

## Company Picnic

The 6th Annual Company Picnic will be held on September 15th from 11:00am to 2:00pm at the Children's Case Management building located at 7 Katy Drive. Activities at this year's picnic will include face painting / temporary tattoos, imagination play, and bouncy houses. Also, new for this year, we will be having a "white elephant" bingo! If you would like to participate in playing bingo, simply bring a "white elephant" prize with you. Once again there will be drawings for door prizes held. Any employee interested in participating in these drawings will need to enter their name. Music will be provided by Ernie Perez. Food will be provided for employees and their families. Catering for this year's picnic will be provided by Timber Creek. The menu will consist of brisket, pulled chicken, baked beans, coleslaw and cheesy potatoes. The Center will provide water and tea as well. Sign up sheets are located in the resource room at the main building, and at each of the other site locations. Be sure to sign up to ensure there is an ample amount of food provided for all attending. Anyone who is interested in helping set up before the picnic, or clean up after the picnic, please be sure to contact Misti Mustain. We look forward to another year of family fun shared with co-workers! (see flyer on page 7)



## Family Day

### A Day to Eat Dinner with Your Children



Created in 2001, Family Day is a day geared toward encouraging families to enjoy a meal together. Statistics show, according to The National Center on Addiction and Substance Abuse (CASA) at Columbia University, that the more often children eat dinner with their families, the less likely they are to have issues with alcohol and drugs.

This year Family Day, which falls on the 4th Monday of September, will be on September 24th.

#### Facts:

- Each day more than 13,000 children and teens take their first drink.
- Children and teens that begin drinking before age 15 are four times likelier to become alcohol dependent than those who do not drink before age 21.
- More than five million high school students, almost a third, admit binge drinking at least once a month.
- On average, teenagers who use alcohol, tobacco and marijuana begin using them between 12 and 14 years of age, with some of the highest risk kids starting to use even earlier.
- More than forty percent of America's teens – some 10 million – can buy marijuana within a day and 20 percent—some 5 million—can get it in an hour or less.
- One-third of teens and nearly half of 17-year olds attend house parties where parents are present and teens are drinking, smoking marijuana or using cocaine, Ecstasy or prescription drugs.
- Teens who have infrequent family dinners are more than twice as likely to say that they expect to try drugs in the future.
- Teens who have infrequent family dinners are twice as likely to use tobacco or marijuana; more than one and a half times likelier to use alcohol; and twice as likely to expect to try drugs in the future.
- Nearly one-quarter of all girls report beginning to drink alcohol before age 13.

[www.casafamilyday.org](http://www.casafamilyday.org)

For more information on Family Day visit these websites:

<http://www.kansasfamily.com/programs/familyday/>

<http://casafamilyday.org/familyday/>

<https://www.facebook.com/FamilyDayKansas>

**“YOU are the more potent and underutilized tool to prevent your children from using substances and engaging in risky behavior.”**

Joseph A. Califano, Jr., CASAColumbia Founder and Chairman Emeritus





## Building Progress

LCMHS is pleased to announce to the employees that at the August Board meeting, the Board approved plans for the remodeling project which is to take place at the Corning Building, as well as changes to the main building. We have received word from Terry Hardman, LaForge & Budd that "work should begin within the next two or three weeks." We will be sure to keep employees updated on the progress of the work being done! This is an exciting new venture for the Center and we are looking forward to the completion of this project and the use of our new facilities!

## Navigator's Begin School Program

The Navigator's school program began on August 27th. This program takes place in all USD 503 schools, Labette County High School, Altamont elementary school and Oswego High School. The program also serves children in an after school setting at the Navigator's building located at 400 N. Central.

## Time for Yearly HIPAA Trainings!

It is time for employees to complete the required yearly HIPAA trainings. This year the training is available on DVD. The DVD, which will be kept in Sandy's office, can be checked out by employees needing to complete the training. There will also be trainings set up by supervisors to be held during regular meetings. To find out more about when a department will be having a training, please contact an immediate supervisor. Once the DVD has been viewed, the test for the training must be completed. The test can be located on the F drive, BS Folder, under the title HIPAA. It can also be found on the company website under the employee login section. This test is a total of four pages long and must be completed in its entirety. Test needs to be printed out, taken and returned to Deb Williams, Corporate Compliance. After passing with at least an 80% individuals will receive HIPAA Certification 2012-2013. For further information or questions, please contact either Deb Williams or a supervisor.



