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and Wheeler counties

Suicide and the Substance Abuse and Mental Health Connection

Sources: SAMSHA and Mental Health America of Texas

Suicide is the leading cause of death among people who abuse alcohol and drugs.

Compared to the general population, individuals treated for alcohol abuse or dependence are at about **ten times** greater risk to eventually die by suicide compared with the general population, and people who inject drugs are at about **fourteen times** greater risk for eventual suicide.

More than 30% of those that die by suicide have measurable blood alcohol levels.

- 2005-2009: 55% increase in emergency department visits for drug related suicide attempts by men ages 21-34.
- 2005-2009: 49% increase in emergency department visits for drug related suicide attempts by women 50 and older.

50% of individuals who die by suicide suffered from Major Depressive Disorder (MDD). The risk of suicide in people with major depression is about **8 times** that of the general population.

When addressing youth suicide, the prevalence of mental illness and/or substance use disorders is lower than

with adults, falling within range of 50-90%.

On average in the United States, 1 suicide occurs for every 30 attempts.

What can be done? **ASK**

Ask about suicide to save a life
Seek more information and keep safe
Know where and how to refer

Suicide is considered to be one of the most preventable deaths.

Ask about suicide

- Indirect: Sometimes when people are sad, as you are, they think about suicide. Have you ever thought about it? Do you want to go to bed and never wake up?
- Direct: Have you thought about suicide: Do you want to kill yourself? Are you thinking about suicide?
- Always ASK: It is the most important step. If you cannot do it, find someone who can.

Seek more information:

- Seek a private area to talk. Seek

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March is National Social Work Month

Sponsored by the National Association of Social Workers (NASW), most cities, states and public service organizations will recognize the continued commitment social workers have to improving the quality of life for our most vulnerable residents.



There are about 642,000 social workers employed in various fields of practice, including medical and public health fields; child, family and school (i.e., child abuse, eldercare, adoptions); mental health and substance abuse.

The 2014 theme is: All People Matter. Practitioners believe their work helps people move forward by utilizing their individual strengths to create a life vision for their own future.

March is also Women's History Month and NASW cites two pioneers in the social work field: Jane Addams, the first woman to receive a Nobel Peace Prize, in 1931, for establishing settlement houses for immigrants in Chicago; and Frances Perkins, also a social worker, appointed Secretary of Labor by President Franklin Roosevelt.

March 20th first day of



Spring



"Overslept? You're a cat. How could you possibly oversleep?"



© 2010 Jonny Hawkins

Suicide and the Substance Abuse and Mental Health Connection...

(Continued from page 1)

to establish a relationship. Comment on what you see and observe non-judgmentally. Be curious about their perceived problem, find out how long they've thought about suicide, if they've attempted suicide in the past and if they tried to get help.

- Seek to find out if they are at immediate high risk of suicide (have a plan, rehearsing it in their mind and/or have a gun, access to pills or other means). Take immediate steps to limit access to means to assure safety if needed. Be aware of your own non-verbal reactions and tone of voice.
- Help ensure the person's safety and/or help them start to implement a safety plan-list of people they can call when

feeling suicidal. Find out where they normally go to for help (family, friends, pastor, neighbor, roommate, girl/boy friend.) Find out if they have a regular doctor, mental provider or counselor.

- With immediate risk of suicide call 911 or get the person to the nearest hospital emergency room.

Protective Factors can act as a safety net.

Protective factors are positive conditions, personal and social resources that promote resiliency and reduce the potential for suicide as well as other high risk factors.

For more information visit the Substance Abuse and Mental Health Services Administration or SAMSHA at www.samsha.gov or Mental Health America of Texas at www.mhatexas.org

April 6-13 is National Volunteer Week

Many thanks to the volunteers that give of their time, talents and treasures to Texas Panhandle Centers! An extra special thank you goes to the Board of Trustees, Planning & Network Advisory Committee and the Volunteer Services Council. These individuals go above and beyond to serve others.

Thank you!

LaDonna Cortez , Medical Records, 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!

Dot What?



Hundreds of new Net domain names will go live this year, driving an almost 50-fold increase over the previous 22 domains, such as .com and .net. These are new names that are alive or will be soon, according to Internet Corporation for Assigned Names and Numbers:

.bargains .guitars .buzz .guru .camera .holiday .ceo .menu
.careers .ninja .clothing .recipe .dating .sexy
.diamonds .shoes .estate .tattoo



White Hat Award



This month's White Hat Award is presented to **Paula Granado, Alternate Living**. The IDD Service Coordination Department appreciates you and the effort you make to ensure that consumers are comfortable and happy. Coming to Service Coordinators with any specific issues a consumer may have is reassuring and encouraging. Taking care of a client's specific desire for a baby doll demonstrated true caring and sensitivity to that client. Thank you for your sincere kindness.

Amy Bynum for IDD Service Coordination

Welcome these New Employees...

