

TEXAS PANHANDLE MHMR

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

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 and Wheeler counties

Safe Schools/Healthy Students

Libby Moore, Director, Mental Health

Amarillo Independent School District was awarded a four year federal grant called Safe Schools/Healthy Students. The mission of the program is "to help increase the safety of Amarillo ISD schools and the health of AISD students through educational, environmental, and family improvements that help break the cycle of poverty, drug use, and violence in the Amarillo community."

TPMHMR was named as a community partner in the grant. Our charge is to provide counseling services to youth and their parents when a need is identified.

At the end of January TPMHMR provided three days of training to the new Safe Schools / Healthy Students providers. This training was part of TPMHMR's contract with the Amarillo Independent School District. Lupe Schneider operates as the Safe School Counselor on the team. Lupe returns to TPMHMR after being employed with various other social support agencies.

The training focused on Crisis Inter-

vention and identifying the community resources available to help with families in need.

This training was made possible with the help of our community partners. The agencies involved included:

- Cal Farley's Boys Ranch
- Family Support Services
- Lubbock Regional MHMR
- Amarillo Police Department



Each agency gave an overview of their mission and how they intercede when people in our community need their services. The agencies represented also gave the new team practical techniques to use in their interventions. It was impressive to see the amount of talent and investment our community partners have in their organizations.

Cal Farley's educated us on how the brain functions at different developmental stages and how perception is impacted.

We learned about how to communicate with someone in crisis by examining the Conflict cycle. Cal Farley's

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Valentine's Day 2009

Not sure what to do for Valentine's Day this year? Valentine's Day is a perfect opportunity to share a special moment or greeting with someone you love.

Stay home and watch a movie with your sweetheart. Here are some of the top picks:

- An Affair to Remember (1957)
- An Officer and a Gentleman (1982)
- Four Weddings and a Funeral (1994)
- Sleepless in Seattle (1993)
- Titanic (1997)
- The Way We Were (1997)
- When Harry met Sally (1989)
- While You Were Sleeping (1995)
- You've got Mail (1998)
- Two Weeks Notice (2002)

Other ideas might include:

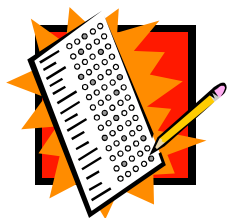
- Cards and flowers
- Candle light dinner
- Prepare your sweetheart a favorite meal or dessert
- E-card
- Coupons for chores around the house
- A massage, manicure or pedicure.



Whatever you decide to do for that special someone in your life, make it memorable. And, remember it doesn't necessarily have to be your mate, it can be for a parent, child or favorite friend.

Happy Valentine's Day!

Congratulations to all those involved in making the Texas Home Living Audit and the Social Security Audit such a success!



Congratulations to Connie Longan, QM, for recently passing the Personal Trainer Certification Exam!

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hands-on demonstrations were very engaging. We all felt the new knowledge we gained from their training will be easy to remember when we need to use it.

Family Support Services educated us on the programs they have at Highland Park Independent School District. The program incorporates youth as teachers to reduce the cycle of violence. Their programs look at how to change the perception of acceptable behavior so the prevalence of violence can be reduced in society. They also educated us on the services they have when someone is a victim of violence.

TPMHMR contracts with Lubbock MHMR to provide Outreach Screening and Referral Services (OSAR) for people with substance abuse and addictions. Lidia Dailey and Davolyn Davidchik educated the group on the substance abuse services they can link people to. Their programs look at inpatient and outpatient treatment to address recovery needs.

We are lucky to have Davolyn on the TPMHMR staff. Her experience in the Men-

tal Health and Substance Abuse fields as well as her LPC license makes her an integral part to getting a person to the treatment best aligned with their needs. Lidia is an employee with Lubbock MHMR, but her office is in our Polk Street location. Her knowledge of community resources and her engagement skills have been invaluable to people in the community. Her program is called Access to Recovery. This program addresses the needs of a person with Methamphetamine addictions.

The Amarillo Police Department paired with our Mobile Crisis Outreach Team to teach the basics in communication. They also provided role plays with the new team so they could practice the skills in a simulated environment. We all came together to provide the most comprehensive learning experience possible.

TPMHMR appreciates how willing our community partners were to help this new program. We were energized by the services the Panhandle offers through their programs. Hopefully we will be doing more training in the future together.

This Month's Winner Is...

James Mireles, Respite Pool, was chosen by random drawing for the month of February. James will receive a \$25.00 gift card from Amarillo National Bank.



To claim your gift card, 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*.

Watch for future drawings...you could be next!

Welcome these New Employees...

Vicki Calvery	ECI
Barbara Espinoza	Camp Lane
Alex Franco	Respite Pool
Charnise Harvey (temp.)	Respite Pool
Lynette Kerr (p/t)	After School Program
James Coats	MH Service Coordination
Loretta Espinosa	Specialized Services
Pamela Garza	Respite Pool
Paulette Kerr	After School/Summer Program
Donald Lamar (p/t)	After School Program
Sarah Slatton (Herring)	ECI



Congratulations!

