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Randall, Roberts, Sherman,
and Wheeler counties

It's Santa!



Santa made an early visit to TPC Monday morning. Many gifts were placed under the tree awaiting to be delivered to clients. Thanks to all who participated in the Ornament Tree Christmas Project.

Wishing everyone a very Merry Christmas and a Happy New Year!

Holiday Blues: What Are They?

National Council For Behavioral Health



While the holiday season is usually filled with joy and excitement, the holidays can also trigger symptoms of depression and anxiety, commonly referred to as the “holiday blues.” People experiencing the holiday blues often feel down or sad, and don’t feel as though they are enjoying the season the way they normally do. Symptoms typically last less than two weeks, and affect more women than men.

Many factors during the holiday season cause the holiday blues including:

- Time change and shorter days
- Increased alcohol use
- Overeating
- Lack of sleep
- Lack of exercise
- Lack of time for oneself

What is the Difference Between Holiday Blues and Depression?

Robert Hales, Chair of the UC Davis Department of Psychiatry and Behavioral Sciences, says, “Comparing the holiday blues to a depressive disorder is like comparing a cold to pneumonia.” Depression is an illness that requires appropriate treatment, whereas symptoms of the holiday blues are temporary and less severe. If holiday blues symptoms last more than two weeks and begin to impact someone’s daily functioning, it could be a sign of something more serious like depression. Bottom line, the holiday blues will go away, depression will not.



How to Avoid the Holiday Blues

Betsy Schwartz, Vice President of Public Education at the National Council for Behavioral Health, says, “We’re all on overload this time of year... It’s really important to make time for ourselves, do things we enjoy, and be mindful of taking care of ourselves. It will help to be sure that we’re exercising, that we’re not overdoing it with too much alcohol or too many cookies, and that we make time to be with people we enjoy.”



Here are some additional tips for avoiding the holiday blues this year:

- Acknowledge and respect your feelings.
- Reach out to your family, religious community or social network for support.
- Participate in social events and volunteer opportunities.
- Exercise regularly and eat healthy.
- Make time for yourself with relaxation activities like yoga and meditation which can help improve mood.
- Get the recommended 7.5 to 8 hours of sleep per night.

FAST FACT

People who engage in regular vigorous exercise are 25% less likely to develop depression or anxiety.

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:

Adel Harris, Children's Behavioral Health - Dumas

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.

Answers to last months questions:

1) Concentration 2) January 15, 2015 3) December 1-5

Welcome these New Employees...

Jennifer Hunt
Justin Eckbledt
Grisell Marquez
Mandy Hendricks
Victoria Smith
Dana Byrum
Valerie Davis
Charissa Cook
Christine Curry
Marie Farbro
Presell Gilder
Alexis Sotello

IDD Service Coordination
IDD PASRR
ASCI Perryton
ASCI Borger
BH Homeless
BH Adult
ECI
Somerset Group Home
Behavioral Health Adult Services
IDD Service Coordination
Community Living
Camp Lane Group Home



In observance of the holidays, Texas Panhandle
Centers will be closed Wednesday, December 24th &
Thursday, December 25th for Christmas and
Thursday, January 1st for New Year's Day.

Happy Holidays!



White Hat Award

The December White Hat Awards go to.... **Bobby Wilson, Maintenance Department**, who braved the cold and showed a great big heart on Monday, November 17th by pushing many cars up the slippery parking lot hill into 501 Wallace. Thank you!



And... **Rodney Bailey, Director of Nursing**, your computer skills and "pie chart" assistance also earned a White Hat Award recognition. Thanks again for your continued respect and kindness to IDD Service Coordination Department.

Amy Bynum for IDD Service Coordination

Merry Christmas and Happy New Year Jeans Weeks!



To celebrate Christmas and New Years, you may wear jeans December 22nd - 26th and December 29th - January 2nd!



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



1. Depression is an illness that requires appropriate treatment, whereas symptoms of the holiday blues are _____ and less severe.
2. There is still time to get _____ and protect yourself this flu season.
3. The deadline for obtaining the \$1000 deductible credit 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.](mailto:joyce.lopez@txpan.org)

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



They say **BAD news** travels faster than **GOOD news** so I'll start with the bad news-

The Center for Disease Control announced that the flu vaccine for this year is 52% ineffective.

Now for the good news!

The flu vaccine is never 100% effective from all flu strains. The better news is that if you got your flu shot this year, it will still help pro-

tect you and help lessen the symptoms and shorten the time of illness if you get the flu.

What if I didn't get my flu shot?

Still good news! There is still time to go get vaccinated to help you protect yourself this flu season. Always follow good infection control measures. Wash your hands with soap and water. Use alcohol based cleaners between washing. Avoid touching your eyes nose or face. Frequently decontaminate common sources of infection like door knobs, table tops, etc. And remember, if you do get sick see your healthcare professional quickly. Early treatment will help you get well faster and help prevent the spread of illness.

Rodney Bailey RN
Director of IDD Nursing

Roasted Onion & Garlic Crostini

- 1 large onion, cut into 1 inch pieces
- 1 red bell pepper, cut into 1 inch pieces
- 1/2 head garlic
- 10 slices deli Swiss cheese, chopped
- 1/2 chopped tomato
- 1/2 teaspoon ground sage
- 1/2 teaspoon salt
- 24 slices (1/2 inch) slices French bread
- Fresh parsley, finely chopped, (optional)

Directions:

Heat oven to 400 degrees. Place onion, red pepper and garlic in single layer onto greased 15x10x1-inch baking pan. Bake 25-30 minutes or until vegetables begin to brown. Combine chopped roasted vegetables, tomato, sage and salt in bowl. Place bread slices onto ungreased baking pan. Bake 3 minutes. Spread 2 tablespoons mixture onto each slice. Continue baking 5-6 minutes until cheese is melted. Sprinkle with parsley if desired.



