



Here's What's Happening...

TEXAS PANHANDLE CENTERS

901 WALLACE BLVD. AMARILLO, TEXAS

www.texaspanhandlecenters.org

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and Wheeler counties

1115 FEDERAL WAIVER PROJECTS

Donald Newsome, 1115 Waiver Projects Manager

In December 2011, the state of Texas received approval to participate in a new Medicaid section 1115 Demonstration Federal Waiver ("Texas Healthcare Transformation and Quality Improvement Program"). Waivers are vehicles states can use to test new or existing ways to deliver and pay for healthcare services. The Health and Human Services Commission (HHSC) developed a menu of projects which qualify for funding through the 1115 Waiver. Participating centers across Texas will have the ability to draw-down federal funding for qualifying projects.

Texas Panhandle Centers is a participant in the 1115 Federal Waiver and has received approval to plan, develop, implement, and demonstrate, projects which will transform the behavioral health service delivery system for residents of the Texas Panhandle, many of whom do not currently meet eligibility requirements as set forth by Medicaid.

Texas Panhandle Centers chose to implement six (6) ambitious and critically needed projects to address gaps in service provision and expand services to underserved populations. The individual projects include:

- 24/7 Crisis Respite Program
- School-based Child and Adolescent Wraparound Services
- 30-Day Intensive Outpatient Treatment (IOP)
- Criminal Justice Diversion Unit
- Integrated Primary and Behavioral Healthcare Services
- Peer Support Program.

These new and expanded services will positively impact quality of life for the members of the panhandle community served and their families, and will provide TPC additional tools with which to efficiently and effectively carry forward our mission - "Making Lives Better".

**In observance of Independence Day, Texas
Panhandle Centers will be closed on
Thursday, July 4th.**

Happy 4th of July!



Severe Weather

Source: Federal Emergency Management Agency (FEMA)



Tornados are nature's most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds as we have seen with the Oklahoma tornadoes. A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of 2.6 miles wide as with the history making tornado that hit El Reno, Oklahoma on May 31st. Every state is at some risk from this hazard. Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible. Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

FEMA (Federal Emergency Management Agency) has some valuable information that can help you prepare ahead of time.

Be Informed

You can receive important life-saving alerts no matter where you are - at home, at school, or at work. Public safety officials use reliable systems to alert you and your family in the event of natural or man-made disasters.

- Wireless Emergency Alerts (WEA) send free information text messages to WEA-enabled cell phones within range of an imminent and dangerous local situation, severe weather event, or AMBER emergency.
- The Emergency Alert System (EAS) can address the entire nation on very short notice in case of a grave threat or national emergency. It is likely that local radio and TV stations participate in EAS.
- The National Oceanic and Atmospheric Administration (NOAA) Weather Radio (NWR) is a nationwide network of radio stations broadcasting continuous weather information directly from a nearby National Weather Service office to specially configured NOAA weather radio receivers. Consider purchasing a NOAA weather radio receiver.

There are also several mobile applications that will send push notifications in the event of severe weather. Search applications on your smart phone for specific apps.

Prepare

Before a tornado you should build an emergency kit and make a family communication plan. Part of that emergency plan is developing a disaster supply kit.

Basic Disaster Supplies Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation

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Practice Safety on the 4th!

The 4th of July is one of the biggest family days of the year. People like to kick back, enjoy barbecues and fireworks displays.



Unfortunately, many people end up in emergency rooms. Whether it's from drinking, home fireworks gone wrong, or potato salad gone bad, people find themselves sick or injured. If you follow a few simple tips you can avoid rushing to the emergency room.