The following employee was 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:

Frank Markham, MR Service Coordination
Michael Ray, MR Records
Lynda Cherryhomes, MR Intake
Julie Taylor, Continuity of Care
Shrina Cunningham, MH Service Coordination
Gloria Bugg, MH Borger



Your Heart is Asking: What Have You Done for Me Lately?



The heart goes about its work without saying much. Though it might have a lot to complain about, it might not give you a clue until it quits.

Don't wait. If you haven't done anything for your heart lately, this is a good time to start. February is American Heart Month.

There are many things you can do without investing a lot of time or money. Consider these heart –pleasing steps:

- ♥ Check your blood pressure. If it's too high, it can kill your heart over time. If it's borderline, you can reduce it a few points by eating more fruits and vegetables, especially those with potassium or magnesium. Try bananas, baked potatoes and spinach. Blood pressure will decline if you relax for a half hour each day and get enough sleep.
- ♥ Get more fit. Even if you don't lose weight and do have other heart risk factors,

just taking a 25-minute walk three times a week increases fitness and helps your heart.

If you're a t.v. addict, do something during commercials like walking in place, getting up and down from the chair or doing push-ups. It adds up.

- ♥ Lower your LDL, the bad cholesterol. You'll do your heart a favor. With a high LDL, it can be deposited as plaque in arteries, including those in the heart.
- ♥ Quit smoking. Everybody knows it's bad for your heart.
- ♥ Lose weight. Being overweight can lead to diabetes.

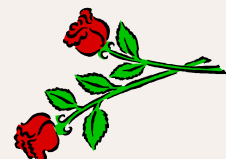
There are risk factors you can't control, like heredity, but you can exercise and eat healthier. Be sure to check with your doctor before you start any diet or exercise plan and do something good for your heart!

The staff of TPMHMR were deeply saddened to learn of the recent passing of the following and wish express their deepest sympathy to:

The family and friends of Fred Dennis (Programming Services)

The family and friends of Pearl Gibson (MH Perryton)) for the loss of her husband Charles.

The family and friends of Travis Rodman




Credit Score: The Most Important Number


First time home buyers, especially young people, may have never seen their credit score or even considered their credit worthiness, but when they want to buy a home, that changes.


These days, a credit score of 700 is usually considered a good starting point for a home loan. However, FHA loans may be more lenient.

But the most important thing is to start immediately to establish, build or improve your credit.


Here is a one-year plan for better credit that works for everyone, not just first time homebuyers:


 Go to annualcreditreport.com and look over your free annual report from each of the three credit reporting agencies. Look for errors. Then immediately take steps to correct them.


 Pay your bills on time. You must never be late even once. One of the most common comments bill collectors hear from young borrowers is: I have the month, I just forgot to pay the bill. You must establish an ironclad history of paying bills on time.


 Work on getting your credit balances below 50% of your maximum credit limit. That raises your score. If your balances are below 30% it raises your

score again.

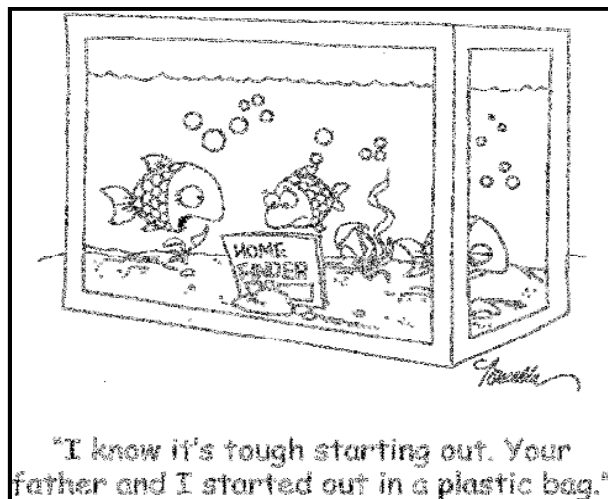
 If you don't have a credit card, look into establishing a secured card. With a secured card, you send the card company a deposit and they send you a credit card. You can only use the card for the amount on the deposit. But when you get the card you should use it, then make your payments perfectly.

 Don't apply for a store account everytime the clerk says you can save 10%. Each time you fill out an application, the company hits your credit report. Inquiries like these count against your credit score and will cost you more dearly than the 10% savings. Don't make applications unless you need it.

 During your credit improvement year, don't finance a car. Lenders don't want to see buyers committed to several large credit accounts. Never finance a car before you try to take out a mortgage.

 Plan to open three new credit accounts during your improvement year,

even if they are secured accounts. Be sure to space your new accounts by three months. Use each account and pay each off completely every month. This is the kind of credit management that improves your credit score and teaches you how to manage your credit.



Board of Trustees Meeting

Margie Scroggins, MH Intake - Hereford, was recognized at the January 29th Board of Trustees meeting. Judge Willis Smith, Chair, presented with Margie with a plaque, gift card and a day off for twenty (20) years of service with the agency.

Congratulations Margie!



