



Here's What's Happening...

TEXAS PANHANDLE CENTERS
901 WALLACE BLVD. AMARILLO, TEXAS
www.texaspanhandlecenters.org

September 2023 Volume XX, Issue 9

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Serving the citizens of:

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

TAKE 5 TO SAVE LIVES

September is National Suicide Prevention Month

You have an important role in preventing suicide

Make a difference by taking these **5 easy action steps** and joining the worldwide movement to save lives.

| | | | | |
|---|---|--|---|---|
| | | | | |
| LEARN The Warning Signs, Risk Factors, and Protective Factors | KNOW How to Help Yourself, How to Help Others | DO Raise Awareness, Advocate for Change, Volunteer, Practice Self-Care | TALK About Suicide, Dispel Myths, Reduce Stigma | SHARE The Take 5 Campaign with Others |

TPC's Crisis Hotline:
806.359.6699 or 800.692.4039

Texas Panhandle CENTERS
Behavioral & Developmental Health
Making Lives Better

988 SUICIDE & CRISIS LIFELINE

Haz la diferencia tomando estos 5 pasos y únete al movimiento mundial para salvar vidas.



Take 5 to Save Lives in Support of Suicide Prevention

LEARN the warning signs, risk factors, and protective factors of suicide.

Learning the warning signs, risk factors, and protective factors of suicide will better prepare you to take action and could help save a life.

KNOW how to help yourself and others who may be struggling. By knowing exactly what to say and do, you'll be ready to act and keep yourself, your friends, and your family safe.

DO raise awareness, advocate for change, volunteer, and practice self-care.

Learn ways you can bring the suicide prevention movement to your school, workplace, or entire community.

TALK about suicide, dispel myths, and reduce stigma. Learn how talking about suicide safely and responsibly can reduce negative stigma and lead to increased help-seeking.

SHARE Take 5 to Save Lives with others. Help spread the word about Take 5 to Save Lives.

Please visit <https://www.take5tosavelives.org> to learn more.

Community Stakeholder Meeting

Tuesday's Panhandle/Amarillo State Hospital Stakeholder Engagement meeting was well attended. Judge Nancy Tanner introduced representatives from Texas Health and Human Services who facilitated the meeting and answered questions. County Judges, Sheriffs and other law enforcement officials were in attendance as well as other interested organizations. The meeting was held at the Moore County Community Center in Dumas. There are two more stakeholder meetings planned in November.



2023 PENNAL LECTURE

The Demand for Mental Health Treatment - Options for Access to Care and Coping Strategies

Friday, October 20, 2023

Hodgetown Stadium

Registration: 12:30 p.m.

Program: 1 - 2 p.m.

Networking: 2 - 4 p.m.

Panel speakers will feature:

Dr. Amy Stark - Texas Tech Physicians Psychiatry

Dr. Rachel Anderson - Texas Tech Physicians Pediatrics

Dr. Teresa Baker - Texas Tech Physicians OB/GYN

Dr. Shyla Arismendez - Northwest Physicians

Group-Primary Care

For more information:



Hosted by



Stock photo. Pexel by model. 231602401-1618320 8/23

Diversion and Deflection Teams

Libby Moore, Chief Clinical Officer

A group of behavioral health managers from TPC want to Dallas/Ft. Worth to learn more about what those areas are doing to help people access behavioral health care when law enforcement is called to assist. TPC is creating a partnership with our law enforcement agencies in the upper 21 counties to help divert people from a hospital or jail setting when the person is needing a lower level intervention. TPC was able to learn from the Diversion and Deflection teams in those areas. Through that interaction TPC will be able to implement some of the best practices learned.



TPC participated in the You Do Matter Suicide Awareness 3rd Annual Car & Bike Show in Hereford on Saturday. David and Mariana took TPC's MERV (mobile emergency response vehicle) and handed out resource information.



First day of Autumn



The fall equinox and the first day of autumn arrives on Saturday, September 23, 2023, at 2:50 a.m. EDT in the Northern Hemisphere. The equinox occurs at the same moment worldwide.

Not only do temperatures drop, but plant life slows down, days become shorter than nights as the sun continues to rise later and nightfall arrives earlier. According to Almanac.com, the full moon that occurs nearest to the autumnal equinox is always called the “Harvest Moon!” Why is that?

It has to do with farming. Around the fall equinox, the full moon rises around sunset for several nights in a row, traditionally providing farmers with just enough extra light to finish their harvests before the killing hard frosts of fall set in.

Note that fall foliage isn’t due to current weather conditions. This is a common misconception. Leaves change color because of the amount of daylight and photosynthesis. Learn more at almanac.com.



QM

Quality Management would like to recognize those case managers/service coordinators who score 95 or higher on the bi-monthly compliance reviews. All staff who score 95 or higher will have their name put in a drawing. After the two monthly reviews are completed a name will be drawn and the winner will receive a \$25 gift card. A special thank you to the **TICTOC Committee** who made it possible to offer this recognition.

Congratulations **Brooklyn Shoels, Children’s BH Service Coordination!**

Thank you for your hard work! Please reach out to Gaynelle Williams in QM for your gift card.



POINTS TO PONDER - DEFINING NEGLECT

Vania Beavers, Rights Protection Officer



When defining neglect, many people think of the extreme cases such as going without the basic necessities. The basic definition of neglect is failure to provide adequate clothing, nutrition, healthcare, or a safe environment; or failure to carry out agreed upon goals or medical orders. I see more allegations of neglect than I do of any other reportable event, because there are several other incidents that can fall into the category. These incidents include:

- Failure to do bed checks and/or brief checks
- Staff sleeping on shift
- Failure to provide supervision as outlined in their PDP and/or behavior plan
Staff throwing away food because the individual is not “acting appropriately” (playing with food, etc.)
- Staff showing up to work under the influence of alcohol or drugs (if you know of this happening, please report it to the supervisor immediately)
- Failure to provide individual’s medications

Also, remember that the individuals that we work with must be treated by all TPC employees with dignity and respect. Always use person-first language. Never speak to clients as if they are children. Remember those professional boundaries that need to remain intact.