*Our Vision ~ Provide the highest quality of comprehensive services to empower the people and communities of Labette County. We envision fulfilling and meaningful lives for those we serve.*

*Our Mission ~ Create hope and opportunities for life change by providing education, support, consultation and therapeutic behavioral health services to the people and communities of Labette County.*

## Next Weigh in for Wellness Program:

The next weigh in for the wellness program will take place on September 20th from 10:00am to 11:00am. For more information, or if you are unable to attend, please contact Natasha Purcell, Human Resources.

## How's your cholesterol?

Keeping your cholesterol levels healthy is a great way to keep your heart healthy – and lower your chances of getting heart disease or having a stroke. Cholesterol can be tricky to understand, though, because not all is bad for you. Some is actually good for you. The most important thing you can do as a first step is to know your cholesterol numbers by getting your cholesterol tested. Your test report will show your cholesterol levels in milligrams per deciliter of blood (mg/dL). To determine how your cholesterol levels affect your risk of heart disease, your doctor will also take into account other risk factors such as age, family history, smoking and high blood pressure.

**There are usually no symptoms of high-risk cholesterol, yet the dangers are very real – even fatal.**

A lot of people don't take the risks of high cholesterol very seriously. After all, one out of six people have high cholesterol. A staggering 50% of Americans have levels above the suggested limit. Could something so common really be a serious health risk?

Unfortunately, yes. "Despite all of the amazing medicines and treatments we have, cardiovascular disease is still the number one cause of death and illness in our society," says Laurence S. Sperling, MD, director of preventive cardiology at the Emory University School of Medicine, Atlanta, Ga.

The World Health Organization estimates that almost 20% of all strokes and over 50% of all heart attacks can be linked to high cholesterol.

But if you've been diagnosed with high cholesterol, don't despair. The good news is that high cholesterol is one risk factor for strokes and heart attacks that you can change. You just need to take action now, before your high cholesterol results in more serious disease.

Source: [www.webmd.com](http://www.webmd.com)  
[www.heart.org](http://www.heart.org)

## Quick Back to School Breakfast Recipe!

### Breakfast burritos



These make delicious breakfast ideas and can be made ahead and frozen. Pop one in the microwave just before you head out the door.

#### Ingredients:

Canola oil  
3/4 pound chorizo sausage, casings removed and crumbled  
1/2 cup finely chopped red onion  
4 eggs, beaten  
4 flour tortillas  
1 cup shredded cheddar cheese

#### Directions:

Heat the oil in a large frying pan. Add the chorizo and cook over medium high heat until well browned and crumbled. Add onion and continue cooking until onion is tender.

Add the beaten eggs to chorizo mixture. Reduce heat to medium-low, and continue cooking and stirring until eggs are fully cooked and no longer runny.

Spoon mixture into the middle of each tortilla and top with shredded cheese. Roll up like a burrito and serve immediately or wrap individually and freeze.

## KU Student Does Internship with LCMHS



Cyndi Antoni joined the staff at LCMHS on August 27th. Cyndi will be doing her internship with the Center while she attends KU to earn her masters degree. Cyndi received her Bachelor's of Science degree in Family Consumer Sciences, emphasis in Early Childhood Education, from Pittsburg State University. She will be interning at the Center over the course of the next two years. During her first year she will function as a case manager and group facilitator. During her second year she will function as a therapist and assist with case management when needed. Cyndi is happily married with four children. We would like to welcome Cyndi to Labette Center as she works towards her Master's Degree!