White Hat Award



The MR Service Coordination Department would like to give this months What Hat Award to **Billy Irvine in Accounts Payable**. When emergencies arise with our consumers, Billy ensures a check is issued to meet their needs. Billy goes the extra mile by walking over to the Service Coordinator's office to discuss various situations. He wants to be part of the solution. He also brings problems he sees to the attention of the Service Coordinator in order to avoid further concerns. Thank you for all your help Billy.

Sharon Guinn for MR Service Coordination

Shrina Cunningham, MH Service Coordination, was also nominated for this months White Hat award for her calm and professional behavior in a crisis situation. She was able to get a client the medical attention he needed without showing any frustration in a difficult situation. Great job Shrina!

Submitted anonymously

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@tpmhmr.org

Document Destruction

Connie Longan, Director, Quality Management

Do you ever wonder what is okay to put in the trash bin and what needs to go into the shredding bins? The following guidelines should help you decide how to appropriately dispose/destroy documents.

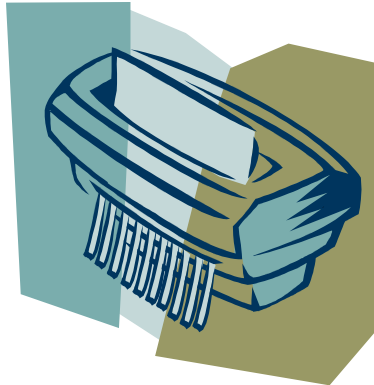
Any piece of paper that contains personal information of clients and/or staff should be deposited into a locked shredding bin. The bins TPMHMR uses are blue and are located at various worksites. What is considered personal information? Any of the following:

- Name
- Address/phone number
- Client number
- Social security number
- Date of birth
- Health information (diagnostics, medications, treatments, etc)
- Medicaid/Medicare/insurance numbers
- Any other information that could identify a person

Back to those blue shredding bins. There is at least one (sometimes more) blue shred bins located in each Amarillo office building (see below for barrel locations). Some of the regional offices also have them. If however, you do not have access to the shred bin and you *have* to use some other type of container or box, make sure the container or box is **clearly marked as “SHREDDING” and that it is frequently emptied and shredded and is not overflowing.** The container should be in a secure area that is locked during non-work hours. The container should be kept in a place that is not highly visible to others.

If you work with highly sensitive documents such as investigations, abuse and neglect information, personnel or salary information,

you may want to shred those documents yourself instead of placing in the shredding bin.



Documents that do not contain personal information can be placed in the regular trash bins. Remember though, when in doubt, it is always safer to shred!

Barrel Locations:

Polk:

2 bins on main floor,
1 bin upstairs

501:

2 bins in data area

Taylor:

3 bins in copy room

503:

2 bins near copiers

PHP:

1 bin in front office
1 bin in supply office

ECI:

1 bin in copy room
1 bin in conference room

Tyler:

1 bin at rear of the office close to back exit

TCOOMMI:

1 bin in copy room

Regional Sites:

Check with your supervisor for specific information





February Birthdays



2/1	Diana Howington Pamela Garza	2/6	Keta Quianes Esmeralda Garcia	2/17	Nora Lujan
2/2	Nicklaus Montoya Priscilla Cortez	2/7	Lisa Donaldson Darla Thompson	2/20	Erin Rasmussen Jennifer Benson Teresa Manning
2/3	Linda Dunham John McDuff	2/8	Wendy Ottoson Bud Schertler	2/26	Karen Whitmire Evan McCurley
2/4	Carol Cobb Kara Porter	2/9	Kay Holland Steve Saavedra	2/28	Linda Smith Lindsay Burkhalter Cassie Fielding Candy Godino
2/5	Debbie Nelson Linda Van Marter	2/10	Valentina Bitela Chad Beavers		

February Anniversaries

24 Years	Michelle Warnica	3 Years	Tanya Cooney Melissa Garcia Annet Waxler Karan Shomaker Kelly Ramos
23 Years	Elvire Sanders-Blakemore	2 Years	Susan Glenn Glorietta Owen Darla Thompson John McDuff Karen Whitmire
22 Years	Annette Smith		
17 Years	Michael Ray Mary Vigil		
8 Years	Bonnie Lasher Luretta Phillips		
6 Years	Carla Dugger Jessica Chasteen Joyce Shull		
4 Years	Janice James		



March Birthdays

3/1	Paulette Kidd Elvire Sanders-Blakemore Cindy Pulse Devers Katherine Thomas	3/15	Sheila Brown
3/3	Linda Thomas	3/16	Deborah Brown
3/5	Claudia Duran-Donner	3/17	Art Brokenbek
3/8	David Rosalez Robert Wilson	3/18	Stacie Granat Mary Alva
3/9	Jessica Noggler	3/20	Paula Caviness Amanda Smith
3/10	Lisa Roberts Teresa Hareford Christal Miller	3/21	Debbie Hiatt Rexroad
3/11	Jim Conner Tammy Martinez	3/23	Mildred Blake Paul Brown Thomas Armstrong
3/12	Shasati Simmons	3/25	Susan Kitchens Jennifer Long Isela Narvaez
3/14	Marcia Taylor	3/26	Cynthia Bischof
		3/29	Paul Jeffers