



# Here's What's Happening...

**TEXAS PANHANDLE CENTERS**  
901 WALLACE BLVD. AMARILLO, TEXAS  
[www.texaspanhandlecenters.org](http://www.texaspanhandlecenters.org)

April 2023 Volume XX, Issue 4

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#### Serving the citizens of:

Armstrong, Carson,  
Collingsworth, Dallam,  
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Lipscomb, Moore,  
Ochiltree, Oldham, Potter,  
Randall, Roberts, Sherman,  
and Wheeler counties

**Texas Panhandle CENTERS**  
Behavioral & Developmental Health  
*Making Lives Better*

**3rd Annual Mental Health Awareness Event**

**May 12, 2023**  
**11:30 a.m. - 2:00 p.m.**

*May is Mental Health Awareness Month*

**Live Music by Velvet Funk**

**Food Trucks**  
Cocina On The Go, Yum Yum Hibachi,  
Tanks Burgers, Hood Eats  
BBQ Revival and Joe Taco

*You're Invited!*

**Resource Booths, Networking, T-Shirt Sales,  
Cookies, Giveaways and More!**

**1501 S. Polk Street Parking Lot, Amarillo, TX**

Additional parking @ Amarillo College's Polk Street Campus



# ACCOUNTING & PAYROLL

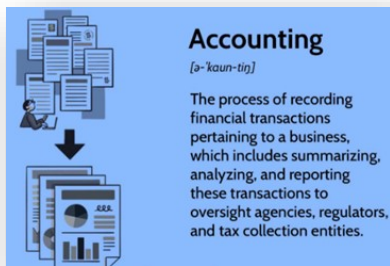
Apolo Anguiano, Chief Financial Officer

Most of Texas Panhandle Centers employees know that we are an organization that provides services to individuals with behavioral health needs, intellectual and developmental disabilities, and children with developmental delays. These services are provided by case managers, nurses, licensed professionals, technicians and such. The aforementioned services are considered direct services in the business world.

There are other services such as Information Technology (IT), Human Resources (HR), Quality and Assurance (Q&A), and Accounting that are considered indirect services. These direct and indirect services go hand in hand so that proper recording/documentation is met as it pertains to each program's requirements.

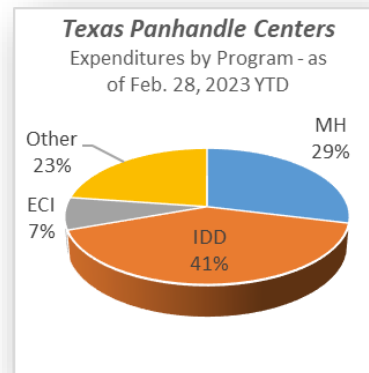


In Accounting, our goal is to provide relevant information that will allow managers and supervisors to provide services in the most efficient and effective manner. We understand that TPC's Leadership Team strongly believes in fiscal responsibility; thus our first priority in accounting is to provide timely reports.



One of these reports is the monthly statement of revenues and expenditures. This report allows the manager/supervisor to review expenses for their specific reporting unit. The report has a comparison of actual to budget and variance for the current period as well as for year-to-date.

One of the tasks we have in accounting is to review these statements of revenues and expenditures overall TPC's operations. An example of such review is summarizing expenditures by program as shown in this graph. For the first six months of fiscal year 2023, we can see in the pie chart that IDD accounts for 41% of all expenditures. The percentage for each program include the cost allocation for Motor Pool, Building Maintenance, and G&A. The "Other" program listed in the graph is the sum of two (2) SAMHSA grants, PESC, Private Psychiatric Beds, MCOT, and Intake & Screening & Crisis.



The accounting team wants to thank TPC's leadership team for allowing us to attend the Annual STAR'S Faculty vs. Athletes Basketball Game. During this event, the accounting team was able to put a face to the names we see on a daily basis. We also would like to thank the IDD employees that organized this successful event-it is heart filling to see the participant's enjoyment and a reminder to us in accounting to do better not just in our work place but in our every day life. Let's continue on **Making Lives Better.**

# Get your tickets!

The Sod Poodles against the San Antonio Missions! Don't miss baseball, Star Wars and fireworks on Saturday, June 17, 2023!



If you'd like to attend, please complete the order form below along with the exact amount in cash or a check written to TPC **no later than May 26th** and send to Barbara Napier at 901 Wallace.



