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6th Annual Mental Health Awareness Event

The 6th Annual Mental Health Awareness Event was a success by promoting mental wellness, community support, and access to behavioral health resources across the Texas Panhandle.

The event brought together community members, local organizations, healthcare professionals, food vendors, and advocates to encourage open conversations about mental health and to reduce stigma.

Activities included live music, resource booths, giveaways, wellness information, and opportunities for the community to connect with support services.

Mental health matters for every person, regardless of age, background, or life circumstances. Stress, anxiety, depression, trauma, and emotional challenges can affect anyone at any time. Community events like this help normalize seeking help, encourage compassion, and connect people with lifesaving resources. They also reinforce the message that no one has to struggle alone.

TPC serves more than 10,000 individuals and families each year. This event is designed to remind people that mental health is just as important as physical health and that support should be accessible to everyone.



Mental Health Awareness Event Continued...



Many thanks to the following individuals and organizations for making this event possible:

- Gilbert Hernandez (Velvet Funk Band)
- Downtown Women's Center
- Oceans Healthcare
- Northwest Texas Healthcare System
- Amarillo Health Department: Healthy Moms and Babies/Safe Kids Programs/Vaccine Expansion/Outreach Team
- Veterans Administration
- Andrea's Project
- Tobacco Free Amarillo
- TPC's Peer Support Program
- WT Buff Cares - Collegiate Addiction Recovery & Education
- Haven Health Clinic
- NewsChannel 10's 2nd Cup
- KAMR News
- Yum Yum Hibachi
- K. Bryant's Barbeque and Burgers
- The Frozen Vault
- Hood Eats
- Gerbs Grub
- Family First Fry Bread
- TPC's Wellness Committee
- Steve Garcia, TPC
- Barbara Napier, TPC
- Terry Zimmerman and his maintenance team, TPC



Daily Habits to Support your Mental Health



You brush your teeth every morning, wash your hands after you use the restroom, and see a doctor when you're ill or injured -- but do you look after your mental health the same way? Mental health and physical health are equally important, and so closely interconnected that they're often the same thing. Just like with physical health, daily habits can make a big difference for our mental health and general wellbeing.

- Get enough sleep and keep a regular schedule. Aim for seven to nine hours of sleep each night and try to go to sleep and wake up at about the same time every day. Adequate sleep and consistent routines are crucial for regulating mood and stress hormones.
- Exercise regularly. Your workouts don't have to be long or strenuous. Even something as simple as a short daily walk can make a big difference.
- Enjoy meaningful relationships with others. Make a regular lunch date with a friend, don't put off visits with loved ones, and go on a date night with your spouse. Social interaction -- and feeling like you belong -- are important for your wellbeing.
- Take prescription medications as directed. If you take medication to manage behavioral health conditions like depression or anxiety, make sure to take them as directed (even if you don't feel depressed or anxious) and don't skip doses or cease taking them without consulting your doctor.
- Don't forget to blow off steam once in awhile. Write in a journal, go for a walk, or just punch a few pillows if that's what helps. Bottling up your negative feelings isn't helpful, so it's important to find healthy ways to release them.
- Appreciate the good stuff. Even in the most frustrating and stressful situations, there's usually something to be grateful for -- for example, you might be stuck in traffic, but you've got an excellent audiobook to pass the time.



**In observance of Memorial Day,
TPC Offices will be closed
Monday, May 25, 2026.**



**Honoring those who made the
ultimate sacrifice.**

Congratulations!

Congratulations to the winners from the 6th Annual Mental Health Awareness Event drawing! Thank you to everyone that participated.

- Smiley Cup Set: Betty Gonzales, TPC
- Candle Set: Jeremy Medkief, TPC
- Hydration Set: Monica Morales, The Coalition of Health Services
- MudPie Dip Tray Set: Angie Banda, TPC
- MudPie Salad Bowl Set: Jay Elio, TPC



Expensive Subscriptions

Americans spend an average of \$200 a year on subscription services they are not actively using. Gym apps, abandoned streaming trials, software renewed automatically, music services from a different phase in life - they accumulate quietly on credit card statements, a few dollars at a time, adding up to real monthly over a year. Nearly half of Americans say they now experience subscription fatigue.

WHITE HAT AWARD



The IDD Service Coordination Department would like to present this month's White Hat Award to **Cindy Pulse, Consumer Benefits Coordinator.**

Cindy has been extremely helpful with all of the transfers with the Home and Community Based Program. Cindy has gone above and beyond to ensure the transition is as smooth as possible.

Thank you Cindy!

Raul Aguilar, for IDD Service Coordination

Welcome these New Employees

Jeremy MedKief
Laura Cross
Brea Berry
Audrey Townzen
Caitlan McMahon
Abigail Montour
Lester Hargues
Nancy Saavedra

Maintenance
SB292
YES Waiver
Alternate Living
Adult MH Service Coordination
Alternate Living
MCOT
Alternate Living



*Don't let what you cannot do interfere with what you can do.
~John Wooden*

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

Joyce Lopez-Enevoldsen, 901 Wallace Blvd., Amarillo, Texas 79106
joyce.lopez@txpan.org

Answer Correctly



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

1. Mental Health is just as important as _____.
2. Americans spend an average of _____ a year on _____.
3. Always identify the _____ being used in your notes.

