Texas Panhandle MHMR
Mental Health Mental Retardation
Making Lives Better

Here's What's Happening...

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

March 2010, Volume VII, Issue 3

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Medication Cleanout - March 27

The Texas Panhandle Poison Center, AISD Safe Schools/Healthy Students, and Amarillo College will be conducting a Medication Cleanout Event on Saturday, March 27th at Amarillo College - Washington Street Campus and at First United Bank Center in Canyon.

This is a collection location where people can drop off unwanted or expired medications. This prevents accidental poisonings and misuse. Meds are disposed of in a manner which is safe for the environment.

Volunteers are needed that day! A one hour training session is required prior to volunteering. Volunteers must be 18 or older.

Please visit: www.MedicationCleanout.com for more information on this important event.

Poisonings

Poisonings are second only to motor vehicle accidents as a cause of death from unintentional injury in the U.S. Medications left around the home can be the source for these poisonings. And poisonings are not limited to children. Adults often "self-treat" with leftover medications from previous illnesses – a dangerous practice that can result in delay in seeking help.

Abuse

Another alarming problem is that of prescription drug abuse by teens. Prescription drug abuse is now second only to marijuana abuse. Each day 2,500 teens use a prescription medicine for the 1st time for a non-medical reason. Medicine cabinets of parents, grandparents, friends, or acquaintances are frequently the source.

Misuse

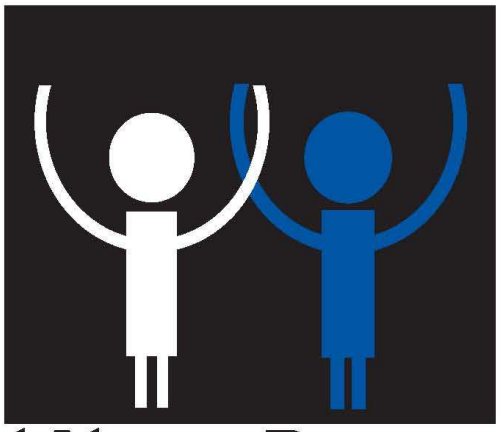
Self-treatment with an inadequate supply of antibiotics can result in antibiotic resistance as well as a delay in seeking medical attention.

Environment

Many individuals who would like to dispose of their unneeded medications simply do not because they've heard of contamination of the water supply by medications that are flushed down the drain.

This event provides our community with a way to safely, conveniently dispose of medications! Take the opportunity to safely dispose of your unneeded medicines and help make your home and community safer.

10th Annual



Child Abuse Prevention

CONFERENCE

Amarillo, Texas

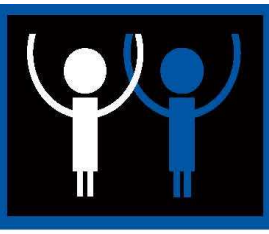
2 Days + 3 Speakers
featuring

Dr. Lisa Boesky
Darlene Ellison
Cedric McKenzie

Attend 1 or 2 Days

MARCH 25-26, 2010

Presented in Recognition of Child Abuse Prevention Month



Space is limited. Register today.

Dates and Times

Thursday, March 25 & Friday, March 26, 2010
8:30 a.m. – 4:30 p.m.
Registration begins at 7:45 a.m.

Cost

$20.00 for any one day • $40.00 for both days

PRPC Sponsored. Lunch is included each day.

Location

Amarillo College — 6222 West 9th Ave.
West Campus Lecture Hall — Amarillo, Texas

Take I-40 to the Bell Street Exit (North). Turn right on the West 9th Avenue Loop. Go under the overpass and through the first light. The Amarillo College West Campus Lecture Hall is on the right.

Hotel Reservations

A block of rooms, with a special rate of $74 single/double occupancy, has been reserved at the Ambassador Hotel, 3100 I-40 West, Amarillo, Texas, for the nights of March 24 & 25, 2010. Rooms are available on a first-come, first-served basis. Call (806) 358-6161 or (800) 817-0521 for reservations and mention the "Amarillo College – Child Abuse Prevention Conference" to receive this special rate.