## Texas Panhandle Centers

**Night at HODGETOWN**

715 S Buchanan Amarillo, TX 79101  
**Saturday June 17<sup>th</sup>, 2023**  
Game Begins at 7:05pm  
Gates Open at 6:00pm  
Star Wars Night (Fireworks After the Game)

For more information, contact *Adam Padgett*  
By email at [adamp@sodpoodles.com](mailto:adamp@sodpoodles.com)

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Group Ticket Order Form - Return to *Barbara Napier*  
Good for Saturday June 17<sup>th</sup> Game Time 7:05pm  
(Children under the age of 2 admitted for free)

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

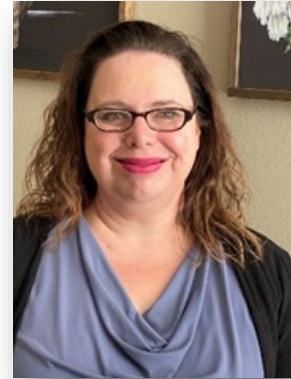
Number of Tickets : \_\_\_\_\_ x \$13.00 (Zone D) = \_\_\_\_\_ (total)  
Number of Meal Vouchers: \_\_\_\_\_ x \$8.00 = \_\_\_\_\_ (total)  
Number of Stadium Cash: \_\_\_\_\_ x \$5.00 = \_\_\_\_\_ (total)  
Kid Zone Passes \_\_\_\_\_ x \$4.00 = \_\_\_\_\_ (total)  
**TOTAL PAYMENT AMOUNT:**  
= \_\_\_\_\_

\*Payment & order form must be submitted to Barbara Napier. Sod Poodles box office CANNOT process orders.

# POINTS TO PONDER - DEFINING PHYSICAL ABUSE

Vania Beavers, Rights Protection Officer

Often times when we think about physical abuse we think of a visible physical injury such as a broken bone, a bad cut, or a bruise. However, that is not always the case. Many abuse cases that happen are (thankfully) on a smaller scale, but often times the alleged perpetrator is surprised or unaware that the circumstances of an event could constitute as abuse. See below for a few examples of what could constitute as physical abuse:



- Physical aggression toward an individual receiving (any) services from TPC
- Staff pulls an individual by the arm or slaps an individual's hand
- Staff using an unapproved chemical or bodily restraint that is not outlined in the individual's behavior plan
- Staff not intervening when a client is being abused. This can be either not calling the abuse hotline as trained, or not intervening when witnessing clients being abused
- Staff causing any kind of purposeful injury to individuals.

Tips for preventing abuse:

- Treat everyone with dignity and respect
- Treat adults like adults. Remember, the adults we support have the same rights you do!
- Follow treatment/ behavioral plans. If a plan isn't working, document it
- As a staff member, know the signs of burnout and speak to your supervisor if you feel you are at risk

Remember, all employees of Texas Panhandle Centers are mandated reporters. **If you see or hear of something that can be considered abuse, you are obligated to report it.**

To report abuse for individuals with IDD in residential homes and behavioral health services, please call the Department of Family Protective Services at 1-800-647-7418 immediately or within one hour of witnessing the event. If reporting for an individual in behavioral health services, also email a written report including the DFPS report number to [performance.contracts@dshs.state.tx.us](mailto:performance.contracts@dshs.state.tx.us). Please cc [vania.beavers@txpan.org](mailto:vania.beavers@txpan.org) on the email.

To report abuse of an individual that participates in the ISS (day hab) programs, please call 1-800-458-9858 immediately or within one hour.



# Welcome these New Employees...

Felisha Anderson	Adult BH Service Coordination
Precious Quiah	While-A-Way Group Home
Luz Betancourt	HR 133 Program
Ashley Colston	Early Childhood Intervention
Stephanie Waldron	CCBHC Expansion
Makayla Whalen	Adult BH Service Coordination
Kassady Dodson	IDD Nursing
Jessica Neel	IDD Nursing



## WHITE HAT AWARD

The IDD Service Coordination Department would like to present **Donna Dare-Luttrall, Therapist Tech**, with this month's White Hat Award. Donna is dedicated to the individuals that she serves. She is always willing to help both individuals and her fellow staff as needed. She goes above and beyond to ensure individuals receive care and assistance at ASCI. Thank you for all you do, Donna!

Cecilia Gallegos for IDD Service Coordination Department.



"You don't need to fact check Grandma. Believe me, the alphabet ends with 'Z.'"



"I know it's just a slab of stone, but I can't take my eyes off it."

## Employee Recognition

At the March 30th Board of Trustees meeting, Judge Willis Smith, Chair, recognized Toby Wallace, Human Resources Director, for fifteen (15) years of service with the Center.

Also recognized was Janie Cobb, Developmental Health, for Twenty-five (25) years of service (not present).

They were awarded a plaque, gift card and a day off.

# Congratulations!



## *We love our volunteers!*

## *Thank you for all you do!*

## *April is volunteer appreciation month.*

Board of Trustees, PNAC Committee and all other TPC volunteers, we couldn't do this without you!



