



Inside this Issue:

30 Years of Service	pg 1
National Social Work Month	pg 1
Walk Kansas	pg 1
Trivia	pg 2
Congratulation Kim and Sandy	pg 3
Youth skills Group	pg 1
March is	pg 4
Birthdays	pg 4
Anniversaries	pg 4
US/American History	pg 4

LCMHS Celebrates 30 Years of Services!

Thirty years of service would seem like a long time to some, and the blink of an eye to others. As quickly as time passes by, the memories that were made during that time linger on and remind us all of what used to be. For some, it may be a life long memory, one that has always been around, and for others there is a sense of that moment when something took place. There are those people who can remember when the first man walked on the moon, and others who have only heard stories of that event. Labette Center for Mental Health Services is no different to the residents of Labette County. There are individuals who will remember when the Center opened and the help that began being given to the citizens of Labette County, and others who just know it has always been there for them. The help and hope that the Center has provided for the community continues on and provides a service that so many have come to rely on.

“30 yrs of Service” cont. on pg 2

March is National Social Worker’s Month!!!!

Each year, the National Association of Social Workers honors social workers across the country with National Professional Social Work Month. This important observance is an annual opportunity for the profession to reflect on its history, celebrate the important work that is being done, and look toward a promising future for all those social workers serve. In 1984, the White House official declared March as National Professional Social Work Month. The main goal of Social Work month is to increase public awareness of the Social Work profession. For March 2009, the theme for Social Work Month is “Social Work: Purpose and Possibility.” This theme, along with the logo, were created to convey the infinite possibilities and connections that social workers make in the lives of individuals, families, and communities.



Above is the 2009 logo for Social Work Month.

History of Social Work:

In 1898, at Columbia University, the first social work class was offered. In 1998, the social work community celebrated the centennial year of existence. At that time there were many artifacts from across the country that were donated to the Smithsonian Institute in Washington DC to commemorate the event. Social work pioneer Jane Addams was one of the first women to receive a Nobel Peace Prize, which was awarded in 1931. She was best known for establishing settlement houses in Chicago for immigrants in the early 1900s. Addams was a dedicated community organizer and peace activist. The first woman to be appointed to the Cabinet of a President was a social worker by the name of Frances Perkins. While working with President Roosevelt as the Secretary of Labor, Perkins drafted much of the New Deal legislation in the 1940’s. Other Famous Social Workers include, Whitney M. Young Jr., Harry Hopkins, Dorothy Height, and Jeanette Rankin.

www.socialworkers.org

Walk Kansas 2009

LCMHS will be participating in the 2009 Walk Kansas Program through the Labette County Extension Office in Altamont. Walk Kansas is a program designed to help individuals lead healthy lifestyles with the use of physical exercise, nutritional diet, and reduced stress. Each team consists of 6 members who will work towards a health lifestyle goal. The team members will track their physical activity through “Walk Kansas” miles. A “Walk Kansas” mile is 15 minutes of physical exercise. The goal is to do 10 “Walk Kansas” miles per week (or 150 minutes per week). Walking is not the only activity that will count. Any physical activity that raises the heart rate, whether it is working in the garden, walking around the block or anything in-between will count. Team members will also track their fruit and vegetable intake each week. The daily recommended serving of fruits per day is 2 cups and the daily recommended serving of vegetables is 2 1/2 cups. LCMHS will have two teams participating in the event. Team 1 includes Nikki Rosenstiel, Mandy Shaw, Michelle Vance, Norma Cunningham, Matt Atteberry and Monica Simpson. Team 2 includes Virginia Standley, Beth Engels, Babette Collins, Jessica Ramsey, Cary Smith, and Tara Fleck. There will be posters in the break room at the main building showing each persons progress throughout the event. Walk Kansas is an 8 week event, beginning on March 8th and will last through May 2nd. Be sure to help encourage the participants in their endeavors and watch the progress as the 8 weeks goes by!

