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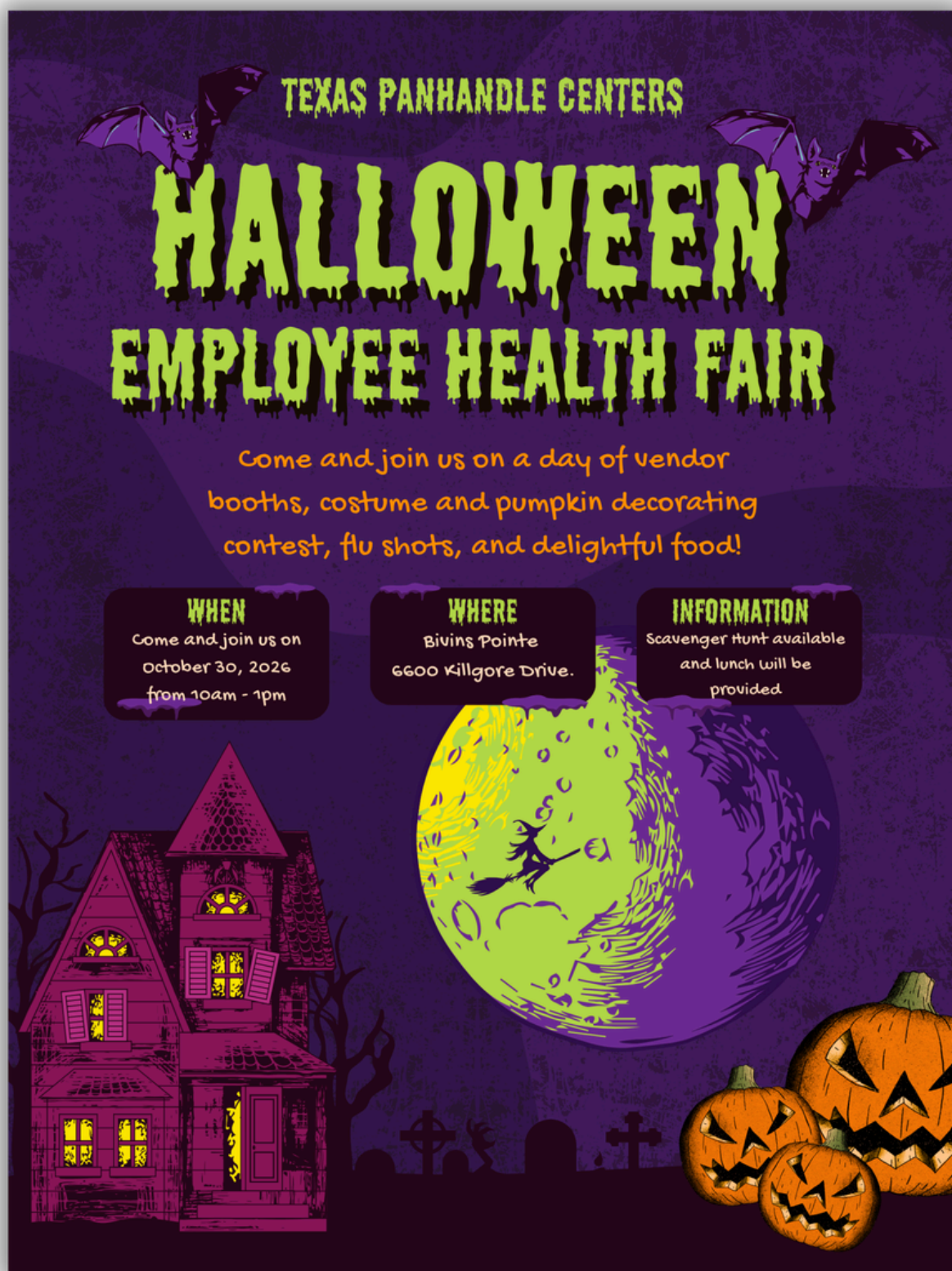
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Children's Mental Health Youth Outpatient Substance Use Program

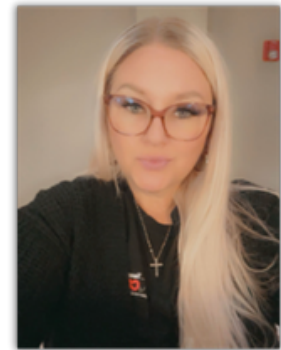
Stacy Sandorskey, Director of Children's/FAYS and Disaster Services

Texas Panhandle Centers Children's Program provides professional services to youth who struggle with substance use addiction and wish to receive those services on an outpatient basis. 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.