Contact

Mail: Amarillo College
Criminal Justice Programs
P. O. Box 447
Amarillo, TX 79178

Phone: (806) 354-6081
Fax: (806) 354-6074
Web: www.actx.edu/cj
E-mail: criminaljustice@actx.edu

Target Audience/CEUs

Law enforcement officers, probation and parole officers, caseworkers, CASA volunteers, nurses, counselors, teachers, school administrators, foster or adoptive parents, attorneys, and all other related professionals. **No children allowed.**

Credit hours will be submitted to TCLEOSE and TJPC for approval. CEUs will be awarded for Social Workers and LPC/LMFTs. Amarillo College is approved by the State Board of Educator Certification as a provider of Continuing Professional Education (CPE). Amarillo College is approved by the Texas Certification Board of Addiction Professionals Standards Committee, Provider Number 1743-06, to provide 6 hours general and CCJP credit for each day. Expires 08/10. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 1005 Congress Avenue, Ste. 460, Austin, Texas 78701, Fax Number (512) 476-7297. Amarillo College Center for Continuing Healthcare Education is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. General CEUs will be awarded to all other participants for individual submission to their respective licensing agencies. For successful completion, this program must be attended in its entirety.

Amarillo College

Registration Form — Child Abuse Prevention Conference — March 25-26, 2010

ATTENDANCE OPTIONS – ☐ Day One Only – $20 – ID #089293 ☐ Day Two Only – $20 – ID #089294 ☐ Both Days – $40 – ID #089284

BONUS OPTION – Must order by March 12, 2010 to receive shirt at conference.
☐ Commemorative Conference T-Shirt – $10 each – Circle Size: S M L XL 2XL 3XL ☐ Shirt payment Included ☐ Will pay for shirt at conference

SS# **OR** AC ID:_____ Date of Birth:_____

Last Name:_____ First Name:_____ M.I._____

Address:_____ City:_____

County:_____ State:_____ Zip:_____

Gender: ☐ Male ☐ Female Employer or Type of Business:_____

Home Phone:_____ Business Phone:_____

Personal E-Mail:_____ Business E-Mail:_____

Credit Type: ☐ TCLEOSE (PID#_____) ☐ TJPC ☐ CPE ☐ LPC/LMFT/SW ☐ Substance Abuse/LCDC ☐ Nurse ☐ General CEU

Ethnic Origin: (Voluntary Information - Will not affect enrollment)
Are you Hispanic? ☐ Yes ☐ No
☐ American Indian or Alaskan Native ☐ Asian ☐ Black or African-American ☐ White ☐ Native Hawaiian or Other Pacific Islander

I certify that the above information is complete and correct. Date:_____ Signature:_____

Method of Payment: ☐ Cash ☐ Check ☐ Money Order ☐ Visa ☐ MC ☐ Disc ☐ AmEx

Bill To:_____ P.O.#:_____ (Please include Letter of Billing or Copy of P.O.)

NOTE: If using a credit card to pay, please fax this form or place in an envelope for your protection.

Exp. Date_____ Card Security Code_____ Card No._____ Signature_____

Any student, who because of a disabling condition may require some special arrangements in order to meet course requirements, should contact disAbility Services (SSC 119, Phone 371-5436) as soon as possible. ***Enrollment Eligibility Notice:*** Students with outstanding obligations to Amarillo College may not be allowed to enroll in or complete a continuing education course until the obligations are fulfilled. Students who have received a Criminal Trespass Warning from Amarillo College will not be allowed to enroll in courses held on any AC campus unless the warning has been lifted.

Changes to HCS Services

Jim Conner, Director, Intellectual & Developmental Disabilities

Many of you are asking about all of the changes on the MR side of the agency. As of June 1, 2010, major changes will be made in our Home and Community-based Services and MR Services departments. HCS Case Management will be moved to MR Service Coordination on that date. TPMHMR service coordinators will also assume the service coordination responsibilities for all of the private provider's HCS clients.

In order to accomplish this, eight new service coordinators, one clerk, and one trust fund tech will be hired in the next two months. The records room in Building 503 has been renovated to accommodate more records, cubicles have been added to accommodate the additional staff, current employees have been moved around, and meetings with the private providers have been conducted. We have added a link to the DADS web site on the TPMHMR web site. The rest of this article is copied from the DADS web page and is an excellent resource for you or families to learn more about the changes.

Senate Bill 1, Section 48, 81st Texas Legislature, mandated the Department of Aging and Disability Services (DADS) transfer case management functions in the Home and Community-based Services (HCS) program from the HCS provider to the state's Mental Retardation Authorities (MRAs). ***Implementation will occur statewide on June 1, 2010.***

After June 1, 2010, people getting HCS Program services will receive service coordination from their local MRA. All other HCS services will continue to be available through HCS providers.