## Jessica Ramsey Begins Studies at KU

On August 21st, Jessica Ramsey, Children's Case Manager, began her studies at KU. She will attend classes at KU for 2 years in order to gain her Master's Degree. Over the course of the next 2 years, Jessica will work in various settings throughout the Center to accomplish the necessary requirements for her internship. This includes work she will be doing in the adult program as well as in schools. Good luck to Jessica as she begins her studies at KU!

## Farewell

LCMHS would like to wish Jack and Judy Robinson farewell and best wishes in their future endeavors. Jack and Judy did attendant care work for the Center in the adult and children's departments. Their last day with the Center will be on September 19th. Good luck to Jack and Judy in the adventures that lie ahead.

## Labette Center Receives High Fidelity

Labette Center was found to be in high fidelity with the policies and practices of the KU Individual Dual Disorders Treatment (IDDT) evidence based practice during a recent review. This practice focuses on how to best work with individuals who have both a mental illness and a substance misuse disorder. The Fidelity Scale is used to check the performance and structure level at which the Center operates and provides services measured against the Evidenced Based Practice of IDDT. The importance of following fidelity is that for clients that struggle with substance use disorders and severe mental illness we provide evidenced based treatment in a holistic approach to care. We provide the best care available in outpatient practices in the state and nationally for people that struggle with these illnesses. Thank you to all the employees of LCMHS which made receiving this status possible.

## Discount Tickets to Silver Dollar City and Worlds of Fun

LCMHS is associated with the corporate discount programs with both Silver Dollar City and Worlds of Fun.

The information to log on to the Silver Dollar City website is:

**Web Address:** [www.sdcticketoffers.com](http://www.sdcticketoffers.com)

**Promo Code:** **15512** Labette Center for Mental Health Services

**Showboat Promo Code:** **PARTNER**

The information to log on to the Worlds of Fun website is:

**Web Address:** [www.worldsoffun.com](http://www.worldsoffun.com)

**Promo Code:** **Charlie**

## August Birthdays

Jessica Boone	September 1st
Navigator's Aide	
Jeanne McCallum	September 8th
Therapist	
Angela Johnson	September 17th
Adult Case Manager	
Lisa Morse	September 28th
Night Receptionist	
Adam Sallee	September 28th
Children's Case Manager	



## Employee Anniversaries

Virginia Standley	14yrs	Sept. 1st
Parent Support		
Kenisha Morton	6yrs	Sept. 1st
Children's Case Manager		
Sandra Dickerson	19yrs	Sept. 7th
Dir. of Business & Financial Operations		
Jeanne McCallum	11yrs	Sept. 13th
Therapist		
Robin Rogers	1yr	Sept. 30th
APRN		



Last Quarter September 8th  
New Moon September 15th  
First Quarter September 22nd  
Full Moon September 29th

## Visit our Website!

Check out the Website! Visit [www.lcmhs.com](http://www.lcmhs.com) and see what the center is doing. Be sure to let your clients know if they need any information they can check our website. There are also forms available that can be printed off. Employees can get on the website, log in and get employee specific information! If an employee needs his/her password, please feel free to contact me at [msimpson@lcmhs.com](mailto:msimpson@lcmhs.com)

Also - Join us on **FACEBOOK!!!** Updates, quotes, mental health news, etc are posted on the Center's FACEBOOK page on a regular basis.

## American History in August

**September 1<sup>st</sup>, 1869** - National Temperance Convention formed the Prohibition Party in Chicago.

**September 1<sup>st</sup>, 1939** - Germany launched a major invasion of Poland leading to Britain and France demanding them to withdraw.

**September 1<sup>st</sup>, 1972** - Bobby Fischer became first American world chess champion.

**September 1<sup>st</sup>, 1983** - President Reagan orders 2000 Marines into Beirut.

**September 1<sup>st</sup>, 1985** - Titanic was found. It had sunk in 1912.

**September 2<sup>nd</sup>, 1789** - Congress created the Treasury Department. Alexander Hamilton was named the first Secretary of the Treasury.

