



Mental Health
Mental Retardation

Making Lives Better

Here's What's Happening...

TEXAS PANHANDLE MHMR

901 WALLACE BLVD. AMARILLO, TEXAS

www.tpmhmr.org



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Randall, Roberts, Sherman,
and Wheeler counties

Wishing You the Many Joys of The Holiday Season

*As 2009 draws to a close, we thank you for your
work and dedication in*

***Making Lives Better** for those we serve.*

*Whatever role you play in this effort, be
assured that your contributions are known to be
important. They are recognized
and appreciated.*

*Whatever the focus of your December
celebrations may be, enjoy them to the fullest.
Merry Christmas, Happy Holidays, and a Happy
New Year to you and yours.*

From Community Relations...



- ◆ The Shining Star Christmas project is still underway. Gifts were picked up from area banks on December 15th.
- ◆ The "Sock it" jean week was a success, and there are socks of all sizes.
- ◆ The Christmas Party for clients with Intellectual Disabilities was held at Greenways Intermediate School on December 4. The party was well attended; Santa made an appearance and had candy canes for everyone. The Easy Street Band played wonderful music to
- ◆ dance to, and the Alpha Beta Sorority once again had delicious holiday refreshments.
- ◆ Special Olympics basketball practice will begin Jan. 8th at 10:00 in the Paramount Baptist Church gymnasium. Coaches will be Kristina Christian, Steve Lasher, Tim Hunter, and Bonnie Lasher. Anyone who is interested in playing basketball will need to contact their case manager or service coordinator.



TPMHMR Offices will be closed December 24 & 25 for Christmas Eve and Christmas Day, and on January 1st for New Years Day. Merry Christmas and Happy New Year!

Children's Services/STAR Program were the first to see their Amaryllis bloom! What a beautiful flower for the holiday season.

Thank you Ms. Porterfield for your generous donation of the Amaryllis' to the various clinics in Amarillo.



7 Steps to Keep Christmas Spending Under Control

One survey shows that 35 percent of consumers plan to spend less for Christmas gifts this year.

The percentage is just a little higher than the 25 percent who reported last January that they spent too much. That percentage will probably decrease when consumers are surveyed in 2010.

The recession has been a wakeup call for everyone. Even extravagant spenders are planning to cut back and charge less to their credit cards.

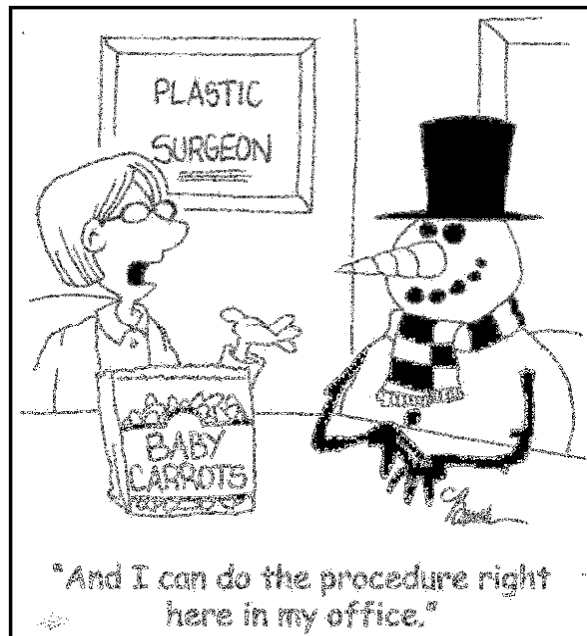
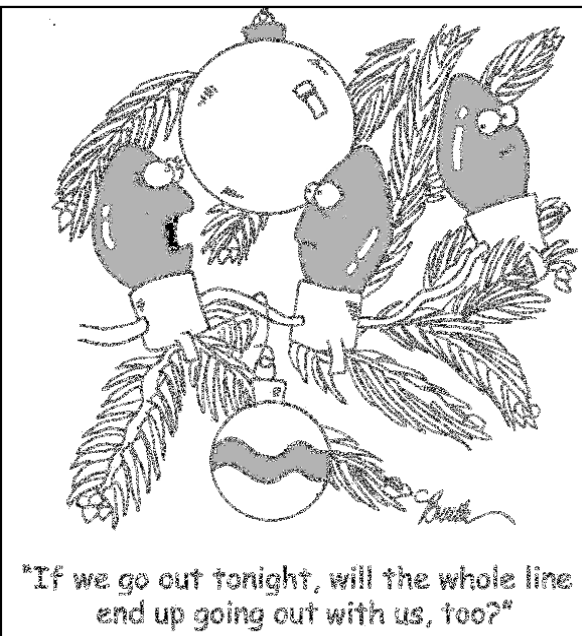
Here's how to do it:

1. Calculate exactly how much you can spend from current income plus whatever you saved for gifts.
2. Make a list of everyone you absolutely



have to buy for. Then write down the list.

3. If you have a family gathering where everyone buys for everyone else, suggest a gift exchange instead. Draw names so everyone only buys one gift.
4. Negotiate with relatives so only the kids get presents this year. But couples without children who buy for others' kids should also receive a gift.
5. Once your list is finalized, decide how much of your calculated money you will spend on each individual.
6. Shop with a list that includes the amount to spend for each person. Try not to exceed that amount.
7. Consider buying used vintage books, sheet music, or bookends for those who would appreciate them.



SPECIAL RATES!