The DADS website will serve as an information resource to HCS providers, MRA staff, individuals served in the HCS program and their legally authorized representatives, family members and friends, advocates and to the public at large regarding this initiative. Information on this site includes:

- *A* ***PowerPoint presentation*** *that describes the new service planning process and DADS activities and timeline related to this change;*
- *A* ***frequently asked questions (FAQ)*** *section that provides questions and answers regarding this transition. Some of the topics include an explanation of responsibilities for HCS providers and MRA Service Coordinators, the new service delivery model based on Person-Directed Planning and details about how monitoring and oversight will occur. The FAQ will be updated throughout the time of implementation;*
- *Links to* ***information letters, alerts and other notices*** *on the DADS website related to this transition;*
- *Information regarding DADS'* ***HCS Program rule development*** *and revision activities and schedule;*
- *Links to the* ***HCS and Service Coordination proposed rules*** *as they become available;*
- *Information regarding* ***HCS program handbook development****; and*
- *Information regarding* ***training for HCS providers and MRA staff*** *before the transition, as it becomes available.*

Moving case management services to the MRA is a fundamental change for individuals receiving HCS program services, HCS providers and MRAs. This change offers both challenges and opportunities to affect long-term change for individuals who receive services in the HCS Program. DADS has received and incorporated input from HCS stakeholders through the development of this initiative. DADS remains committed to a continuing partnership with stakeholders through and following the transition. The ultimate goal of developing this new person-directed service delivery model is to provide high quality HCS services and a sense of satisfaction for all individuals in the HCS Program, providers and MRAs.

A Professional Development Workshop for Child Care and School Personnel

April 17, 2010

First Christian Church
3001 Wolflin, Amarillo, TX 79109

Presented by the

Prevent Child Abuse Texas

in cooperation with

TPMHMR STAR Services & First Christian Church

$20 early $25 on site. 512.250.8438 Ext. 18

Program

8:00	Registration
8:30	Recognizing Child Abuse: Types of Abuse—Physical, Sexual, Emotional, & Neglect Characteristics of Victims, Characteristics of Perpetrators
12:00	Lunch - On your own
1:00	Documenting Child Abuse/Neglect: Record Keeping –When Do You Report, Protecting Yourself Against False Accusations, How to Report Child Abuse And the Process of Investigation, Aftermath of Report
2:30	Preventing Child Abuse: What You Can Do, Community Resources
3:30	Evaluation & Adjournment

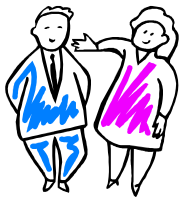
White Hat Award

The MR Service Coordination Department would like to give this months White Hat Award to **Penny Land, Therapist Tech at Perryton ASCI**. Penny is a hard worker and it shows by her work. She has been given some challenges and has risen to the occasion. Consumers have shared with the service coordinators how much they like her, especially because she shows compassion towards them. She is a team member and tries hard to accommodate the department. Thank you Penny for all you do.

Sharon Guinn for MR Service Coordination

Welcome these New Employees…

Dana McClure	Atkinson Group Home
Karrie McNabb	Intake, Screening & Crisis
Alexis Proffitt	HCS Case Management
Felicia Severn	50th Group Home



March is National Social Worker Month!

Happy St. Patrick's Day!

Welcome Spring Saturday March 20th!

This Month's Winner Is…

Jeromy Thornton, Specialized Services, was chosen by random drawing for the month of March. Jeromy 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 (except executive management) are eligible to win. Winners are published each month in *Here's What's Happening*.

Watch for future drawings…you could be next!

Articles, 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@tpmhmr.org

ISC Group, Inc.
3100 Monticello Ave
Suite 800
Dallas, TX 75205
(800) 888-3520

How Can I View My Statement Online?

ISC provides each participant with the ability to review their account statements 24 hours a day by logging in to the secure website.

Below are the steps to access your account and view your statements online.

1 In your internet browser, log on to the ISC Group website (*www.iscgroup.com*).

2 From the ISC home page, click on the picture of the tree in the middle of the page.

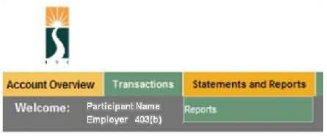
3 From the ISC "PATHWAYS" CLIENTS page, click on the "VIEW ACCOUNTS" button.

(This will redirect you to the secure login page.)