**September 2<sup>nd</sup>, 1864** - General Sherman occupied Atlanta after Hood's troops withdrew during the Civil War.

**September 2<sup>nd</sup>, 1945** - Japan surrendered aboard the *USS Missouri* to end World War II.

**September 3<sup>rd</sup>, 1939** - Britain and France officially declared war against Germany to start World War II.

**September 5<sup>th</sup>, 1774** - First Continental Congress met in Philadelphia.

**September 7<sup>th</sup>, 1977** - President Jimmy Carter signed an agreement with Panama to allow for the release of the Panama Canal to Panama.

**September 10<sup>th</sup>, 1833** - President Andrew Jackson announced that the US government will not use the Bank of the United States for deposits anymore. This causes a lot of dissension.

**September 11<sup>th</sup>, 1841** - All members of John Tyler's cabinet resigned except Daniel Webster after the President vetoed a Whig-sponsored bank bill.

**September 11<sup>th</sup>, 1842** - Mexican soldiers entered Texas and captured San Antonio.

**September 11<sup>th</sup>, 1944** - Franklin Roosevelt and Winston Churchill met to discuss defeating Germany and Japan during World War II.

**September 11<sup>th</sup>, 2001** - Al Quada terrorists hijacked four planes, destroyed the Twin Towers, hit the Pentagon, and had their final attempt to hit another American target foiled by the last plane's passengers.

**September 13<sup>th</sup>, 1788** - New York was named the temporary federal capital of new national government.

**September 15<sup>th</sup>, 1972** - Watergate burglars were charged after the breaking at the Watergate Hotel.

**September 16<sup>th</sup>, 1620** - Pilgrims set sail from Plymouth.

**September 18<sup>th</sup>, 1851** - *New York Times* was published for the first time.

**September 21<sup>st</sup>, 1780** - Benedict Arnold gave the British the plans to West Point during the American Revolution.

**September 23<sup>rd</sup>, 1806** - Lewis and Clark returned after exploring the Louisiana Purchase.

**September 24<sup>th</sup>, 1806** - 1869 - Black Friday occurred when gold prices plummeted as Jay Gould and James Fisk tried to control the gold market during President Ulysses Grant's time in office.

**September 24<sup>th</sup>, 1957** - President Dwight Eisenhower sent the National Guard in to enforce desegregation of schools in Little Rock, Arkansas.

**September 25<sup>th</sup>, 1890** - Yosemite National Park established.

**September 27<sup>th</sup>, 1964** - Warren Commission officially rejected conspiracy in John Kennedy's assassination.

**September 28<sup>th</sup>, 1920** - Black Sox were indicted on fixing the 1919 World Series.

**September 28<sup>th</sup>, 1979** - US Department of Education officially founded as part of the President's cabinet.

**September 30<sup>th</sup>, 1927** - Babe Ruth hit sixty home runs.

**September 30<sup>th</sup>, 1933** - Franklin D. Roosevelt proposed the New Deal.

[www.about.com](http://www.about.com)

## August is . . . . .

ACK Responsible Dog Ownership Month  
All American Breakfast Month  
Attention Deficit Hyperactivity Disorder Month  
Baby Safety Month  
Childhood Cancer Awareness Month  
Gynecology Cancer Awareness Month  
National Recovery Month  
National Childhood Obesity Awareness Month  
National Ovarian Cancer Awareness Month  
National Prostate Cancer Awareness Month  
Save The Koala Month  
Self Improvement Month  
Whole Grains Month  
International Enthusiasm Week (1-8)  
National Assisted Living Week (9-15)  
Suicide Prevention Week (9-15)  
Build a Better Image Week (16-22)  
Deaf Awareness Week (16-22)  
National Clean Hands Week (16-22)  
Substitute Teacher Appreciation Week (16-22)  
Constitution Week (17-23)  
National Dog Week (23-29)  
National Keep Kids Creative Week (23-30)  
Remember to Register to Vote Week (23-29)  
Labor Day (3)  
Newspaper Carrier Day (4)  
National Lazy Mom's Day (7)  
International Literacy Day (8)  
World Physical Therapy Day (8)  
Fetal Alcohol Spectrum Disorders Day (9)  
National Grandparent's Day (9)  
Wonderful weirdoes Day (9)  
World Suicide Prevention Day (10)  
National Day of Service and Remembrance (11)  
Patriot Day (11)  
Video Games Day (12)  
Kids Take Over the Kitchen Day (13)  
Stand up to Cancer Day (14)  
Google.com Day (15)  
Boys' and Girls' Club Day for Kids (15)  
Mayflower Day (16)  
Stepfamily Day (16)  
Trail of Tears Commemoration Day (16)  
Constitution Day (17)  
VFW Ladies Auxiliary Day (17)  
National Attention Deficit Disorder Awareness Day (18)  
National HIV/AIDS and Aging Awareness Day (18)  
National POW/MIA Recognition Day (21)  
World's Alzheimer's Day (21)  
American Business Woman Day (22)  
Hobbit Day (22)  
Ice Cream Cone Day (22)  
AKC Responsible Dog Ownership Day (22)  
National Hunting and Fishing Day (22)  
Family Day—A Day to Eat Dinner With Your Kids (24)  
National Voter Registration Day (25)  
Johnny Appleseed Day (26)  
National Good Neighbor Day (28)  
Family Health and Fitness Day USA (29)  
National Coffee Day (29)



