

Board of Trustees

Larry Adams, Chair
Amarillo, Texas

Patty Ladd, Vice Chair
Amarillo, Texas

Janis Robinson,
Secretary/Treasurer
Hereford, Texas

Jim Conner
Amarillo, Texas

Alyson Ries
Canyon, Texas

Jerry Don Williams
Amarillo, Texas

Sheriff J. Dale Butler
Deaf Smith County

Sheriff Terry Bouchard
Ochiltree County

The Honorable
Dori Roots
Follett, Texas

Legal Counsel
Amy Shelhamer

Executive Director
Libby Moore

APPOINTMENT TO BOARD OF TRUSTEES



Judge Dori Roots of Follett, Texas was appointed to TPC's Board of Trustees by the Eastern Division of the Texas Panhandle.

The Eastern Division is made up of the following eleven counties: Hansford, Ochiltree, Lipscomb, Roberts, Hemphill, Gray, Wheeler, Armstrong, Donley, Collingsworth and Hall Counties.

Judge Roots serves as the Lipscomb County Judge.

She is a native of the Texas Panhandle, growing up in Follett, Texas. She earned a B.B.A in Finance from West Texas A&M University in Canyon, TX. She worked for AIG as VP of Operations for many years before moving back to Follett to help with the family cattle operation. She is a member of the Methodist Church in Follett. She enjoys spending time with her family especially her two-year old grandson. Her appointment fills the unexpired term of Judge Willis Smith.

The TPC Board is comprised of nine (9) members who are appointed by local agencies or combination of local agencies who have contracted for the establishment of TPC. Board membership includes: Larry Adams, Chair, Patty Ladd, Vice Chair, Janis Robinson, Secretary/Treasurer, Jerry Don Williams, Sheriff Terry Bouchard, Sheriff J. Dale Butler, Jim Conner, Alyson Ries and Judge Dori Roots.

Supportive Housing Project

Sara Northrup, LCSW-S, Program Administrator

Texas Panhandle Centers has received Supportive Housing Rental Assistance funds from HHSC since the early 1990s. The funds are to assist our adult clients and those experiencing homelessness or are at risk of homelessness, locate and maintain affordable housing. Our case managers provide skills training and psychosocial rehabilitation services specifically to assist clients in maintaining housing,



and independent living while managing their mental health to remain in the community.

The rental assistance program can help with rent for up to 12 months. The goal for the program is for clients to apply and receive approval for long-term housing assistance. In our community, we work closely with the City of Amarillo and Panhandle Community Services to help our clients obtain housing vouchers funded through HUD (Housing and Urban Development) Program. There are different voucher programs individuals may qualify for long-term community tenure.

If clients are considered disabled by the Social Security Administration, they can qualify for HUD based on that status. Many of our clients have a spotty rental history due to hospitalization, incarceration, and/or substance use. It can be extremely challenging to locate housing and landlords that are willing to give 2nd, 3rd, or 4th chances to enter into a lease agreement. When someone is successful, the landlords are more encouraged to rent to other clients in the program.

Our staff have worked diligently over the past several years to cultivate productive landlord relationships. If our clients are engaged in treatment and working with a case manager, they have more willingness to rent to our clients. We address problem-solving with landlords and provide support for our client to reduce the symptoms or behaviors that interfere with successful independent living.

Many of our TPC clients are returning from the state hospital or jail and have little or no income until they can get an ID and a job. We use our housing funds on a short-term basis to help them with rent for a few months so they can use their paychecks for household items or savings. This allows us to help more clients get into housing while they work to maintain housing and employment.

In FY 2026, we have assisted 46 individuals with rental assistance, with 6 moving to a long-term HUD Program.

WHITE HAT AWARD



The IDD Service Coordination Department would like to present this month's White Hat Award to **Alicia Huckabay, Program Administrator, IDD Intake.**

Alicia is always willing to assist when asked. She always thinks of others and her expertise is vital when helping others.

Congratulations Alicia!

Raul Aguilar, for IDD Service Coordination

Welcome these New Employees

Monica Ramos	Intake, Screening & Crisis
Hani Abukar	Specialized Services
Alisha Davis	IDD Respite
Danishia Price	Intake, Screening & Crisis
Natasha Jimenez	ECI
Harley Traugott	Adult BH Service Coordination
Allison Leigh	IDD Service Coordination



Be patient becoming someone you haven't been before.
~Tanya Markul

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. Rental assistance can help with rent for up to ____ months.
2. The cost of an average meal at an inexpensive restaurant averaged _____ per person in 2025.
3. Open enrollment for employee group health benefits will take place _____.

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) Youth Substance Use Treatment Program 2) 250 3) fitness

A Short Walk Can Head off Workplace Strain



Stress does not stay in your head. When the pressure climbs, muscles tighten and posture slips, and that tension sets the stage for the sprains, back pain, and other musculoskeletal injuries that sideline workers.

According to Safety and Health Magazine, a National Safety Council publication, one of the simplest defenses is to move. A brief walk, a few stretches, or some light exercise loosens tight muscles and resets posture. Stepping away from a workstation to talk with a coworker gives both the mind and the body a break.

Employee Recognition

At the July 9th Board of Trustees Meeting the following staff were recognized for their years of service:

- 25 Years - Lucy Hayes, Early Childhood Intervention Program
- 15 Years - Sara Northrup, Adult Behavioral Health
- 15 Years - Diana Van Scoy, Adult Behavioral Health (not present)

Congratulations!



Out and About

TPC staff participated in Star Wars night at Hodgetown on Friday, June 19th.