FULL ACCESS MEMBERSHIPS INCLUDE:

- ◆ 30 Minute Full Body Workout Circuit
- ◆ Racquetball Courts
- ◆ Indoor Swimming Pool
- ◆ Indoor Jogging Track
- ◆ Amarillo's largest Weight room
- ◆ Cardio Area with 7 Big Screen TVs
- ◆ NEW Treads and bikes with built-in TVs!
- ◆ Upscale Locker Rooms
- ◆ Steam Rooms
- ◆ Exceptional Child Care
- ◆ Aerobics Classes (Including Water and Cycling)
- ◆ Physical Therapy Center
- ◆ Nutritional Counselors
- ◆ Personal Trainers

FRIENDLIEST STAFF IN TOWN!

MUST HAVE 10 OR MORE EMPLOYEES TO GET THESE RATES!

- ◆ Individual \$ 21.65 a month
- ◆ Couple \$ 37.89 a month
- ◆ Family \$ 59.54 a month
- ◆ No money down!

(REDUCED RATES REQUIRE A ONE YEAR CONTRACT.)

CONTACT

LESA THOMAS AT 352-7100 IF YOU HAVE ANY QUESTIONS!

Hurry - this Offer Ends December 31st!

Visit Zach's at www.zachsclub.com

Welcome these New Employees...

Kimberly Provence
Myrna Royal
Patricia Slaughter
Barbara Ary
Terra Campbell
Elizabeth Carrasco
Arlene Juarez
Clarissa McClendon
Nancy Warnshuis

ASCI Amarillo
Medical Records
ASCI Amarillo
Clearwell Group Home
Crisis Intensive
Westcliff Group Home
Utilization Management
Wayne Group Home
Utilization Management



Congratulations to Nancy Jackson, ACT Team, for recently obtaining her Master's Degree in Social Work, and to Billy Mosteller, Crisis Redesign, for obtaining his Master's Degree in Psychology from West Texas A&M University!




White Hat Award

The MR Service Coordination Department would like to give this months What Hat Award to **Lori Holland, Therapist Tech, Borger ASCI**. Lori has an excellent rapport with her consumers and staff. This is demonstrated through her patience and concern for our consumers. She is always on time with her paperwork and is very thorough. Lori is an asset to our department. Thank you Lori for all you do.

Sharon Guinn for MR Service Coordination



Congratulations to Kristen Nolte (Medical Records) and husband Isaiah on the birth of a baby boy! Riddock Kade Nolte was born October 22nd at 3:19 P.M. He weighed 7 lbs. 15 ³/₄ oz and was 21 ¹/₂ inches long. 

Congratulations to Tameka Thompson (MH Service Coordination) and husband Rohan on the birth of a baby boy! Christian Amar Thompson was born last Friday, December 11th and weighed 7 lb. 2 oz.

Access To Recovery II

Submitted by: Libby Moore, Director, Mental Health

The Access to Recovery II (ATR II) program is an initiative to implement a voucher program designed to increase access to substance abuse services and offer participant choice among service providers. The key elements of the ATR II program include an independent assessment, participant choice of service providers, service linkages with faith-based and community-based organizations, and electronic voucher method of payment.

Eligibility:

Methamphetamine use within the past 90 days, exclusive of time spent in a controlled environment, OR reside in Potter or Randall County, or the upper 26 counties of the Texas Panhandle with any alcohol or drug use AND either on probation, Veteran, National Guard member, pregnant or have CPS involvement.

Services Available:

Outpatient Treatment Services

-ACADA

Individual Recovery Coaching - opportunity to meet with coach to discuss treatment-related issues, review service plan, and discuss ways to insure successful completion of program.

Family Support Services

-Downtown Women's Center

Spiritual Support - Spiritual and motivational activities aimed at helping client establish or re-establish a relationship with a higher power.

-Central Church of Christ

-Salvation Army

-Downtown Women's Center

Recovery Group - Designed to provide emo-

tional support, assist with understanding the disease concept, and maintain sobriety.

-Downtown Women's Center

Employment Coaching - Teaches skills in interviewing, application completion, resume writing, job search techniques, positive employment behaviors and attitudes.

-Downtown Women's Center

Individual, Family and Marital Counseling -

Professional services addressing relationships and family issues.

-Family Support Services

Life Skills - Topics that address daily living skills, including anger management, financial management, and parenting classes.

-FSS

-Central Church of Christ

-DWC

Relapse Prevention - Activities that help identify current stage of recovery and establish a recovery plan.

-DWC

Transitional Housing - Housing in a structured living environment that offers activities and services related to substance abuse recovery.

-DWC

-Salvation Army

To Access Services:

Contact Lidia Dailey, 806.418.3428 or ldailey@lubbockmhmr.org, to schedule assessment. Upon determination of eligibility, an individualized service plan will be prepared and a voucher for services will be issued.



Pictured Left to right.

Employee Richard Escobar, Purchasing Department, along with Robert Lovato and William Jones were surprised by the “Big Guy” while making their rounds picking up shredding materials at a local bank.



Congratulations!

The following employees were recognized through the Performance Enhancement Program for one or more of the following: Core Competencies, Safety, Critical Thinking, Communication, Client Rights, Continuous Quality Improvement, Professional Behavior, Customer Service:

Pam Arganbright, Continuity of Care
Donna Burrough, Continuity of Care
Lisa Roberts, Continuity of Care

This Month's Winner Is...

...Susan Shaffer, Specialized Services was chosen by random drawing for the month of December. Susan will receive a \$25 gift card from Amarillo National Bank.



To claim your gift certificate, please contact Joyce Lopez at 806.351.3308.

Each month a random drawing will be held. All full and part-time employees are eligible to win. Winners are published each month in *Here's What's Happening*.

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