WITH FINANCIAL PEACE WORKPLACE EDITION, YOU WILL LEARN HOW TO

# TAKE CONTROL

OF YOUR LARGEST WEALTH-BUILDING TOOL: YOUR INCOME!

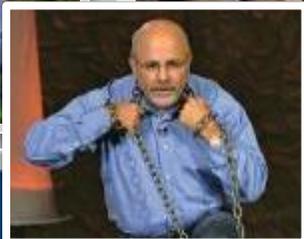
## Learn How To:

Get out and stay out of debt

Create a budget that works

Agree with your spouse on money

Invest and retire with confidence  
*and much more!*



## Your Membership Includes:

Dave's #1 best-seller,  
*Financial Peace Revisited*

Personalized budget forms

Convenient CD library

Dave's unique envelope system

Lifetime access to classes

3-CD Theme Set of *The Dave Ramsey Show*

Zig Ziglar's *The Goals Program* DVD

Additional online resources including  
budgeting tools, videos, forums and more!

Dave Ramsey's

**Financial Peace**  
WORKPLACE EDITION

---

*Labette Center for  
Mental Health Services, Inc.*

---

Cordially invites you and your family to the:

*6th Annual  
Employee Picnic*

Join us for Food, Friends, Family & Fun

*11am—2pm*

*September 15, 2012*

CBS Building  
7 Katy Drive  
Parsons Kansas



Signup sheets are located at each building.

**RAISE \$50+=FREE T-SHIRT!**

Help Us Kick Off the 2013 Campaign by

Showing Your Spirit And Raising Some Dollars For Our First Annual

# Walk United Fun Walk

## For the Labette County United Way



**Date: Saturday, September 22<sup>nd</sup>**

**Location: Forest Park, Parsons, KS**

**Registration begins at 8:30 a.m.**

**THIS 1 MILE FUN Walk Begins at 9:00 a.m.**

---

Team up with friends, family, co-workers, or other groups to help us Raise \$\$ for the Labette County United Way! (Strollers Welcome!) If you don't have a team, pick your preferred United Way supported agency, and join one of ours! Refreshments will be available.

**PRIZES for Youngest "Walkers", Most Team Spirit, Team That Raises the Most Dollars for the United Way, And More!**

### **REGISTRATION INFORMATION:**

#### **EDUCATION ALERT**

Each agency supported will have a booth to provide information, including how your donations help citizens every day in Labette County, along with current ***Volunteer opportunities!***

Register at Commercial Bank, Labette Bank, The Labette County Red Cross, OR Walk Day Sign Ups Welcome!

**PRE-REGISTER BY SEPT. 14<sup>TH</sup> FOR WALK DAY T-SHIRTS**

***NO FEE - BRING DONATIONS ON WALK DAY W/TOTALS!***

Questions? [Mindy.Kimrey@redcross.org](mailto:Mindy.Kimrey@redcross.org) / Cathy: 620-423-7330