

# *Labette Center for Mental Health Services, Inc.*

## **Company Newsletter**

September 2015

Volume 9 Issue 9

Editor: Monica M. Simpson



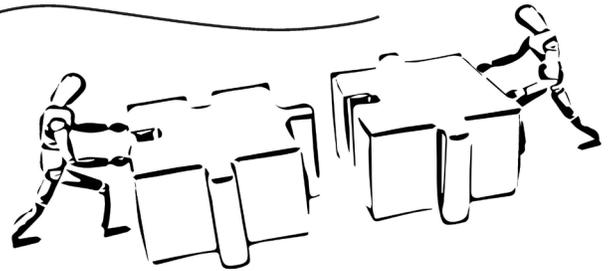
### **Recovery Month Shirts Worn on Fridays**

It's officially Recovery Month! During the month of September employees may wear their Recovery Month shirts on Fridays to help celebrate recovery!

Recovery Month is celebrated each September in honor of individuals who have found recovery from substance use and mental illness. Recovery often means different things for different individuals. As with many medical issues, recovery doesn't always mean that a person is completely cured. It may mean that the person has found a way to successfully navigate their life through the help of medications and therapy.

This year's recovery shirts state, "Together we can make anything happen!"

*Labette Center for  
Mental Health Services, Inc.*



*Together we Can Make  
Anything Happen!*

*Recovery Month  
2015*

Don't miss our Annual Recovery Month Event on September 10th at 5:30pm with Keynote Speaker Marti MacGibbon! "An Evening of Recovery" will be held at 112 17th Street Parsons KS (The Municipal Building Basement.) Pizza will be served from 5:30 pm until gone. The event will begin at 6pm and last until 8pm. Information will be provided by local recovery based groups followed by local recovery stories. Marti MacGibbon will present, "Resilience, Recovery, and the Power of Gratitude at 6:30pm. The night will end with well over 20 door prizes being given away! For more information or to get flyers for the event contact Monica Simpson.

**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.**

## New Employees



Labette Center would like to welcome Robert Queen, Jr. to our staff. Robert began working at the Center on August 31st in the Community Support Services department as an adult case manager. A Parsons native, Robert attended and graduated from Parsons High School. He enjoys spending time outdoors, including camping with his wife, as well as reading. An avid animal lover, he and his wife have a dog and a cat that they enjoy spending time with amidst their busy schedules while both attend college. Robert will graduate with his AA in Social Sciences, emphasis in Sociology soon and will then begin working towards a bachelor's degree in Social Science. Welcome Robert!

## Presentation at Oswego Schools

On September 3rd Mark Gardner, Substance Use Counselor, gave a presentation at Oswego Schools to grades 7 through 12. A total of 184 youth, plus staff, were in attendance for the presentation which focused on the issues that can occur due to substance use. Mark gave the students and staff information about alcohol, marijuana, and synthetic drugs. He also covered legal ramifications, court ordered supervision (and the various types) and how substance use can affect relationships with family and friends. Mark also showed ads from [www.drugfreeworld.org](http://www.drugfreeworld.org) to help the youth better understand the dangerous of using substances.

This presentation was prompted by a new drug testing policy going into effect in Oswego schools. Michelle Willis, the school nurse, went over the expectations and procedures of the drug testing policy with the youth during the presentation. Oswego schools will be using an oral swab method for drug testing.

## MCO Health Home Operational Manual Work Group

Deb Williams was one of the three Health Home Partner Coordinators who was asked to be a part of this very important work group. The purpose of this group is to write a manual for all of the health home partners to follow. It will give new and existing partners to have instructions and information to use in order for the health homes to all function closer as a cohesive group across the state.

## National Pie Month Cook off!



Labette Center will be having a Pie Cook Off on Thursday, September 17 in the Multipurpose Room.

To enter the cook off, participants will bring a homemade pie to the multipurpose room on September 17. Each person will be assigned a number; no names will be used to identify the pies. Judging will be based on employee's sampling the pies and placing a vote for the best one in a designated box which will be located in the multipurpose room. The pie with the most votes wins! The winner of the pie cook off will receive a 9x13 covered cake pan made by SilverStone Hybrid Ceramic Bakeware.



For questions about the pie cook off, please contact Natasha Purcell.

## Staff Attend First Health Home Conference

The first Health Home conference was put on by KDHE and WSU. It was held August 11th & 12th in Wichita. Three staff attended the conference from our Health Home. We were able to connect and network with health homes across the state, the representatives from the three MCO's and staff members from KDHE and WSU. Deb Williams was asked by the KDHE and WSU conference coordinators to present at the conference. The presentation was on Provider Engagement and Collaboration; it was very well received and from comments made in both the evaluations and in person, many walked away with new information and ideas they were going to sue within their own health homes.



**Last Quarter Sept. 5th**  
**New Moon Sept. 13th**  
**First Quarter Sept. 21st**  
**Blue Moon Sept. 27th**

## Sleep

Up until the 1950s, most people believed sleep was a passive, almost dormant part of our lives. Sleep was thought of as something that people “just needed”. However, recent studies have found that we are very active when asleep. Sleep allows our nervous system to repair neurons and exercise important neuronal connections that might otherwise deteriorate from lack of activity.

## Sleep Deprivation

In today’s fast paced world, it has become the norm to steal time away from our sleep. An average person should get seven to eight hours of sleep, give or take a little. Do you see yourself not giving your body enough time to recuperate? So do 40 million other Americans every year. These people suffer from chronic, long-term sleep disorders, and an additional 20 million experience occasional sleeping problems.