Brandy Brinlee	Amherst Group Home
Amanda Flores	IDD Service Coordination
Joanna Konikoff	ECI
Desirey Lozoya	Westcliff Group Home
Ramonica Pierce	Adult Behavioral Health
Christopher Westmoreland	50th Group Home
Ezra Baker	Alternate Living - Atkinson Group Home
Brandy Brinlee	Alternate Living - Amherst Group Home
Diana Hewitt	MCOT Crisis Redesign
Olugbenga Olubunmi	Alternate Living- Club Meadows Group Home
Ramonica Pierce	Adult Behavioral Health
Daisy Yano	Alternate Living - While-A-Way Group Home



6 Common Indoor Allergy Triggers and How to Avoid Them

1. Dust Mites

Microscopic insects called dust mites are the most common allergy and asthma symptom trigger, according to the American Academy of Allergy, Asthma and Immunology. They feed on human skin flakes and tend to thrive when rooms are above 40 percent humidity and at temperatures above 70 degrees. And while they like bedding and soft furnishings the most, they can be found anywhere in the house. To ward off dust mites, allergist recommend purchasing allergen-proof encasings for pillows mattresses, and box spring and washing linens in 130-degree temperatures every seven to ten days. Use a vacuum that contains a HEPA filter or double-layered bag.

A simple way to keep your child's favorite stuffed toy trouble free, put it in a freezer bag and put it in the freezer for three to five hours per week.

2. Pets



The dander shed by furry friends can cause symptoms in susceptible people. But for reasons not completely understood. While there is no such thing as a hypoallergenic dog, some breeds produce less dander such as poodles and Portuguese water dogs. It's a good idea to determine if you or your family is allergic before inviting a pet into your home.

3. Mold

Mold grows in damp, dark environments such as basements or showers and bathtubs.

Mold growth should be cleaned thoroughly using water detergent, and 5 percent bleach, if needed. If mold spreads over an area larger than 10 square feet, the help of an indoor environmental professional may be needed.

4. Cockroaches

Cockroaches, an issue mostly in cities and the southern United States, are believed to play a large role in asthma in inner-city populations, according to the EPA. The allergens are found in the saliva and feces of cockroaches.



If you see cockroaches, chances are there are a lot more. Steps to take is to arrange extermination of your home as well as block off cracks and crevices in the wall or windows. Keep food containers with lids, put away your pet's dishes, clean up after meals, take garbage out promptly, and fix leaky faucets or pipes because roaches need water to survive. Wash dishes soon after eating. Clean under toasters, refrigerators and stoves to get rid of crumbs.

5. Pollen

Many people don't think of pollen as having an impact indoors. But if you're outdoors during nice weather, you can bring it in our your clothes or shoes. Pets too can bring it into the home. Consider wiping pets down when they return from outdoors. Keep windows closed and run the air conditioning during warmer weather. An air purifier with a HEPA filter can clean the air and keep about 80 percent of the pollen out of the home.

6. Cigarettes



While not a traditional allergen, cigarette smoke is often an irritant for people with asthma and allergies. Secondhand smoke, which irritates the already inflamed bronchial passages in asthmatics, can cause asthma attacks and worsen the severity of the attacks. Studies have shown that exposure to tobacco smoke has an incredible impact on increasing risk of asthma in kids. Allergist recommend parents avoid smoking around children altogether.

OTIS Corner

Submitted by: Natalie Henning, QM Coordinator, Safety Director

OTIS means "Opportunity To Improve Safety." Every newsletter we will be looking at ways that you can improve your awareness and knowledge of safe practices.

Are you a safety conscious person at home as well as at work? Or do you leave your "safety hat" at work when you leave?

People that have constant safety consciousness are less likely to be injured than those that see safety as an on the job requirement. If you pay attention to safety at all times, you begin to develop a safety attitude that stays with you regardless of the environment.

Picture someone standing on a chair in the office, workshop, group home, or other environment to reach something toward the ceiling. What do you tell that person?

Now, let's be honest, when is the last time you stood on a chair instead of taking the time to get a stool or ladder at home to reach something up high?

The following are the top five causes of fatal accidents at home and the top five causes of non-fatal accidents at home:

Fatal

Falls
Poisoning
Fires
Suffocation (like from choking on food)
Drowning

Non fatal

Falls
Striking or being struck by an object
Cuts
Overexertion (like back injuries)
Poisoning

If you'll notice, there are accidents that overlap into the job environment. This should remind us that it is important to take the same precautions at home that you would at work.

Please send any feedback or suggestions for future OTIS topics to:

natalie.henning@txpan.org

What's wrong with this picture?



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

Ode to TPC

By: Eunice Moreno, Regional Office Support & Translator

Thank you God for letting me work at TPC.

I meet lots of people and some even become friends with me.

The office managers and case workers, and let's not forget STAR, are the best people you'll find by far.

What can I say about the Help Desk Crew. Without them, I would be lost and probably thru.

There's Joyce who guides my calendar days. Where to go and at what right place.

I must mention IDD, because lately they're new. There's Twanna and Gary and Susan too.

They ask me to do home visits at Timbuktu!

I would say that is all but that would not be true. There's some ladies in Amarillo who call me for info. It's usually when I have someone at the window.

Oh, Kristen, Michelle, Sharon, Debbie and Lillian. There's Diane and Jo Ann and oh yes, Norma with STAR.

Oh, sorry, Chad, Bobby and Jim Aveni. We could not get through this without you and so many.

Well, I just wanted to share that at TPC, we really care. God bless you all in the work that you do!

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

1. On average in the United States, 1 suicide occurs for every _____ attempts.
2. Hundreds of new Net _____ names will go live this year.
3. While there is no such thing as a _____ dog, some breeds produce less dander than others.



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.