- Be careful with fireworks. They aren't toys, but many parents give their children fireworks to play with on the big day or event before it arrives, which is why many are rushed to the hospital each year.
- Consider your child's safety when buying fireworks. You must also supervise your children very closely. Those under the age of 13 should not be allowed to light their own fireworks.
- Take care of your pets. Each year pets die of heatstroke because their owners are caught up in the festivities. Think about the conditions. Is the weather too hot? Will the fireworks scare your pet? Will you be able to supply your pet with water throughout the day?
- Serve foods at the proper temperature. Wash your hands before making dishes like potato salad, and always remember the advice, "keep hot foods hot and cold foods cold."
- Drink responsibly and be sure your guests do the same. Don't let people who have been drinking light fireworks.
 - Never light fireworks near dry grass or other flammables.
 - Light one at a time and keep a safe distance from it.
 - Never point or throw fireworks at anyone.
 - Have a bucket of water and a hose handy.
 - Never attempt to re-light or fix fireworks.
 - Don't wear loose fitting clothing when you're dealing with matches and fireworks.



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

1. Before a tornado hits, the winds may die down and the air may become very _____.
2. In preparing for a tornado, you should build an _____ kit and make a family _____ plan.
3. The National Alliance on Mental Illness Texas Panhandle and Amarillo Area Mental Health Consumers are hosting the first Walk for Mental Health 5k on _____.



[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)

(continued from page 2)

- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

Additional Emergency Supplies:

Once you have gathered the supplies for a basic emergency kit, you may want to consider adding the following items:



- Prescription medication and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account cards in a waterproof, portable container.

Work: You need to be prepared to shelter at work for at least 24 hours.

- Make sure you have food and water and other necessities like medicines in your kit.

Make a Plan

Your family may not be together when a disaster strikes so it is important to plan in advance: how you will get to a safe place; how you will contact one another; how you will get back together; and what you will do in different situations.

If you have a cell phone, program an emergency contact under "ICE" (In Case of Emergency) in your phone. If you are in a situation, emergency personnel will often check your ICE listings in order to get a hold of someone you know. Make sure to tell your emergency contacts.

Teach family to use text messaging as often times text messaging can get around network disruptions when a phone call might not be

able to get through.

During a tornado

If you are under a tornado warning, seek shelter immediately. Most injuries associated with high winds are from flying debris, so remember to protect your head. If you are in a structure (residence, building), go to a pre-designated shelter area such as a safe room, basement, storm cellar, or lowest building level. If there is no basement, go to the center of an interior room on the lowest level (closet or hallway) away from corners, windows, doors and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck.

If you are in a trailer or mobile home: Get out immediately and go to the lowest floor of a sturdy nearby building or storm shelter. Mobile homes, even if tied down offer little protection from tornados.

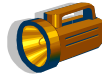
If you are outside with no shelter: Immediately get into a vehicle, buckle your seatbelt and drive to the closest sturdy shelter. If your car is hit by flying debris while driving, pull over and park. Put your head below the windows; cover your head with your hands and a blanket, coat or other cushion if possible. If you can safely get noticeably lower than the level of the roadway leave your car and lie in that area covering your head. Do not get under an overpass or bridge; you are safer in a low, flat location. Never try to outrun a tornado in urban or congested areas in a car; instead, leave the vehicle immediately for a safe shelter.

After a tornado

- After a tornado, be aware of possible structural, electrical or gas-leak hazards in your home. Contact your local city or county building inspectors for information on structural safety codes and standards. In general, if you suspect any damage to your home, shut off electrical power, natural gas and propane tanks to avoid fire,

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- electrocution or explosions.
- If it is dark when inspecting your home, use a flashlight rather than a candle or torch to avoid an explosion.
- Wear sturdy shoes or boots, long sleeves and gloves during any cleanup to protect yourself from sharp objects or debris.

Preparing a Safe Room

- Extreme windstorms in many parts of the country pose a serious threat to buildings and their occupants. The purpose of a safe room is to provide space where you and your family can seek refuge that provides a high level of protection. You can build a safe room in:

- ⇒ Your basement
- ⇒ Atop a concrete slab-on-grade foundation or garage floor
- ⇒ An interior room on the first floor

Safe rooms built below ground level provide the greatest protection, but a safe room built in a first-floor interior room also can provide the necessary protection. Below-ground safe rooms must be designed to avoid accumulating water during the heavy rains that often accompany severe storms.