TPC provides individualized person-centered services to enhance the quality of life of those we serve. Core services include individual, group counseling, education, case management, and recovery services addressing problems and feelings directly related to addiction. Outpatient substance abuse treatment is a flexible, non-residential program where patients receive counseling and therapy for drug or alcohol addiction while living at home. Our program can offer the same core therapies as residential care—such as individual and group counseling, and skill-building—without 24/7 supervision. It is well-suited for people with mild-to-moderate substance use disorders or those transitioning out of an inpatient facility. Key benefits include flexibility, real world practice, and affordability. Services are based on a sliding fee scale (income based.)

Medicaid and most insurances accepted. The program offers outpatient group services on Tuesdays from 4:30 PM to 6:30 PM over a 16-week period.

If you have questions about Youth SUDs services, please reach out to Elishia Rivera, LCDC, that works in the CCBHC Improvement & Advancement Grant Project through Children's Behavioral Health Dept. 806-349-5662



Congratulations to our community partner, Lizabeth Grisham and Texas A&M AgriLife Extension, for celebrating 30 years of Walk Across Texas! Texas Panhandle Centers has partnered with Texas A&M AgriLife for at least 20 of those 30 years. Congratulations for 30 years of Making Lives Healthier!



WHITE HAT AWARD



The IDD Service Coordination Department would like to present this month's White Hat Award to **Chris Gonzales, Maintenance Department.**

Chris is a good guy who is always willing to help out. If someone needs a hand, he doesn't mind jumping in to work with them to get the job done.

Raul Aguilar, for IDD Service Coordination



Welcome these New Employees

Eric Thomesen	IDD Service Coordination
Caylea Kirkland	JBCR Program
Marie Mounghkhat	CCBHC IA Program
Yenifer Leal Rodriguez	JBCR Program
Samantha Gonzales	ECI
Norma Dominguez	ASCI Amarillo



World Mental Health Day: 10-10

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries.

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. Children's Services Mental Health Youth Substance Use Program serves youth ages _____.
2. TPC's policy states phone calls should be returned within _____.
3. TPC's Employee Health Fair is scheduled for _____.

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) 60 days 2) Respite 3) Blame, shame, guilt

Alternative Ways to Celebrate the Autumn Season



You can celebrate the autumn season without participating in Halloween. Here are some alternatives to traditional Halloween activities.

- Enjoy a cozy family night.
- Host a harvest festival.
- Visit a local pumpkin patch.
- Bake fall treats. Make caramel apples, pumpkin bread or decorate sugar cookies.
- Have a movie marathon. Pick a feel-good film series or family friendly animated movies and enjoy some popcorn.
- Play games. Gather for a board game or card night with friends and family.
- Organize a themed dinner. Plan a costume dinner where guests dress up.
- Serve your neighbors. Drop off baked goods, collect food for a local pantry or volunteer at a community kitchen.



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 Villarreal, Director of Quality Management and Compliance/Rights Protection Officer
Phone: (806) 349-5647
Email: brittany.villarreal@txpan.org

Returning Phone Calls



Just a friendly reminder that our agency policy is to return client calls within **2 business days**. I know schedules are busy with appointments and other paperwork, but please make time or block off time in your schedule daily to check messages and return calls as necessary. Making sure our client's needs are met is of the utmost priority. Please inform clients to leave you a message if they are unable to reach you.

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](mailto:ComplianceCorner@txpan.org).



"This plan gives you unlimited talk, hex and data."



"I don't have anything where troubles melt like lemon drops for at least three months."

October is Cybersecurity Awareness Month

Did you know?

9 in 10

Nearly 9 in 10 executives say their companies lack adequate protection against cyber attacks.

85.6%

AI can crack 85.6% of common passwords in under 10 seconds.

40%

Cyber security data breaches have increased by up to 40% globally in 2026.

56%

Data theft is the primary goal in healthcare. 56% of attacks now focus on stealing patient records and personal data.



