

TEXAS PANHANDLE MHMR

901 WALLACE BLVD. AMARILLO, TEXAS
www.tpmhmr.org

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Serving the citizens of:

Armstrong, Carson,
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 and Wheeler counties



RIDER 65 (Rider what?!)

Bud Schertler, Executive Director

In Texas, and all across the United States, a broad systemic problem has evolved over the years: the overrepresentation of people with mental illnesses who come into contact with the criminal justice system. The magnitude of this problem is shocking. According to a 1999 U.S. Department of Justice study, the prevalence of mental illness is three to four times higher among inmates in jail and prison than in the general population. Almost half of inmates with mental illnesses are incarcerated for non-violent crimes. Though statistics on the prevalence of mental illness are most easily obtained from correctional institutions, the impact on law enforcement and the courts has also been well documented. For too many people with mental illnesses, the criminal justice system has become a never-ending revolving door.

Texas Panhandle MHMR believes that with the addition of three new staff, a Crisis Transitional Worker (Randall County Prisoner Re-entry Program (PREP), a Mental Health Service Coordinator – Adult Services, and a Crisis Intensive Ongoing Worker (Court/Jail Liaison), all created specifically to address current gaps in diversion services and working in coordination with existing diversion services (such as the Texas Panhandle MHMR Mobile Crisis Outreach Team and the Texas Correctional Office on Offenders with Medical or Mental Impairments program), the following will occur:

- the community and persons with mental illness will be safer
- persons with mental illness who have previously been hard to engage will receive more treatment and supports
- the quality of life for persons with mental illness served will improve existing resources will be utilized more efficiently and effectively

We are excited about these new additional resources and look forward to them having a positive impact on our communities and those we serve. Oh yeah, what is Rider 65 you ask? It is the legislative rider that allows the distribution of funds to the Community MHMR Center system to fund these additional services!

* Special thanks to Jim Womack, Director of Planning and Public Information for helping provide information for this article.



Happy New Year!



Ring out the old, ring in the new!

Despite the economic conditions of the past year, 2010 holds new optimism for growth and success. We look forward to your continued dedication and contributions in the New Year. May it be a time of satisfying work, fulfillment and prosperity.

2010 Holiday Schedule

January 1	New Years Day
January 18	Martin Luther King Jr. Day
May 31	Memorial Day
July 5	Independence Day
September 6	Labor Day
November 25	Thanksgiving Day
November 26	Day after Thanksgiving
December 23	Christmas Eve Observed
December 24	Christmas Day Observed

From Community Relations...

Bonnie Lasher, Director, Community Relations

TPMHMR Stars



The "TPMHMR Stars" Special Olympic basketball practice begins Friday, January 8th. 33 players will be hitting the courts to prepare for another great season of basketball. B & W Pantex firefighters, Tim Hunter and Steve Lasher, along with Kristina Christian (HCS Case manager), and Bonnie Lasher (Community Relations), will be coaching the Olympians again this year. There is a rumor that the Special Olympians will challenge the case managers and service coordinators to a basketball game. Should the rumor be true, the game will be the 3rd Annual "Grudge Match" in basketball. The game against the case managers & service coordinators has always been a lot of fun, and a perfect "dress rehearsal" for the Special Olympians before they go to their first tournament in Hereford on Feb. 20th. More information about the game will be in the February Newsletter.



Christmas Project

The Shining Star Christmas project was a

huge success again this year. Over 500 gifts were purchased by individuals in our community who wanted to make sure that no client went without a gift this Christmas.

Special thanks go to these area banks :

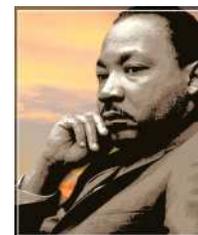
- ◆ Happy State Bank
- ◆ Wells Fargo
- ◆ FirstBank Southwest
- ◆ Herring Bank
- ◆ Bank of America
- ◆ and the employees at each of these banks who personally bought gifts, and made sure that customers had an opportunity to participate.



Several Amarillo National Bank employees donated money to TPMHMR. Local churches, Sunday school classes and clubs also brought gifts and donations to ensure that no one went without an item that they needed for Christmas.

The Amarillo community made sure that our TPMHMR clients had a happy and joyous Christmas. The clients and staff of TPMHMR are very grateful for the overwhelming generosity.

In observance of Martin Luther King Jr. Day, TPMHMR offices will be closed, Monday, January 18th.



Common Sense Parenting



WHEN: Two Consecutive Saturdays
January 30th & February 6, 2010

WHERE: TPMHMR Children's Services Building
1500 S. Taylor Street
Amarillo, Texas 79101



INSTRUCTOR: Janice James, MA, QMHP

Get new ideas and skills, hone old ones, and gain confidence "to do what really matters; create bonds, enhance the relationships, and teach the values of your family that will be handed down for generations to come."

- The Authors of Common Sense Parenting

Must attend both sessions for certificate.

