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Men's Health Awareness Month

Mental health is physical health. So often, men focus on physical fitness, but often neglect their mental health. The month of June focuses on men's health.

According to the National Alliance on Mental Health, men are four times more likely to die by suicide than women - underscoring the urgent need to break the silence and seek support.

In 2024, men 18 and older in the U.S:

- 20% experienced a mental illness
- 4.7% experienced a serious mental illness
- 5.5% had serious thoughts of suicide in the past year
- 21.3% experienced a substance use disorder



Small steps to care for mental health can lead to significant changes. Let's work to build a culture where men feel safe speaking up and reaching out.

How you can help?

- Start a conversation - A simple conversation can spark transformation. Whether a father, brother, uncle, friend or colleague, check in with the men in your life.
- Share resources - Help normalize seeking help by sharing information about mental health, hotlines and organizations. Let them know support is available and how it works.
- Create safe spaces - Encourage environments at home, work, school, barber shop, gym, church or in the community - where ever men feel comfortable. Just knowing it's ok to talk makes all the difference.

Youth Substance Use Treatment Program

Elishia Rivera, IA Program Administrator



TPC is proud to announce the launch of our Youth Substance Use Treatment Program. This program is part of the IA Grant Project and is located within Children's Services on the first floor of Bivins Pointe located at 6600 Killgore Drive in Amarillo.

We serve youth ages 13 to 17, and individuals do not need to be enrolled in other TPC services to receive a screening for substance use treatment. The program offers outpatient services on Tuesdays from 4:30 PM to 6:30 PM over a 16-week period. To refer a youth or request a screening, please contact the TPC intake line at 806.337.1000.

In 2024, adolescents ages 12 to 17 who experienced moderate to severe symptoms of generalized anxiety disorder (GAD) within the previous two weeks were more likely to report substance use in the past year or past month compared to those with little or no symptoms (SAMHSA, 2026).

About 1 in 10 individuals who use marijuana will develop an addiction. However, when use begins before age 18, the risk increases to approximately 1 in 6 (SAMSHA, 2026).

Early marijuana use can also negatively impact brain development. Individuals who begin using at a young age may experience a permanent reduction in IQ—by as much as 8 points—and these losses may persist even after stopping use (SAMSHA, 2026).

For additional information on the Youth Substance Use Treatment Program, please reach out to Elishia at Ext. 5662.



On July 4, 2026, our nation will commemorate and celebrate the 250th anniversary of signing the Declaration of Independence. The journey toward this historic milestone is an opportunity to pause and reflect on our nation’s past, honor the contributions of all Americans and look ahead toward the future.



In observation of Independence Day, TPC offices will be closed on Friday, July 3rd.

Wishing everyone a safe and happy 4th of July!

★ CELEBRATE SAFELY ★

FIREWORKS SAFETY TIPS

-  **ADULT SUPERVISION ALWAYS:**
A responsible adult must handle and light fireworks. Children should never use them.
-  **READ ALL INSTRUCTIONS:**
Always read and follow the manufacturer’s directions for each type of firework.
-  **USE OUTDOORS ONLY:**
Light fireworks in a clear, open area away from houses, dry grass, or other structures.
-  **SAFE DISTANCE:**
Stand well back once a firework is lit and ensure all spectators are also at a safe distance.
-  **KEEP WATER NEARBY:** Have a bucket of water or a hose ready to extinguish duds or small fires.
-  **NEVER RELIGHT DUDS:**
If a firework doesn’t go off, wait at least 20 minutes before approaching and soak it in water.
-  **DISPOSE PROPERLY**
Once finished, soak all used and unused fireworks in water for at least an hour before disposal.

★ CELEBRATE SAFELY ★



WHITE HAT AWARD



The IDD Service Coordination Department would like to present this month's White Hat Award to **Tami Savage, Trust Fund Clerk.**

Tami is always going above and beyond to assist clients and service coordinators. She is willing to step in and assist our clients with additional services and supports.

Congratulations Tami!

Raul Aguilar, for IDD Service Coordination

Welcome these New Employees

Laura Bickford

Wendy Combs

Isaac Gallardo

Nancy McLaughlin

Elena Murguia

Mallorie Petty

Financial Services Administration

Building Maintenance

MH Service Coordination - Adult

Building Maintenance

MCOT

Alternate Living Department



Trust that you are doing your best, and that your best will look different every single day.

- Barb Schmidt

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. TPC is proud to launch _____.
2. This year the U.S. is commemorating _____ years.
3. TPC offers a free _____ center for employee use.

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) physical health 2) \$200/subscription services 3) Curriculum

♥ HAPPY ♥
FATHER'S
DAY ♥ ♥ June 21st

Out and About

TPC participated in the Texas Panhandle VOAD at Amarillo College's West Campus on Saturday, May 23rd. This Multi-Agency Resource Center (M.A.R.C.) assisted individuals and families impacted by the recent wildfires across the Texas Panhandle.



TPC participated in the 2026 SpEd Camp workshop for educators at Region 16 on June 4th. SpEd Camp is designed to strengthen shared practices, mindsets and systems of educators to help every learner thrive. The event was from 9am - 4pm.

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
- Jennifer Hunt-Klemp, Director of Utilization Management
Phone: (806)351-3386
Email: jennifer.klemp@txpan.org

Did you Know?