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. Please cc 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.

"Only in the darkness can you see the stars."

—Martin Luther King, Jr.

Welcome these New Employees...

| | |
|------------------|----------------------------|
| Halimo Abukar | Westcliff Group Home |
| Thaddeus Bogus | Community Living |
| Marissa Cooney | Hereford Behavioral Health |
| Emma Frost | ASCI Amarillo |
| Kayla Fuller | IDD Nursing |
| Ruby Gamboa | Human Resources |
| Madison Porter | Crisis Redesign |
| Michelle Carr | CMHC Grant |
| Kara Gorman | IDD Service Coordination |
| Alexis Hernandez | IDD Service Coordination |
| Elana Hernandez | Browning Group Home |
| Jimmy Nye | SB 292 |



WHITE HAT AWARD

The IDD Service Coordination Department would like to present this month's White Hat Award to **Steven Garcia, Program Specialist**. Steven works hard to represent Texas Panhandle Centers in community events. He assists with organizing those events and community integration. He also works hard to assist with T-shirt designs and sales, among so many other responsibilities. Thank you Steven for all that you do for TPC and the IDD Service Coordination Department.



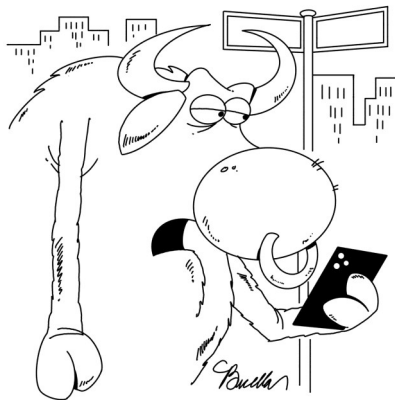
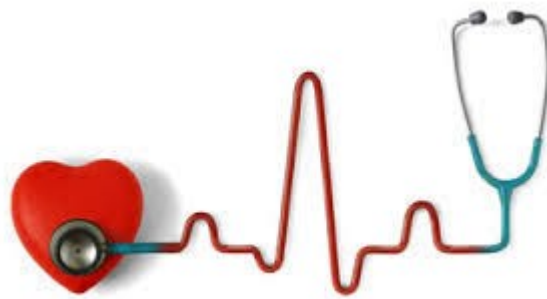
Cecilia Gallegos for IDD Service Coordination Department.

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

Save the Date!

TPC's Health Fair and Humdinger breakfast is set for Friday, October 27th. There will be a costume contest, a pumpkin carving contest, vendors, flu shots, food and more. More information coming soon!



"Hey, Siri, show me all china shops within a 5 mile radius."



"No, but if someone does turn in your mojo..."



Maria Ortega, Clerk, Adult Behavioral Health, 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.

FLU VACCINE: GET THE FACTS

YOUR BEST PROTECTION AGAINST FLU

Millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die.

The Centers for Disease Control and Prevention (CDC), public health professionals, and our practice recommend that everyone 6 months of age and older should get a flu vaccine every year. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent serious flu complications that can result in hospitalization and even death.^{1,2} A flu vaccine is the best way to help prevent flu and its potentially serious complications. Remember that flu vaccine not only protects you, but it also can help protect those around you.

FLU VACCINE REDUCES YOUR RISK OF FLU



CDC estimates that flu has resulted in 9 million – 41 million illnesses, 140,000 – 710,000 hospitalizations and 12,000 – 52,000 deaths annually between 2010 and 2020.³

40-
60%

Recent studies show that flu vaccination reduces the risk of flu illness by between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.



Since 2004, when pediatric flu deaths became nationally notifiable, the number of pediatric flu deaths reported to CDC each year prior to the COVID-19 pandemic ranged from 37 (2011-2012 season) to 199 deaths (2019-2020 season.)

While some people who get a flu vaccine still get sick, vaccination can make their illness less severe. Two recent studies among hospitalized flu patients showed that flu vaccination reduced intensive care unit admissions and duration of hospitalization.⁶

Remember that a flu vaccine not only protects you, but it also can help protect those around you, including people who are at higher risk for serious flu illness, like babies, young children, older adults, pregnant people, and people with certain chronic health conditions.

FLU VACCINATION ESPECIALLY IMPORTANT FOR SOME

Flu vaccination is especially important for people who are at higher risk of developing serious complications from flu, including children younger than 5, pregnant people, adults 65 and older, and people with certain chronic health conditions, such as diabetes, heart disease, and asthma.

PROVEN SAFETY RECORD

For more than 50 years, hundreds of millions of Americans have safely received seasonal flu vaccines and there has been extensive research supporting its safety.⁷ Side effects from flu vaccination are generally mild, especially when compared to symptoms of flu.⁷

Talk to someone in our office about getting a flu vaccine this fall. Our staff is ready to answer your questions.

Visit www.cdc.gov/flu for more information.



WELLNESS
WORKS

www.imstpa.com • P.O. Box 15688 • Amarillo, TX 79105



Last Updated AUGUST 2022

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

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) August 23, 2023 2) Burnout 3) Post

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

1. Failure to do bed checks/brief checks is an example of neglect. True or False
2. Learning the _____, _____, and _____ of suicide will better prepare you to take action and could help save a life.
3. A _____ vaccine is the best protection against the flu.



[Submit your answers to joyce.lopez@txpan.org](mailto: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.