4 In the appropriate fields, input your User Id and Password. Ensure that "Participant" is shown in the drop-down and click "Login".

5a If prompted by the "Plan Selection" screen, click on the link which reads *"Click here to view a summary of all benefits"*.

5b At the top of the screen, look for the "Statements and Reports" link in the menu bar. Select the "Reports" option from the drop-down menu.



For additional information or questions regarding your account or your statements, please contact ISC Group *(800-888-3520)*. You can always email your questions and comments to *info@iscgroup.com*.

Securities offered through Institutional Securities Corporation
Member FINRA & SIPC
Institutional Securities Corp. is an affiliate of ISC Group, Inc.

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:

- **Yolanda King, Respite Services**
- **Sharon Williams, Wayne Group Home**
- **Charlene Mansel, While A Way Group Home**
- **Charnise Harvey, Westcliff Group Home**
- **Julie Manning, Clearwell Group Home**
- **Mary Vigil, Clearwell Group Home**
- **Sheila Rios, Alternate Living**
- **Terri Andersen, HCS Case Management**
- **Christal Miller, Westcliff Group Home**
- **Elizabeth Carrasco, Westcliff Group Home**
- **Teresa Luna, Carlton Group Home**
- **Debbie Alcaraz, Fir Group Home**
- **Barbara Ary, Clearwell Group Home**
- **Melissa Garcia, Hereford Mental Health**
- **Barbara Hill, Clarendon Mental Health**
- **Rachel Hill, Pampa Mental Health**
- **Gloria Bugg, Borger Mental Health**
- **Debora Cooksey, Dumas Mental Health**
- **Lupe Moreno, Perryton Mental Health**
- **Joyce Lopez, Executive Assistant**
- **Mary Gambrell, Respite**
- **Leslie Johns, Respite**

Daylight-saving time begins Sunday,
March 14, 2010
Set your clocks ahead one hour!
Spring Forward

Congratulations to the TPMHMR STARS Basketball Team!

***TPMHMR Stars* #1** – Coaches Tim Hunter (B&W Pantex), and Kristina Christian (AISD) …….Undefeated! Gold Medals, 1st place trophy!!

***TPMHMR Stars* #2** - Coaches Steve Lasher (B&W Pantex) and Renay Asberry ….won 2 out of 3 games! Silver medals, 2nd place trophy!!

***TPMHMR Stars* #3**- Coach -Bonnie Lasher The individual skills team did a fabulous job during their competition, and received mostly Gold and Silver medals.

"Special thanks" to all that came out to Media Night, and the games on Saturday! Coach Steve Lasher was presented an autographed ball for coaching the Media Game.

The *TPMHMR Stars* had another great basketball season, and the coaches are all very proud of each athlete! GO STARS!!

Tornado Safety

Connie Longan, Safety Committee

In a house with a basement: Avoid windows. Get in the basement and under some kind of sturdy protection (heavy table or work bench), or cover yourself with a mattress or sleeping bag. Know where very heavy objects rest on the floor above (pianos, refrigerators, waterbeds, etc.) and do not go under them. They may fall down through a weakened floor and crush you.

In a house with no basement, a dorm, or an apartment: Avoid windows. Go to the lowest floor, small center room (like a bathroom or closet), under a stairwell, or in an interior hallway with no windows. Crouch as low as possible to the floor, facing down; and cover your head with your hands. A bath tub may offer a shell of partial protection. Even in an interior room, you should cover yourself with some sort of thick padding (mattress, blankets, etc.), to protect against falling debris in case the roof and ceiling fail.

In an office building, hospital, nursing home or skyscraper: Go directly to an enclosed, windowless area in the center of the building -- *away from glass* and on the lowest floor possible. Then, crouch down and cover your head. Interior stairwells are usually good places to take shelter, and if not crowded, allow you to get to a lower level quickly. Stay off the elevators; you could be trapped in them if the power is lost.

In a mobile home: Get out! Even if your home is tied down, you are probably safer outside, even if the only alternative is to seek shelter out in the open. Most tornadoes can destroy even tied-down mobile homes; and it is best not to play the low odds that yours will make it. If your community has a tornado shelter, go there fast. If there is a sturdy permanent building within easy running distance, seek shelter there. Otherwise, lie flat on low ground away from your home, protecting your head. If possible, use open ground away from trees and cars, which can be blown onto you.

At school: Follow the drill! Go to the interior hall or room in an orderly way as you are told. Crouch low, head down, and protect the back of your head with your arms. Stay away from windows and large open rooms like gyms and auditoriums.