Nanette Provence, Accounting Services/Payroll, 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!

2015 Holiday Schedule

January	1st	New Years Day
January	19th	Martin Luther King Jr. Day
May	25th	Memorial Day
July	3rd	Independence Day
September	7th	Labor Day
November	26th	Thanksgiving Day
November	27th	Friday After
December	24th	Christmas Eve
December	25th	Christmas Day



Reminder! In order to receive your \$1000 credit toward your insurance deductible, you must have your Health Risk Assessment(s) completed by January 15, 2015.



2014 Year in Review at TPC

Making Lives Better

As 2014 comes to a close, let me review some of the significant events that have occurred at Texas Panhandle Centers over the past twelve months...

- Through the Texas Healthcare Transformation and Quality Improvement Program, or as most of us know it, the 1115 Waiver Program, TPC implemented seven critically needed programs: Those include:

- ◆ Crisis Respite Program - The Crisis Respite Program will provide 24 hours, 7 days a week crisis respite for persons with “urgent” behavioral health needs but who are not in need of inpatient hospitalization. The facility will serve as a community care alternative to more costly inpatient hospitalization and incarceration, focusing on rapid stabilization and averting future crisis. This program will begin providing services in February 2015.

- ◆ Child & Adolescent Wraparound Service Program - (Located within Amarillo ISD and Highland Park ISD) An early service delivery model that provides individualized comprehensive services and supports to children & adolescents with serious emotional and/or behavioral disturbance.

- ◆ 30-Day Intensive Outpatient Treatment Program - Treats adults who have co-occurring diagnosis of substance abuse and mental illness and experience homelessness.

- ◆ Criminal Justice Diversion Program— Based at the Randall County Detention Center, this program provides services to adults with behavioral health needs who have repeat contacts with the criminal justice system with the goal of re-entry into the community with decreased recidivism.

- ◆ Integrated Care Program - Provides coordinated and integrated primary and behavioral health services through the co-location of primary care and medical services and community-based behavioral health services. Integrated Care Services are provided at the Care Today Clinics, Regence Health Networks and on the campus of West Texas A&M University.

- ◆ Whole Health Peer Support Program - The Peer Program uses consumers of mental health services who have made substantial progress in managing their own illness, to serve as peer specialists to provide support to others who are on the journey to recovery.

- ◆ Child & Adolescent Intensive Services Program -(Located within Canyon ISD) Provides interventions, diversion and/or re-entry from hospitals, jails juvenile detention, and other restrictive settings through enhanced care coordination, community outreach, social support, and culturally competent care.

- The Texas Legislature appointed The Sunset Commission to review state agencies and their functions. The Sunset Commission’s Summary Findings included 15 recommendations for the Health & Human Service Agencies. For more information visit: <https://www.sunset.texas.gov/>

- The Department of State Health Services approved funding for rapid crisis stabilization services for rural residents of TPC’s local service area.

- Due to healthcare reform, significant changes impacted the financing and accountability of community behavioral healthcare. This im-

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2014 Year in Review at TPC Continued...

Making Lives Better

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- pacted how TPC submits and bills claims for services.
- Two major construction projects. One at 2004 Hardy Street just adjacent to the ASCI facility and the other at Bldg 501 at the Wallace Campus. The construction accommodated the Early Childhood Intervention Program which relocated from the Lakeview location. And the addition of a 24/7 Crisis Stabilization Program (scheduled to open February 2015).
 - TPC switched insurance provider networks to include OMNI through the BSA System as well as the retirement fund to American Fidelity.
 - The implementation of the Voice Over Internet Protocol or VOIP System. This was a major initiative but has proved to be a cost savings for the Center as well as an improvement to our entire phone network system.
 - The deployment of iPads for staff use in the field to aid in concurrent documentation practices.
 - The implementation of the electronic signature. With the use of current technology, staff are able to sign their documentation securely and electronically.
 - The implementation of e-prescribing. E-prescribing allows our physicians and nurse practitioners to electronically transmit a new prescription or renewal directly to the pharmacy.
 - Implementation of open access in our behavioral health clinics.
 - Fiscally, TPC experienced its largest budget to date. With the addition of the 1115 Waiver Programs, the budget grew to \$26,000,000.
 - The Military Veteran Peer Network Resource Center (MVPN) opened in September and is located at Family Support Services. The resource center is a place where veterans and their families can come for emotional support from other veterans and family members. The resource center also provides assistance with community resources such as; job training skills, job placement, housing, financial, and medical assistance.
 - TPC currently has over 300 contracts with various entities/providers.
 - Number of clients served in 2014:

ECI.....	543
IDD.....	1,744
Substance Abuse	493
Mental Health	4,578
Jails	500
Veterans	257
Housing	130
STAR	495
Total served	<u>8,740</u>
- As you can see, everyone at TPC has been very busy making lives better for those we serve. We look forward to continued growth and opportunities that await us in 2015.

First Day of Winter, December 21, 2014