The on the job training required to get credentialed can be a lengthy process for new employees. When new employees start, they may need some time to become more familiar with iServ, our Electronic Health Record. New Employees CAN access iServ without being credentialed. They have limited access to some screens and cannot enter any documentation, but they can sign on with their own user name and password with the assistance of our IT Department. Under no circumstances should employees need to share passwords with new employees.

- **Important! Never share your passwords with anyone. Keeping credentials confidential is essential for protecting company systems and data.**

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

TPC Fitness Center



Did you know that TPC has a free fitness center for employee use? The TPC Fitness Center is located in the Bivins Pointe Building located on Killgore Drive and is open for employee use between the hours of 6:00 a.m. and 8:00 p.m., Monday - Friday (closed holidays).

The Fitness Center is for the exclusive use of TPC’s full and part-time employees.

If you have not yet had the opportunity to explore the Fitness Center, reach out to Steve Garcia (Ext. 3233) for an access card.

Since the Fitness Center opened in October 2025, the month of March saw the highest use based on card scans.



Walk Across Texas Wrap Up

Walk Across Texas will be wrapping up the 8 week walk on Thursday, June 11 at 5pm. Be sure to get all your miles entered before 5pm on the 11th!

A wrap-up event is scheduled for Friday, June 12th at 9:30am. Parfaits will be provided to all participants of WAT on Friday in the Bistro at Bivins Pointe. We look forward to seeing the teams there!



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



SmartCare Go Live Date
Wednesday, July 8, 2026

Summer
is here

The text "Summer is here" is written in a light orange, cursive font. Two yellow flowers with red centers are placed around the text: one above the "er" in "Summer" and one to the left of the "is" in "is here".

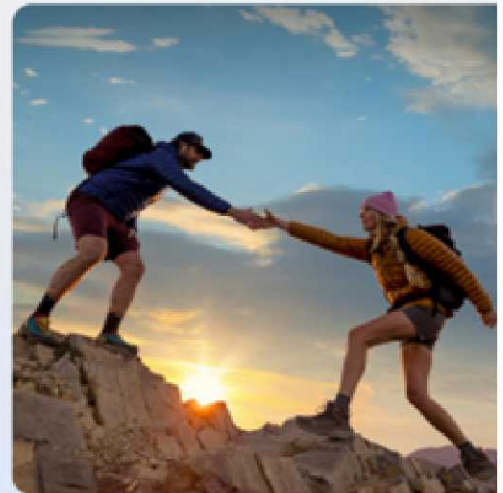
On January 1, 2026, TPC's Employment Assistance Program (EAP) changed from Magellan to ComPsych. ComPsych provides a robust list of benefits including: Counseling, Coaching, Work-life Service (legal and financial), Computerized Cognitive Behavioral Therapy (CBT). Please reach out to Human Resources with any questions.



Life is challenging. We can help.

We're your GuidanceResources® program.

Talk to us for the tools you need to handle any of life's challenges, big or small.



Our Services:



Confidential Counseling

- Anxiety, depression, stress
- Grief, loss, life adjustments
- Relationship/marital conflicts



Work and Lifestyle Support

- Child, elder, and pet care
- Moving and relocation
- Shelters, government assistance



Legal Guidance

- Divorce, adoption, family law
- Wills, trusts, estate planning
- Free consultation and discounted local representation



Financial Resources

- Financial planning, retirement, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy



Digital Tools and Support

- Immediate connection to counseling, work-life support, and more
- Personalized guided behavioral health and well-being programs
- Interactive articles, videos, on-demand trainings, digital self-care tools
- Accessible resources for anxiety, stress, mindfulness, sleep, and more



Well-Being Support

- One-on-one Well-Being Coaching for positive lifestyle changes
- Improve mindfulness, nutrition, sleep, exercise habits
- Support for smoking cessation, weight management, and more

Explore your program:
Scan for video tour!



Confidential 24/7 support, when and where you need it.

Call 844.869.2365 to speak to a highly trained, caring professional.

Go to guidanceresources.com and enter your company ID: PrincipalCore

Assistance is always confidential. View our privacy notice at guidanceresources.com/privacy

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Live Assistance

Call: 844.869.2365

App: GuidanceNow™

Online: guidanceresources.com

TRS: Dial 711

Web ID: PrincipalCore

Scan for more resources



Steve Garcia, Program Specialist, 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.

June is Cataract Awareness Month

June is Cataract Awareness Month, which makes it a good time to know where things stand — and the news is largely encouraging.



Cataracts, the clouding of the eye's natural lens, affect more than 20 million Americans over the age of 40, and that number is expected to surpass 30 million by 2028. Most people develop them gradually, with symptoms becoming significant after age 60. The most common signs are blurry or foggy vision, difficulty driving at night, and colors that seem faded or yellowed.

The treatment — cataract surgery — has become one of the safest and most effective procedures in medicine. Success rates consistently exceed 97 percent. Most patients notice improved vision within 24 to 48 hours, and severe complications occur in fewer than one percent of cases. Newer lens options, including light-adjustable lenses that can be fine-tuned after surgery and extended depth-of-focus lenses that reduce the need for reading glasses, are giving patients great outcomes. What does not yet exist, despite some promising headlines, is an eye drop that dissolves cataracts. Research on compounds like lanosterol has shown results in animal models but has not translated to humans. Surgery remains the only proven treatment.

Prevention still matters. UV-blocking sunglasses, a diet rich in vitamins C and E and leafy greens, not smoking, and limiting alcohol all reduce cataract risk. Regular eye exams — every two to four years after 40, every one to two years after 65 — catch them early, when treatment is most straightforward.