More information on surviving severe weather as well as safe rooms is available from FEMA and on their website at: www.ready.gov.



T.P.C SWAT

Its softball season! The *T.P.C. SWAT Team* is gearing up for their first game scheduled for July 21st. A schedule of dates and times will be available soon. TPC SWAT Team members include:

⇒ Jenny Chadick	⇒ Samara Shields
⇒ Jessica Carson	⇒ Jonathan Barnes
⇒ Desire Winslow	⇒ Chris Walls
⇒ Tameka Thompson	⇒ William Webb
⇒ Shrina Cunningham	⇒ Paul Brown
⇒ Tracie Kirk	⇒ Joseph Dad
⇒ Geneva Tiller	⇒ Susan Bowers



Caroline Titus, Human Resources, 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!

Community Corner



The **National Alliance on Mental Illness - Texas Panhandle**, and **Amarillo Area Mental Health Consumers**, are hosting the first Walk for Mental Health 5K. The walk will be October 12, 2013 at John Stiff Memorial Park from 10 am to 12 pm. We are encouraging our community leaders, consumers, family, friends, and health providers to join us on this awareness walk. We truly believe that there can be no health without mental health. We also hope that you will want to support this first Walk for Mental Health by donating to our cause.

There are three opportunities for monetary giving: 1) **GOLD LEVEL** \$500 and above donation, which includes business name/logo on the walk t-shirt, name recognition posted along the walking trail, and an appreciation notice in *Amarillo Globe News*; 2) **SILVER LEVEL** \$250 donation, which includes business name/logo on the walk t-shirt, and a gift card; 3) **BRONZE LEVEL** \$100 donation, which includes business name/logo on the walk t-shirt.

1 in 4 people lives with mental illness—it affects our family members, our friends, our neighbors, members of our church, and members of our community. Often, substance abuse, serious school and work problems, and family dysfunction are caused by the underlying issue of mental illness. It affects all of us, and we need to work together to raise awareness, end stigma so that people will seek needed treatment, and improve mental health services in our area.

Both NAMI-Texas Panhandle and Amarillo Area Mental Health Consumers are 501(c) 3 nonprofit organizations, and all funds will support their **free** programs and services for those living with mental illness and their family members. NAMI and AAMHC/Agape Center provide vital, unduplicated mental health services to hundreds of people in the Panhandle, including support groups, classes, and job skills training. Please make out checks to NAMI-Texas Panhandle. We can come pick them up, or they can be mailed to NAMI-Texas Panhandle, P.O. Box 7691, Amarillo, 79114. All funds will be evenly divided between NAMI-Texas Panhandle and AAMHC. Our organizations are appreciated by quite a few community leaders, and we can provide references upon request.

We hope that you will support mental health in our community by becoming one of our sponsors, and we hope to see you walking with us on October 12, as together we can make a difference!

Sincerely,
Janet Brigrance, NAMI-Texas Panhandle Fundraising Committee Chair 806-433-3345

Learn more about NAMI-Texas Panhandle at facebook.com/NamiTexasPanhandle and AAMHC at www.aamhc.us/.



White Hat Award

The IDD Service Coordination Department would like to present this month's White Hat Award to **Gayla Christian, Provider Services**. The Service Coordinators appreciate her efforts organizing the annual Easter Egg Hunt and especially bringing fun festive "sprinkles" to our offices and sprinkling our desks. These things do not go unnoticed. We also appreciate all that she does for our clients when it comes to speaking with dentist offices and arranging for their special needs. Thank you, Gayla.

Sharon Guinn, for IDD Service Coordination

Welcome these New Employees...