The Amarillo Sod Poodles defeated the Midland RockHounds 6-1 for their 5th straight win. Attendees were treated to a fireworks show following the game.



Christian Jones, Stephanie Vasquez, Eboni Sanders and Gabriella Pratt hosted a TPC resource table at the Juneteenth event at Bones Hooks Park on Saturday, June 20th.

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, Director of Quality Management
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

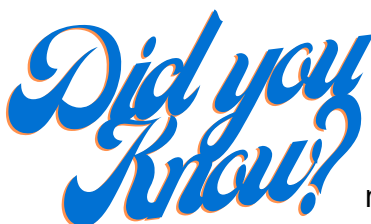


Changes in the QM Department!

There have been some recent changes to the QM Department. Moving forward please send the following reports to **Steve Garcia**:

- Unusual Activity Reports
- Client Injury Reports
- Employee Injury Reports

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



Did you know that TPC's TICTOC and Wellness Committee's have merged to become Trauma-Informed Wellness Committee?

Members are working to rebrand the logo for a new and improved look. The Committee plans to focus on areas of wellness to support recovery from trauma and more. Stay tuned... more to come!

Americans Have Stopped Cooking

Americans now spend more on dining out than on groceries - by a wide margin.

According to the USDA Economic Research Service, food-away-from-home spending hit 58.9 percent of total food expenditures in 2024, a historic high. Translated into dollars, U.S. consumers spent \$1.52 trillion at restaurants, fast-food outlets, and other food service establishments - up from \$1.45 trillion a year earlier. Grocery spending grew at a much slower pace.



The shift has been a long time coming. According to a study published in the International Journal of Behavioral Nutrition and Physical Activity, time spent on cooking in American homes dropped nearly 40 percent between 1965 and 1995, then leveled off. By 2008, just over half of Americans reported cooking at home.

What changed? More women in the workforce, longer commutes, the rise of fast food, and the explosion of delivery apps have all pulled meals out of the kitchen. Stress is a factor as well. Parents often use takeout as a reward after a hard day.

The cost adds up fast. According to a 2025 analysis by Top Nutrition Coaching, the average home-cooked meal runs about \$4.23 per person, while a meal at an inexpensive restaurant averages \$16.28, a 285 percent markup. Skipping just one restaurant meal a week can save about \$500 a year. Delivery apps make the gap wider.

The health cost is real too. According to Healthline, the average fast-food order contains 1,100 to 1,200 calories, and meals from independent restaurants average 1,327 calories - roughly a full day's worth for many adults.

There is a social loss as well. Families who eat together regularly have healthier diets and stronger relationships. The next time you decide where you will get your next meal from, you may want to consider the overall cost to you and your family.

**TPC will be at Wildcat Bluff on
Saturday, July 18th!
Bring your friends and family!**

Nature Network

**Connecting our community with
outdoor recreation resources**



JUNE 20 & JULY 18

From 10:00 am to 2:00 pm

\$1 Admission All Day



JUNE 20:

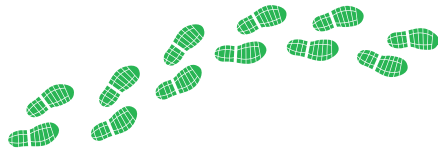
- Highlighting fitness, active outdoor activities, and community groups that help you move your body.

JULY 18:

- Highlighting relaxation, creative outdoor activities, and community groups that help with mindfulness and mental health.

2301 N. Soncy Amarillo, TX 79121 | wildcatbluff.org

Walk Across Texas Wrap Up



Walk Across Texas wrapped up the eight-week walk on Friday, June 12th with celebratory yogurt parfaits for participants.



This year, TPC had eleven teams participating. Eleven teams consisting of eight members each set goals to walk, run, or do any physical activity during the eight weeks. Together all TPC league teams walked a total of **19,695.03** miles!

The three teams recognized for the most miles were:

- 1st Place – On My Way to the Taco Truck
- 2nd Place - Hot Mess Hustler
- 3rd Place – Chaos Coordinators

The individual with the most miles overall was **Richard Grabich, Maintenance Department.**



Congratulations to all the participants for making this WAT so successful! Your fitness journey does not stop here. Keep moving!

Many thanks to Lizabeth Gresham, with Texas A&M AgriLife Extension for her leadership and motivation during the eight-week walk.



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

Principal®, Principal Financial Group®, and Principal and the logomark design are registered trademarks of Principal Financial Services, Inc., a Principal Financial Group company, in the United States and are trademarks and service marks of Principal Financial Services, Inc., in various countries around the world.



Live
Assistance

Call: 844.869.2365
App: GuidanceNow™
Online: guidanceresources.com

TRS: Dial 711
Web ID: PrincipalCore

→
Scan for more
resources



Lynzie Johnston, BH PASRR & Continuity of Care Coordinator,
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.

Group Health Benefits Open Enrollment



Open enrollment for employee group health benefits will
take place Monday, July 20th through Friday, July 31st.

As in year's past, open enrollment will be conducted through ADP, in which you will enter your options; however, this year, we will conduct a passive enrollment, meaning that if you are content with your current enrollments, you will not need to enter new selections and your current enrollments will carry over into the next fiscal year. The only exception to this is that if you are waiving medical coverage (PPO or High Deductible), you are still required to log into ADP and waive the coverage.

If you have any questions or you already know you will not be able to complete open enrollment during these two weeks, please contact Human Resources, so alternate arrangements may be made.



"You can tell it's AI. Six fingers."



"Evidently, we've found the treasure of
a porch pirate."