In a car or truck: Vehicles are extremely dangerous in a tornado. If the tornado is visible, far away, and the traffic is light, you may be able to drive out of its path by moving at right angles to the tornado. Otherwise, park the car as quickly and safely as possible -- out of the traffic lanes. [It is safer to get the car out of mud later if necessary than to cause a crash.] Get out and seek shelter in a sturdy building. If in the open country, run to low ground away from any cars (which may roll over on you). Lie flat and face-down, protecting the back of your head with your arms. Avoid seeking shelter under bridges, which can create deadly traffic hazards while offering little protection against flying debris.

In the open outdoors: If possible, seek shelter in a sturdy building. If not, lie flat and face-down on low ground, protecting the back of your head with your arms. Get as far away from trees and cars as you can; they may be blown onto you in a tornado.

In a shopping mall or large store: Do not panic. Watch for others. Move as quickly as possible to an interior bathroom, storage room or other small enclosed area, away from windows.

In a church or theater: Do not panic. If possible, move quickly but orderly to an interior bathroom or hallway, away from windows. Crouch face-down and protect your head with your arms. If there is no time to do that, get under the seats or pews, protecting your head with your arms or hands.

Password primer: 12345 just isn't good enough

Hackers aren't really so smart - most Internet users are just being lazy

Submitted by: Mellisa Talley, Information Services

Join a Web site and after you choose a password you're normally asked to answer one or two challenge questions, such as your mother's maiden name, the city where you were born or the name of your high school. Forget your password and you'll be asked these challenge questions to verify your identity. It seems secure enough, but it really isn't.

"Those kinds of challenge questions were developed in the '90s when it was assumed nobody but close associates would know what high school you went to, what year you graduated or your mother's maiden name," says Peter Cassidy, a security expert with the Anti-Phishing Working Group. "Now it's very common to have all that information up on Web sites which are accessible to anyone with a browser."

Just think about how much of this personal information you put on Facebook or other social networking sites. Anyone can snag this information and use it to answer those prove-who-you-are challenge questions.

So what do you do? Internet Security expert Linda Criddle, president of LOOKBOTHWAYS Online Safety Consulting, says if you are asked to set up a security question and the question itself is not secure – anything that's public record or *you've* made public via the Web – you should lie.

"You don't have to give a truthful answer when you register. You simply have to give an answer you'll remember," Criddle says.

When you set up the account, no one checks to see if the answer you provide is correct. You just have to use that word or phrase if you're ever asked that challenge question.

Criddle's advice: put down something that only you know. Answer "purple" or "apple" or "red Ferrari." It doesn't have to be the truth, just a word or phrase you'll remember. What's your mother's maiden name? Red Ferrari. What high school did you go to? Red Ferrari. What's your dog's name? Red Ferrari. You get the idea.

Security is always a concern whenever you shop, bank, pay bills or do other important transactions online. And yet, many people use the most basic and insecure passwords. The threat of hacking has grown significantly in the past 20 years, but the most common passwords are just as easy to crack as they when the Internet was in its infancy.

The most common password back in the 1990s was 12345. Today it's 123456. How's that for progress?

Why are so many people careless with their online passwords? Why do they make them so simple that a beginning hacker can crack them?

"People pick passwords that are very logical and very easy to remember and that makes sense because we all have so many passwords today," says Rob Rachwald of Imperva, a company that develops software to block hackers. "But it shouldn't make sense because there are so many hackers out there trying to break into our online accounts."

Imperva recently issued a report on the most commonly used passwords. It's based on real-world data collected after a security breach in December of 2009. A hacker broke into a popular Web site, Rockyou.com, stole 32 million passwords and posted them on the Web. Imperva analyzed that data and found that:

- **About 30 percent of the passwords were too short, six characters or less.**
- **Almost 60 percent choose their passwords from a limited set of alpha-numeric characters. They only use numbers or lower case letters. They don't mix it up.**
- **Nearly half use names, slang words, real words or "trivial" passwords such as 12345 or qwerty.**

Employee Recognition

At the February 25th Board of Trustees meeting, Dr. Sam Reeves, Vice Chair, recognized the following employees for their tenure with the Agency.

Richard Escobar - 25 Years

Lynda Cherryhomes
30 Years

Kay Annen - 25 Years

Linda Gaskill - 20 Years

Michelle Warnica - 25 Years

Yolanda King - 30 Years