A graphic for the Mental Health First Aid (MHFA) campaign. It features a large map of Texas with the text "330,000+ TEXANS TRAINED in Mental Health First Aid since FY2014". A green heart icon is next to the text. To the right, a yellow speech bubble says "Every number has a story." Below this, a blue brushstroke banner asks "How has Mental Health First Aid made a difference?". Underneath, a paragraph states: "Your story helps show the real-world impact of Mental Health First Aid across Texas. It doesn't have to be dramatic — sometimes it's the small moments that make the biggest difference." Below this are four icons: a purple circle with two people (A student in need), a green circle with two speech bubbles (A conversation that mattered), an orange circle with a heart (A friend or coworker), and a blue circle with a lightbulb (Knowing what to do). To the right, a green speech bubble says "SHARE YOUR MHFA STORY" above a QR code. Below the QR code, it says "Scan the QR code to submit your story!". At the bottom, there is a logo for "Mental Health FIRST AID" from the NATIONAL COUNCIL FOR MENTAL WELLBEING, a Texas map with "Texas Mental Health First Aid Program", and a yellow banner saying "Submissions open through November 10, 2026." with a sun icon.

Upcoming Events in October

October is shaping up to be a busy month for TPC, with several community events scheduled. Here is what's on the calendar for the remainder of October.

- October 10 - The 14th Annual Walk for Mental Health. *TPC is a proud sponsor.* The event will be held at St. Andrews Episcopal Church from 1pm - 5pm.
- October 10 - Amarillo NAACP Mental Health Forum. TPC's Brianna Albracht, and Amanda Thetford are on the panel to describe common mental health issues.
- October 13 - Ochiltree General Hospital Health Fair.
- October 14 - Texas Tech University Red Raiders Job Fair
- October 16 & 17 - Career's Roundtable Discussion - Future Women in Criminal Justice Conference. TPC's Brianna Albracht, Sandra Garza, Magdalena Ortega and Stacy Dennis will be part of the roundtable discussion.
- October 21 - Wheeler Community Health Fair
- October 22 - Donley County Health Fair
- October 22 - Frank Phillips Career Fair
- October 30 - TPC Health Fair

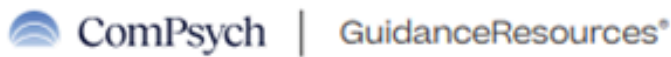
Amarillo NAACP Conducting Mental Health Forum

On Saturday, October 10th, the Amarillo NAACP is conducting a Mental Health Forum, in the Amarillo Area Foundation auditorium at the corner of 10th and Polk. The Forum is the first of its kind in the region focusing on mental health awareness among people of color. The Forum is free and open to the public.

Community experts will provide information about common mental health issues such as depression, anxiety, suicide and postpartum depression, and availability of resources through panel discussions, and a keynote presentation during lunch.

The panel will consist of Amanda Thetford, Supervisor RESET Division of Texas Panhandle Centers; Briana Albracht, Supervisor Intercept Program and in-Jail Services Program of the Texas Panhandle Centers, and Sheri Friemel, Program Manager, LOSS Team of the Amarillo Public Health Department.

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.

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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



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Cora Garcia Peace, Therapist Tech, Developmental Health, 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.

Out and About

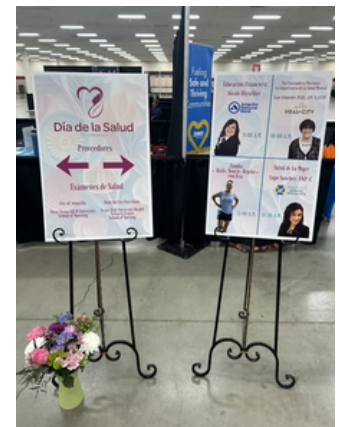
TPC sponsored and participated in several events during the past month.



Sara Vargas and Mark Luna hosted a TPC resource table at the Big Texas Rally for Recovery on Saturday, October 3rd.



Barbara Napier and Linda Dudley hosted a TPC resource table at Dia de la Salud at the Amarillo Civic Center on Saturday, October 3rd.



Sara Vargas and Mark Luna hosted a TPC resource table at OUT OF THE DARKNESS - Suicide Awareness and Prevention Walk on Saturday, October 3rd at Sam Houston park in Amarillo.



Sara Vargas represented TPC at the FSS Annual Domestic Violence Walk along with survivors, families, advocates and those whose lives have been forever impacted by domestic violence.