(CEU's offered for LPC's MSW's, Childcare Workers in General)

NO CHARGE

Must preregister.

Call 359-2005

Limited Seating

No childcare—Parents Only

Sponsored by: S.T.A.R. (Services To At Risk) Youth and their Families

Funded by TDFPS

A Grant Program of TPMHMR

White Hat Award

The MR Service Coordination Department would like to present this months White Hat Award to **Kayla McKinney, Therapist Tech at Borger ASCI**. She is very efficient and goes beyond her job description. She is very kind and patient with the consumers. She is well liked and easy to work with. Her paperwork is well done and timely.

We appreciate you Kayla!

Sharon Guinn for MR Service Coordination



CYBER CRIME - INVASION OF THE INTERNET

Steve Parker, Information Technology

The Internet is a global “bad neighborhood” without a police department. If your computer is compromised chances are the hackers and thieves reside in a country that the United States has no jurisdiction in.

Online criminals have their own economy, making a living from stealing money and information from computers. In Russia as well as many other countries in the world, if you successfully steal from the “Westerners” (US) you are hailed as a hero.

The state of internet security is at a critical level. Hackers and virus writers are now considered cyber criminals. They have their own economy, are able to sustain a living off of stealing money, identities and information from the victims.

As the war between online criminals and the general public battles on it is easy to see who is winning. Today most computers are infected just by visiting websites. And it is not just the fringe any more. With thousands of computers infected daily from rogue and hijacked websites it's not a matter of who will get infected it's just a matter of when.

On the front line of this battle is Anti-virus Protection which is losing the fight. With so many new viruses hitting the internet daily, anti-virus companies cannot keep their signatures updated quickly enough. This leaves millions of computers vulnerable to infections. Anti-virus protection is the least efficient way of protecting a computer.

Imagine visiting your doctor and even if you feel fine he runs every test known against every known virus in the world to make sure you're really ok. Does that sound like an efficient use of time and resources?

Every time you open a file or start a new program on your computer that is essentially what your anti-virus software is doing. The problem will only get worse as new viruses are discovered and signatures used to detect them are issued.

A New Beginning - Whitelisting

Instead of scanning every file that is opened against a known virus blacklist, whitelisting compares any file that is allowed to execute (such as programs and system files) against a predetermined good list (whitelist). Since a computer may only have a couple of thousand executables compared to several million known virus signatures on a blacklist, this approach is much more efficient and 100% effective against malware including virus.

TPMHMR is implementing a product called CoreTrace which uses the whitelisting concept. Information Services staff will be deploying this centerwide over the next few months.



Human Resource Development

Effective January 1, 2010...

To schedule or cancel training classes or to schedule the HRD training room, please contact Jackie Briggs at 351-3282 or email her at jackie.briggs@tpmhmr.org.



Upcoming Instructor Courses:

CPR Instructor Course

American Heart Association Instructor Course will be held on Friday, February 26, 2010 from 8:00 am to 5:00 pm. Instructors, Jackie Briggs and Lea Ann Crosser, AHA Instructor-Trainers.

PMAB Instructor Course will be held on Wednesday, Thursday, and Friday, March 24-26, 2010 from 8:00 am 5:00 pm. Instructors, Jackie Briggs, Master PMAB Instructor and Carmen Nichols, PMAB Instructor. For more information and to schedule, please contact, Jackie Briggs at 351-3282.

Defensive Driving will be held on Monday, January 25, 2010 from 9:00 am to 4:00 pm in the HRD Training Room. The course is free for employees and \$25.00 for outside participants. To schedule, please contact Jackie Briggs at 351-3282

Continuing Education

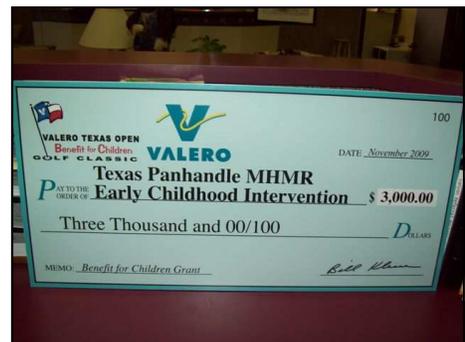
Stress Management will be held on Friday, January 29, 2010

Instructors will be Susan Kitchens, Director of Client Relations and Lea Ann Crosser, Director of HRD. Class will be from 1:00pm to 5:00pm in the HRD Training Room. 6.0 Continuing Education Credits. For more information call 351-3282 to register.

ECI Accepts VALERO Donation

The parent of a child who'd received ECI services submitted information about ECI to VALERO as part of their annual "Benefit the Children Golf Classic" fundraiser. As a result, ECI was chosen to receive part of the funds raised.

The staff of ECI are grateful to this individual for submitting the information. VALERO presented ECI with a check for \$3,000.00



Understanding the Credit Score System: What it Means to You

For all the attention credit scores get, they are generally misunderstood by consumers.

First, they are not a factor in everyday life. The credit score matters only when you take out a loan, such as for a car, a house, education or a new credit card.