With such a large number of American’s suffering from sleep problems, it is a wonder it is not interfering with work more. Sleep deprivation causes you to be drowsy and unable to concentrate the next day. It can also lead to impaired memory, hallucinations, and mood swings. Given a good number of tired employees, an organization’s productivity will eventually account for the lost sleep. So before you go robbing yourself of sleep, think of how it interferes with work, family and even social activities. Sweet Dreams!

Sources: National Institute of Neurological Disorders and Australasian Sleep Association.



The Employee Satisfaction Committee's role is to uncover issues having a bearing on employee turnover, engagement, retention, and satisfaction. The goals of the committee are to reduce undesirable turnover and continue to improve the overall satisfaction of employees. The committee's mission is to brainstorm ideas, gather information and help define issues associated with employee turnover, engagement, and satisfaction. The Committee will regularly meet with Matthew Atteberry, Executive Director to provide input. The members of the Employee Satisfaction Committee are: Liz Davis, Melissa Lunsford, Asha Patel, Virginia Standley, Jessica Ramsey, and Cassie Alexander.

## LCMHS Shirts

Currently I have several shirts available in my office that can be purchased. I have a variety of colors in men’s and women’s polyester short sleeve polo shirts, a few women’s long sleeve polo shirts and a couple T-shirts. Anyone who is interested in purchasing one of these shirts please feel free to come by and take a look! Also, I have come to possess some Center shirts that are gently used that individuals have brought into me. Currently I have two size small shirts that I will give to employees on a first come first serve basis. If anyone else has shirts they would like to have given to other employees, feel free to bring them by my office.

Thank you!  
Monica

## Silver Dollar City/Worlds of Fun Tickets

Great news everyone! Our company rates for Worlds of Fun and Silver Dollar City are working again!

For Silver Dollar City there has been a new promo code assigned to the center. The code is 25712. To utilize this code and receive a 20% discount on tickets, go to: <http://store.silverdollarcity.com>. Silver Dollar City has changed their promotion program. In order to continue receiving this discount on tickets, there needs to be at least 50 tickets purchased with the Center’s code between now and March 2016. If there are not at least 50 tickets purchased with that code, the Center will lose the promotion program.

The promo code for Worlds of Fun is lcmhs15. All you have to do is go to the parks websites and enter the code to be able to buy tickets at the discounted price. This information is available on the employee login section of the website. Posters and other information will be distributed as it becomes available.

## September is . . . .

AKC Responsible Dog Ownership Month  
All American Breakfast Month Link  
Attention Deficit Hyperactivity Disorder Month  
Eat Chicken Month  
Gynecology Cancer Awareness Month  
National Recovery Month  
National Head Lice Prevention Month  
National Ovarian Cancer Awareness Month (Gov't)  
National Prostate Cancer Awareness Month  
National Waffle Week: 6-12 (First Week)  
Suicide Prevention Week: 7-15 (Always has 10th in it)  
Fall Astronomy Week: 22-26  
Bacon Day: 5  
Labor Day: 7  
National Attention Deficit Disorder Awareness Day: 7  
(World) Suicide Prevention Day: 10  
Patriot Day: 11  
Stand Up To Cancer Day: 11  
Scooby-Doo Day: 13  
Miss America Pageant: 13  
National Hug Your Hound Day: 13 (Second Sunday)  
National Kreme Filled Donut Day: 14  
Air Force Birthday: 18  
National Cheeseburger Day: 18  
International Eat An Apple Day: 19 (3rd Saturday)  
Talk Like A Pirate Day: 19  
Ice Cream Cone Day: 22  
Fall (Autumn) Equinox: 23 (4:21 am)  
Save The Koala Day: 25 Link (Last Friday)  
Batman Day: 26 Link  
Johnny Appleseed Day: 26  
National Good Neighbor Day: 28  
World Heart Day: 28 Link (Last Monday)  
National Mulled Cider Day: 30



### Have you checked us out Online!

Have you visited our website lately!!!! If not, stop by and check out the changes we've made! Go to [www.lcmhs.com](http://www.lcmhs.com) and see some of the new features we've added. You can now recommend a page from our website to Facebook, LinkedIn, Twitter or Google+! Be sure to let your clients know if they need any information they can check our website.



### Birthdays:

Dana Casper	September 4th
Navigator's Aide	
Jordan Marlo	September 6th
Children's Case Manager	
Jeanne McCallum	September 8th
Therapist	
Joeseph Thornton	September 12th
Community Corrections Case Manger	
Buddy Aherns	September 19th
Navigator's Aide	
Jennifer Vaughan	September 21st
Care Coordinator	
Lisa Morse	September 28th
Intake Receptionist	
Adam Sallee	September 28th
Children's Case Manager	



### Anniversaries:

Virginia Standley	Sept. 1st	17 yrs.
Parent Support Specialist		
Sandra Dickerson	Sept. 7th	22 yrs.
Director of Business & Financial Op.		
Jeanne McCallum	Sept. 13th	14 yrs.
Therapist		
Renee Roberst	Sept. 16th	2 yrs.
Substance Use Counselor		
Jessica Ramsey	Sept. 17th	8 yrs.
Therapist		
Andrea Schibi	Sept. 17th	2 yrs.
My Family Coordinator		
Kenisha Morton	Sept. 21st	9 yrs.
CBS Team Leader		