well blended, stirring constantly, Remove from heat. Add food coloring; mix well.

Add cereal, mix well. Press onto bottom of 15x10x1-inch pan sprayed with cooking spray. Cool completely.

Cut into heart shapes with greased 4-inch cookie cutter. Decorate with icings as desired.



COMPLIANCE CORNER

Anna Isom, Quality & Compliance

The "Compliance Corner" email system helps staff learn about sound compliance practices. If you have a compliance-related question about issues such as privacy - HIPAA, computer safety, business code of conduct, etc, chances are other staff have the same question. So please email your questions to "Compliance Corner". If your question is chosen for the newsletter, you will receive a jean day pass.

***Important Note** – compliance concerns may require immediate attention. If you have a question, please talk with your supervisor/program manager first and inform them that you would like to submit your question to the "Compliance Corner."

Valentine's Day

It's a day for gift giving and spending time with those we love. While doing something for Valentine's Day is important, it doesn't need to be anything stressful or even expensive.



For some, the simple gift of flowers and chocolates is more than enough, for others a nice dinner together will do; yet for others jewelry is more fitting. Even the gift of a valentine's poem can delight your most discriminating partner.

If those don't appeal to you, a gift card for more practical items such as gas, groceries, or clothes. Whatever you choose to do, have a **Happy Valentine's Day!**

Social Security Statements Are Now Online

The Social Security Administration website has added a new feature. My Social Security now includes an online version of the statement that used to be mailed every year, plus estimates of your future retirement benefits, lifetime earnings to date, and Social Security and Medicare taxes you've paid. To open an account, go to: socialsecurity.gov/mystatement.



Answer a series of questions to verify your identity. Then create a user name and password.

Margie Scroggins, Hereford Behavioral Health, 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 at 806.351.3308 or email: joyce.lopez@txpan.org.

Congratulations!

Dallas Panel Addresses Stigma of Mental Illness, Calls for More Funding

DSHS Online: Newsclips: February 6, 2013, By Sara Mervosh
Dallas Morning News

In a state that ranks 49th in mental health funding, Dallas County receives less money per capita than many other Texas counties, putting the area's resources to address mental illness near the bottom of the bottom.

A panel of experts at a symposium Tuesday evening called attention to the huge financial need as part of a broader effort to combat the stigma associated with mental illness.

Dallas Mayor Mike Rawlings partnered with The Dallas Morning News and KERA-FM (90.1) to host "Erasing the Stigma: Mental Illness and the Search for Solutions."

After the Connecticut school shootings and other recent massacres involving gunmen suffering from mental illness, Rawlings worried that a similar tragedy could happen in North Texas.

"Mental illness can be a killer even though it is often a quiet killer," he said. "It takes place behind closed doors, in dark rooms. ... But every so often it leaps out of private lives and bursts on the streets of our cities and towns with murders, heartbreaking suicides. ... It is our obligation to start a serious conversation about this issue."

Panelists, speaking at a full Dallas City Performance Hall in the Arts District, stressed that mental illness is a treatable medical condition. But help is unaffordable or unavailable to many who need it, they said.

State Rep. Garnet Coleman, D-Houston, has worked to increase services for the mentally ill.

Because Coleman's own illness wasn't treated as a child, he grew up to be a man who temporarily left his wife and stayed in hotels to avoid his problems.

"I was hiding, trying to get away," he said. "Then the next thing I knew, I probably would have ended up maybe going in an airplane somewhere. But more than likely, I'd have been dead."

Instead, in his 30s, his bipolar disorder was diagnosed and he got treatment.

Now, the 22-year state representative offers hope to others suffering from mental illness.

By sharing his struggles publicly, Coleman, 51, also has found relief.

"The hardest part was keeping it a secret," he said.

Another panelist, Vanita Halliburton, whose son Grant suffered from bipolar disorder and killed himself in 2005 when he was 19, said the stigma of mental illness made it difficult for her family to deal with Grant's problems.

"We didn't feel like we had any friends who were dealing with a child with depression that we could talk to," said Halliburton, who serves on the Texas Suicide Prevention Council.