Submit your answers to joyce.lopez@txpan.org. Deadline for responses is the 5th of the following month. You must include "Monthly Drawing" in the email subject line to be eligible. Hard copy submissions accepted. The same requirements apply. Please remember to include your name.

Answers to last months questions:

- 1) Empower 2) 6600 Killgore Dr. & 901 Wallace 3) Fight or Flight Instinct

Earth Day



Administrative Professional's Day

In observation of Administrative Professional's Day and Earth Day, the individuals at ASCI Amarillo grew sunflowers and distributed them to all the employees with an Admin Tech, Clerk or Secretary title at TPC. What a thoughtful gesture. Thank you!

Out and About

TPC participated in the Spectrum Support Society Autism Walk on Saturday, April 25th to promote awareness and inclusion of individuals with Autism. The event was well attended. TPC's Cindy Peters and Julia Gore hosted a resource table for the event.



Borger Health & Safety Fair

TPC participated in the Health & Safety Preparedness Fair in Borger on April 23rd at the Dome.

Emergency Services, Medical Services, Mental Health, Behavioral Health, Prevention & Safety, Family Support, Education Resources were all in attendance.



COMPLIANCE CORNER

Welcome back to the Compliance Corner. Each month we will address a question that was received internally for the purpose of education. (All personal identifying information has been removed to protect the identity of the employee and/or client.)

IF YOU SEE SOMETHING, SAY SOMETHING...

Employees are the “eyes and ears” of the organization to detect any violation of our Compliance Program. You are required to immediately report anything that you encounter at TPC that you believe may be unethical, illegal, or fraudulent to:

- Your supervisor or
- Brittany Cotgreave, Coordinator of Compliance and Planning
Phone: (806) 349-5647
Email: brittany.cotgreave@txpan.org
or
- Vania Garza, Director of Quality Management, Compliance & Privacy Officer
Phone: (806)351-3400
Email: vania.garza@txpan.org

Sticking to the Curriculum

A big shoutout and THANK YOU to everyone for your hard work in working with us on the Recovery Plan changes and keeping your ANSA/CANS certifications up to date. We are happy to report that we are no longer on a Corrective Action Plan thanks to your efforts!

Health and Human Services (HHSC) will be here on May 12th for their on-site visit as part of a comprehensive audit. After providing documentation for these audit requests, we wanted to send out a reminder about how to use curriculum in your skills, case management, and/or psychosocial rehab notes.

- Always identify the curriculum being used. This curriculum must be evidence based like Illness Management Recovery (IMR), Cognitive Adaptation Training (CAT), Seeking Safety etc...
- The note should reflect content from the referenced evidence based training, i.e. how it was used?/how the client responded to it?/techniques utilized, etc..
- The same topics should not be used every single appointment

If you have a question/scenario that you would like to be considered for inclusion in the newsletter, email the information to ComplianceCorner@txpan.org.

Employee Recognition

Congratulations to Pat Schumann, Inventory Coordinator, in the Purchasing Department. Pat was recognized at the March Board of Trustees Meeting for 20 years of service with the Center. She was awarded a crystal award, gift card and a day off.



Congratulations!

SmartCare Training Continues



Kaysea Christopher, Office Manager for Clarendon Behavioral Health, provided training to the regional office managers on Friday, April 17th in Amarillo.



Walk Across Texas

Walk Across Texas is well underway in its 4th week. TPC ended up with 11 teams participating! Currently, *On My Way to the Taco Truck* is in the lead. 🌮 Everyone is doing great! Keep the momentum going and remember to enter those miles daily!



Ami-GOS
Chaos Coordinators
Happy Feet
Holy Walkamolies
Hot Mess Hustler
Misfeets
OMW To The Taco Truck
Scrambled Legs... Mental Health Is No Yolk
Texas Turtles
Walkie Talkies
Wonder Womaniacs



Mental Health Awareness Recognition

Thank you to Northwest Texas Behavioral Health for sponsoring TPC's Crisis Intervention Teams to a Sod Poodles Game on Saturday, May 9th in recognition of Mental Health Awareness Month.

This was a gesture to say thank you for the work TPC's teams do every day and to acknowledge the partnership and relationship between TPC and NWTBH.



Stacy Sandorskey, Director, Children's/FAYS & Disaster Services, answered last month's questions correctly and was randomly selected to win a \$25 gift card.



To claim your card, contact Joyce Lopez-Enevoldsen at 806.351.3308 or email: joyce.lopez@txpan.org.



"Remember when love was forever and plastics were temporary?"



"I know I work from home, but I think one of my coworkers is hacking into my refrigerator and stealing my lunch."

Planting Projects at Bivins Pointe