Here's how a score is calculated:

35%: Your financial history, whether you paid on time and if not, how late were you and how often.

30%: How much you owe on each account and how much of your credit limit you have used.

15%: Your credit history, how long you had each account.

10%: Types of credit, such as home loans, car loans, and credit cards. Secured loans are best.

10%: New credit, how many new accounts or credit checks you have had by present or prospective lenders. A credit check knocks about 15 points off your credit score.

Some points to remember:

- ◆ A credit score doesn't reflect your whole financial picture. You might have a lot of savings, assets and investments, but they don't count. How much you owe and whether you pay on time is all that counts on your credit score.
- ◆ It doesn't matter if you carry a balance on



a credit card. The total you owe and whether you pay on time are what count.

- ◆ The FICO score is the most widely used score, but it isn't necessarily the one you might see advertised. There are three credit bureaus: Equifax, Experian and TransUnion, all of which sell their own scores.

- ◆ A history of late payments is wiped off your credit score after seven years.
- ◆ Good credit lasts at least 10 years, even if the loans are paid off.
- ◆ You will probably never have a score of 800 or more, but the high 700's is the best credit area to be in.
- ◆ If your score is in the 600's or low 700's you should try to raise it by paying on time and reducing the amount of debt you have in relation to the amount of credit available to you.

To receive your credit report visit:

www.annualcreditreport.com

You are eligible for one free report per year (by the three major credit bureaus listed above).



Welcome these New Employees...

Douglas Abbey	ASCI Amarillo
Stephanie Aguillon	After School - Hereford
Nicole Branscum	Wayne Group Home
Loretta Carter	Devon Group Home
Virginia Chadick	Crisis Intensive
Adrian Harris	After School - Amarillo
Julie Manning	Clearwell Group Home
Lupe Martinez	After School - Amarillo
Phillip Neal	Crisis Intensive
Heather Watson	ACT



*"Smile - It makes a world of difference.
Dance - Who knows when you won't be able to.
Cry - Holding those emotions in is bad for you.
Hug - Helps you and helps another.
Laugh - What's the point in hiding happiness?
Live - because life is everything."
Author Unknown*

This Month's Winner Is...

Amber Price, After School Program - Berger, was chosen by random drawing for the month of January. Amber 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:
Joyce Lopez • 901 Wallace Blvd., • Amarillo, Texas 79106
Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@tpmhm.org

Community Corner...

Leslie Richardson, Marketing Director, United Way of Amarillo & Canyon

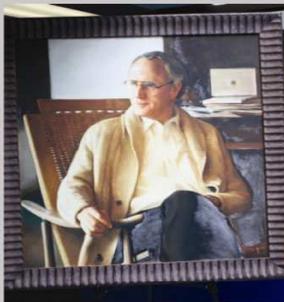
YOUR UNITED WAY GIFT CREATES ANOTHER...

STORY OF SUCCESS



UNITED WAY OF AMARILLO & CANYON

January 2010



In case you missed it...

Tyler Street Resource Center is now the **Guyon Saunders Resource Center!** The name change happened on Dec. 10, 2009, to reflect the dedication Guyon had to making Amarillo & Canyon a better place to live. His drive and desire to help those in need was the force behind many outreach programs in the area.

The 2010 Winter Outreach will be January 30 from 7 a.m.—12 p.m. at the Guyon Saunders Resource Center, located at 200 S. Tyler.

Winter Outreach is an annual event where area homeless, as well as veterans and their families, may come and have free dental & eye exams, flu shots and other health screenings from 10:00 a.m. to 12:00 p.m. A free breakfast will be available from 7:00 a.m. to 9:00 a.m.

For more information, dial 2-1-1 and ask for Bryan or e-mail bryan@unitedwayama.org

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED™

One Day at a Time

All her life, Natasha's father had beaten her while her mother stood aside and allowed the abuse to continue. In her search for love and to escape her painful reality, she eventually turned to alcohol and drugs. Her new altered behavior drove away many of the friends she had depended on for emotional support.

Natasha was so quick to spiral out of control, the few friends she had left staged an intervention to get her into rehab.

The anguished 17-year-old had to travel outside of Amarillo to a rehab center where she was scheduled to

be for the next 30-60 days. Her friends thought she was well on her way to getting better – until she was caught with marijuana, suspended from school and then sentenced to a 3-month jail term. With little contact from her family, only a few special friends continued to support and encourage her.

Natasha came home to Amarillo upon her release where her friends were ready to set her up with an after-care program and individual counseling at the Amarillo Council on Alcoholism and Drug Abuse. It's been a lot of work, but she has now been clean and sober for a full year, has a full-time job and continues to rebuild the many damaged relationships with her friends and her family, one day at a time.



Thanks to your donations to United Way, funding for life-changing programs like those at the Amarillo Council on Alcoholism and Drug Abuse is possible. Thank you!

If you know of a United Way Story of Success, we'd love to hear from you. Contact Leslie Richardson at: leslie@unitedwayama.org