Angelica Carmona-Perez	ECI
Janice Marshburn	ASCI - Perryton
Becky Mills	IDD Service Coordination
Zandrea Perez	Alternate Living - Respite
Stephanie Seiler	BH Service Coordination
Zona Van Huss	Respite
Pamela Vivens	ECI
Tracy Garvey	Accounting Services/Payroll
Jonah Ballesteros	Specialized Services
Tina Guzman	Respite
Heather Holmes	Camp Lane Group Home
Charlotte Kelly	Respite
Rachel Ruiz	Specialized Services
Janice Stoner	ASCI Amarillo
Geneva Adams	Respite
Heather Lucero	TCOOMMI/MCOT
Uriah Martinez	Carlton Group Home
Chelsea Morrow	Behavioral Health - Adult
Rhonda Price	IDD Service Coordination
Cindi Snyder	IDD Service Coordination



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

Joyce Lopez • 901 Wallace Blvd., • Amarillo, Texas 79106
Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@txpan.org

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:

Judy Smith - MH Service Coordination
Caitlyn Claypool - Behavioral Health Screening
Janice James - STAR Program
Megan Meadows - IDD Service Coordination
Antar Outley, IDD Service Coordination
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.

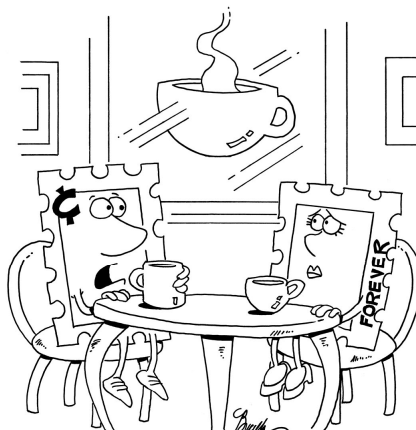


Walgreens is offering a points/rewards program for taking steps toward a healthier life. Get 20 points for every mile you walk or run and 20 points when you track your weight. Use their tools to set personalized goals—from running a 5k to walking three times a week or losing those last 10 pounds. Track your progress on your way to achieving healthy goals.

Rewarding healthy lives. Get Balance Rewards points and earn badges for your healthy activity, plus receive product offers and other great rewards. Who doesn't need a little motivation every now and then? To learn more visit Walgreens.com.



"My cow for your magic beans? It's a deal...
subject to approval by our attorneys, of course."



"I'm not afraid of commitment, but forever
is a really long time."

THE COLOR RUN

Several TPC staff participated in the Color Run on Saturday, June 15th. The Color Run is known as the happiest 5K on the planet, people from all over the Panhandle gathered to support Women's Health research.



Drowning Doesn't Look Like Drowning

Mario Vattone - Slate Magazine

Could you tell if someone is drowning? Most people's perception of a person drowning looks like what they've seen from television—the waving, splashing and yelling. That is rarely seen in real life.

The Instinctive Drowning Response (named by Francesco A. Pia, Ph.D) is what people do to avoid actual or perceived suffocation in the water, and it does not look like what most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the number 2 cause of accidental death in children, ages 15 and under.

Drowning does not look like drowning—Dr. Pia, describes the Instinctive Drowning Response like this:

1. “Except in rare circumstance, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled before speech occurs.
2. Drowning people's mouths alternately sink below and reappear above the surface of the water.
3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a

piece of rescue equipment.

5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before the emersion occurs.”



This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble—they are experiencing aquatic distress. Not always present before the Instinctive Drowning Response, aquatic distress doesn't last long—but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

Look for these other signs of drowning when persons are in the water:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs—vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on the back
- Appear to be climbing an invisible ladder

Sometimes the most common indication that someone is drowning is that they don't look like they are. They may just look like their treading water and looking up at the deck. One way to be sure? Ask them, “Are you all right?” If they can answer at all they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents, children playing in the water make noise. When they get quiet, you get to them and find out why.