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  
Phone: (806) 351-3308 Fax: (806) 351-3345 Email: [joyce.lopez@txpan.org](mailto:joyce.lopez@txpan.org)

# Alcohol Use and Your Health

Centers for Disease Control and Prevention

According to the CDC almost 58% of adult men report drinking alcohol in the past 30 days compared to 49% of women. Men are more likely to binge drink than women. In 2020, 13% of adult men had an alcohol use disorder compared with 9% of adult women.

Everyone can contribute to prevention of excessive alcohol use. You can choose not to drink too much yourself and help others not do it. If you choose to drink alcohol, the *Dietary Guidelines for Americans* recommends that adults of legal drinking age can choose not to drink or drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in women, on days when alcohol is consumed.

## What is a standard drink?

In the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in

- 12-ounces of beer (5% alcohol content).
- 8-ounces of malt liquor (7% alcohol content).
- 5-ounces of wine (12% alcohol content).
- 1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

## What is excessive drinking?

Excessive drinking includes binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21.

- Binge drinking, the most common form of excessive drinking, is defined as consuming
  - For women, 4 or more drinks during a single occasion.
  - For men, 5 or more drinks during a single occasion.
- Heavy drinking is defined as consuming
  - For women, 8 or more drinks per week.
  - For men, 15 or more drinks per week.

### US Standard Drink Sizes



**12 ounces**  
5% ABV beer



**8 ounces**  
7% ABV malt liquor



**5 ounces**  
12% ABV wine



**1.5 ounces**  
40% (80 proof)  
ABV distilled spirits  
(gin, rum, vodka,  
whiskey, etc.)

ABV = Alcohol by Volume

Most people who drink excessively are not alcoholics or alcohol dependent.

## What is moderate drinking?

The *Dietary Guidelines for Americans* recommends that adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to **2 drinks or less in a day for men or 1 drink or less in a day for women**, on days when alcohol is consumed.<sup>4</sup> The *Guidelines* also do not recommend that individuals who do not drink alcohol start drinking for any reason and that if adults of legal drinking age choose to drink alcoholic beverages, drinking less is better for health than drinking

(Continued on page 8)

## Alcohol Use and Your Health Continued

(Continued from page 7)

more.

There are some people who should not drink any alcohol, including those who are:

- Younger than age 21.
- Pregnant or may be pregnant.
- Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness.
- Taking certain prescription or over-the-counter medications that can interact with alcohol.
- Suffering from certain medical conditions.
- Recovering from alcoholism or are unable to control the amount they drink.

By adhering to the *Dietary Guidelines*, you can reduce the risk of harm to yourself or others.

### Short-Term Health Risks

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking and include the following:

- Injuries, such as motor vehicle crashes, falls, drownings, and burns.
- Violence, including homicide, suicide, sexual assault, and intimate partner violence.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels.
- Risky sexual behaviors, including unprotected sex or sex with multiple partners. These behaviors can result in unintended pregnancy or sexually transmitted diseases, including HIV.
- Miscarriage and stillbirth or fetal alcohol spectrum disorders (FASDs) among pregnant women.

### Long-Term Health Risks

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including:

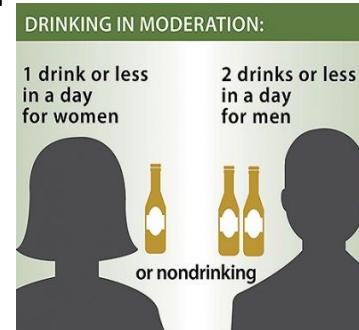
- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum.
- Weakening of the immune system, increasing the chances of getting sick.
- Learning and memory problems, including dementia and poor school performance.
- Mental health problems, including depression and anxiety.
- Social problems, including family problems, job-related problems, and unemployment.
- Alcohol use disorders, or alcohol dependence.

By not drinking too much, you can reduce the risk of these short- and long-term health risks.

### WANT TO CHECK YOUR ALCOHOL USE?

Click here:

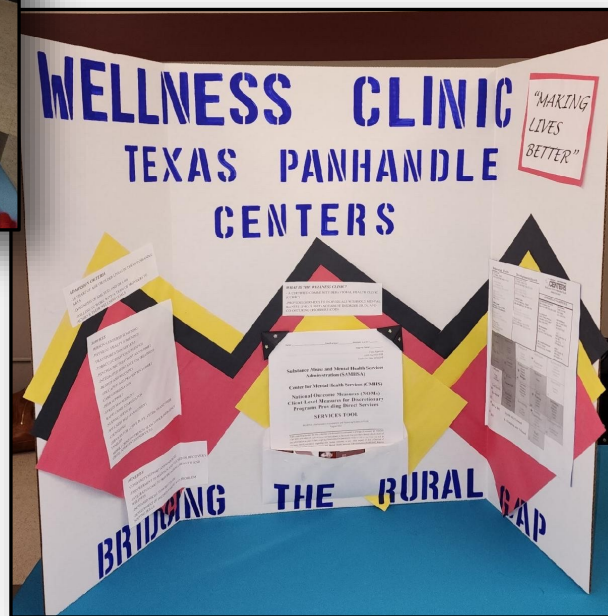
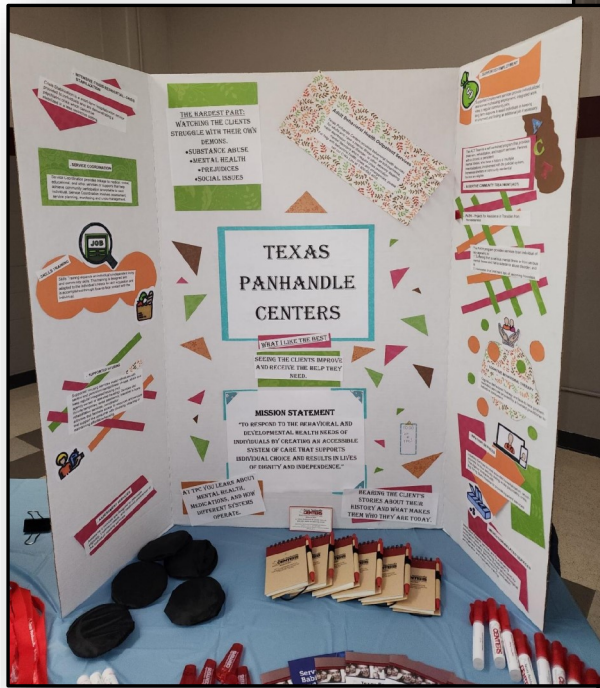
<https://www.cdc.gov/alcohol/CheckYourDrinking/index.html>





# Senior Field Fair at WTA&MU

Two WT Social Work interns, Sarah Stephenson (pictured) and Felicia Valero, participated in a senior Field Fair at WT recently. They did a great job on their posters for both ACT team and Wellness, where they are assigned.



# The Danger of Pessimism and How to Change It

At both extremes in the continuum between pessimism and optimism, there is trouble.

The foolhardy extreme optimist might never save a dime and be defeated by the sudden need for car repairs. The extreme pessimist may never buy a car because there will certainly be repairs.

But looking at the world through pessimistic eyes is an outlook that is personally unhelpful and unpleasant to be around. That's because pessimists always expect the worst and act accordingly. "I will never be able to buy a house (pessimism). The system is rigged against me (cynicism). It means nothing anyway (nihilism)."

According to Berkeley Well-Being, a pessimistic outlook is self-defeating because if you believe you can't do something, you almost certainly won't.

To adopt a better outlook, reframe the problem and state the steps to achieve it. "To own a house, I must have a higher credit score, a down payment, and lower debt. What can I do to solve each of those problems?"

Once you reframe, you might decide that you don't want to address the problem, but at least you know what the steps are. Your future isn't just a dark cloud.

Another tactic is to do what you can, even though you may expect the worst. You may never buy a house, but you can pay your bills on time to get a higher credit score and use less credit to reduce debt. That's two out of three problems solved.



Finally, practice gratitude. Look at what you like about your life and relationships. Feel happy about it. Feel grateful about it. Do that every day.



**Gabriela Mireles, Measure Data Coordinator**, 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](mailto:joyce.lopez@txpan.org).

## Employee Assistance Program

### ★ Now Access Your EAP Services Online! ★

MINES and Associates are excited to announce MINES is now offering a new digital intake for EAP services!

This will help make accessing your EAP benefits easier than ever before. [Please click here](#) or use the link below for instructions on how to use the digital intake. Members may still access us via telephone as well.

[https://www.minesandassociates.com/Documents/MINES\\_Digital\\_Intake\\_Overview.pdf](https://www.minesandassociates.com/Documents/MINES_Digital_Intake_Overview.pdf)

Please call us at 800-873-7138 M-F 8:30am to 5:00pm MST if you have any questions about the digital intake, would like assistance completing your intake, or if we can assist with anything else.

#### Answer's to last months questions:

- 1) Webinars/free 2) Protected Health Information 3) True

Answer the questions correctly and your name will be entered in a random drawing to be eligible to win a \$25 gift card.

1. The 3rd Annual Mental Health Awareness Event will be \_\_\_\_\_.
2. TPC's Leadership Team strongly believes in \_\_\_\_\_.
- 3 \_\_\_\_\_ employees of Texas Panhandle Centers are mandated reporters.



[Submit your answers to joyce.lopez@txpan.org. Deadline for responses is the 5th of the following month. You must type "Monthly Drawing" in the email subject line to be eligible. For those that do not have a computer, entries may be submitted via interoffice mail. The same requirements apply for hard copy submissions.](mailto:joyce.lopez@txpan.org)