Gun control and mental illness have been the focus of national discussion, but Tuesday's panelists said it's important to remember that most people with mental illness are not violent.

Although they are more likely to hurt themselves than others, many mentally ill people end up incarcerated rather than in hospitals.

Members of the panel said more education and early intervention could help prevent tragedies like the Newtown massacre. They recommended screening for mental illnesses at an early age in schools or at doctors' offices.

But such efforts require financing, which North Texas lacks. Dallas County is near the bottom in per capita state funding for mental health, and Denton County is last, said Matt Roberts, president of Mental Health America of Greater Dallas.

Treating mental illnesses correctly would reduce costs overall, said Dr. Preston Wiles, an expert in young people's mental health.

"It's not just the right thing to do, and it would be important even if it were costly and we had to spend millions and millions of extra dollars doing it," he said. "But it's also the smart thing to do."

Congratulations!

The following employees were 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:

Gracie Chavez - MH Service Coordination
La Shaunda Walker - Amherst Group Home
Ami Staniswalis - IDD Service Coordination
Thomas Armstrong - Maintenance
Jody Malone - Maintenance
Brent Rhea - Carlton Group Home

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.



White Hat Award

The IDD Service Coordination Department would like to present this month's White Hat Award to **Phyllis Clark, Director of Alternate Living**. Phyllis has earned the appreciation of the Service Coordination Department because she is thoughtful and considerate to all of us. She breaks down the barriers and does what she can to help clients in need. When emergency situations arise, Phyllis is a huge asset to both the clients and the Service Coordinators. Thank you Phyllis for all you do. We appreciate you.

Sharon Guinn, for IDD Service Coordination

Welcome these New Employees...

Kariem Shamika
Mariam Berkman
Michael Lewis
Regina Mata
Rachel Bynum
Kiszy Estrada
Heather Lucero
Deana Malone

Canode Group Home
ASCI Dumas
ASCI Borger
IDD Service Coordination
Devon Group Home
While-A-Way
Utilization Management
BH Intake - Borger



Walk Across Texas!

The TPC Wellness Team invites you to come and walk across Texas with us beginning March 15th!



Walk Across Texas is an eight week program to help people of all ages support one another to establish the habit of regular physical activity. Walk Across Texas is recognized as a Best Practice Physical Activity Program by the Texas Department of State Health Services.

This year, through a partnership with Special Olympics Texas, we can "Walk Across Texas" to support over 44,000 Special Olympic Athletes!



Teams are currently forming! If you are interested in being a Team Captain, or team member, please contact jim.womack@txpan.org.



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

1. About _____ people die from heart disease in the U.S. each year.
2. Every ____ seconds a U.S. child is reported as abused or neglected.
3. OSAT stands for _____.



[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.

HRD News

Carmen Nichols, Human Resource Development

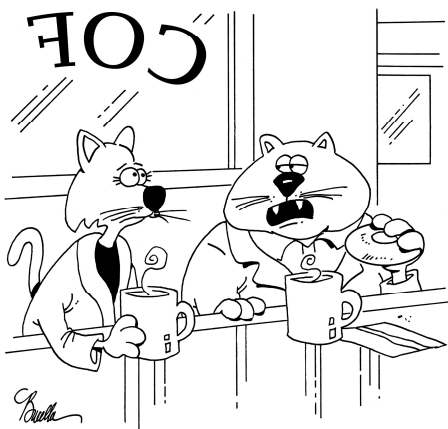


Since January 1, 2013 reorientation information has been sent to staff via email. Staff should print off the test and the signature sheet (it is not necessary to print the test questions as there are over 60 pages).

Complete the test and sign and date the signature sheet and return both to Carmen Nichols in HRD. If you have any questions, please call 351.3244.



Daylight Saving Time Begins Sunday March 10. Saturday night before going to bed set your clocks ahead one hour.



"I couldn't get life insurance. Turns out that curiosity is a pre-existing condition."



"He must really have a bad case of fleas."

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

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