www.walkkansas.com

more information on pg 3

On March 1st, 1979, Labette Center for Mental Health Services opened its doors to the public. At that time the Center was located on the first floor of Labette Health (then called Labette County Medical Center). It was open from 9am to 5pm Monday - Friday and housed only two employees. The Center's Board of Directors hired Dr. Jack Martin, a local psychologist, as the first employee. He was given the title of Administrator and psychologist for the Center. Before becoming a part of Labette Center for Mental Health, Dr. Martin was employed at the Parsons State Hospital and Training Center. The only other employee of Labette Center for Mental Health Services on that opening day in 1979 was Nancy Dorsey. Mrs. Dorsey was hired as the Center's receptionist and office manager. As of the day the Center was opened, the Board of Director's consisted of; Chairperson, Virginia L. Tippett, Carol Cook, Charles Olson, Marilyn Martin, the Rev. James O'Shea, Mary White and Kirk Wycoff. The Board had been established the previous year. In the first five weeks of work, the Center saw a total of 36 individuals and on April 4th, 1980 the Center began officially seeing clients in Oswego at the office of Dr. Richardson. Jim Hinegardner, M.S.W. had been employed by the Center by that time and would drive to Oswego. Clients were seen at that office on Friday's only from 9am to 4pm. In May of 1980, the Center moved to the Scaletty Building located at 2326 Main. The center had increased to a caseload of 300 or more individuals and was in need of more space. The Center's motto was at that time, and still is today, "Help for Today, Hope for Tomorrow."

The Center had not yet found it's home and moved again. This time, they were moving to 3101 Main. By 1982, the Center had doubled in size and was growing more every day. The Center expanded the hours of service until 8pm Monday through Thursday in February of 1988. At that time, the Center employed a total of two full-time and three part-time counselors, and a psychiatrist two days a week. By 1995, with the coming of the Project Kan Focus Grant, the expansion of staff and the need for more room, the Center was once again ready to move into yet another office building. The purchase of property located at 1730 Belmont (the Center's current location) was finalized, and the move occurred October 2nd, 1995. The dedication of that building took place on November 19th, 1995. Upon the retirement of Dr. Jack Martin in October of 2002, Matthew Atteberry, LCSW became the Center's new Executive Director. Mr. Atteberry began working for the Center on January 29th, 1990. During that time, he was a social worker for the Center, and later the Director of Children's Services. In the year 2008, the center had a total count of 1777 unduplicated clients that were seen.

Throughout the years, the Center has continued to grow and flourish. It now houses a total of 60 employees, operates from four different buildings located throughout Parsons and has a satellite office in Oswego where clients are seen on Thursday's every week. Property at 21st Street and Corning Drive (previously Mayse Automotive) was purchased in the early 2007 and plans for the construction of a new building began to take place. Excitement over the project has moved through the staff from that time to the current. Plans have been drawn and redrawn and the prospect of moving again to a brand new building is greatly anticipated by all those who are employed at Labette Center for Mental Health. Although plans for

construction of the new building have currently been put on hold, there is still the promise of the new building in the air. The current Board of Directors for Labette Center for Mental Health Services includes Chairperson, Linda Rife, Jean McCandless, Jack Flynn, Kirk Wycoff, Tommey McLarty, Nancy Boegel, Dee Bohnenblust, and Kelly Rector. All of those who are employed by Labette Center for Mental Health Services, Inc. look forward to a bright and wonderful future serving Labette County, and are very grateful to the citizens of Labette County for the last 30 years of service the Center has been able to provide to the residents of this community. They, as a team, all look forward to many more years of service for the people of Labette County, and the continued opportunity to provide "Help for Today, Hope for Tomorrow".

The month of May is the designated time of year to raise awareness of Mental Health needs and successes, and is so designated "Mental Health Month". A Chamber of Commerce associated meet and greet will be held by the Center on May 12th, 2009 to celebrate not only 30 years of service to the Labette County community, but also in honor of Mental Health Month. Labette Center for Mental Health Services looks forward to seeing individuals from the community at this function. More information will follow at a later time.

Monthly Trivia

February Answer

Soccer was the sport that sparked a war between El Salvador and Honduras after an unpopular referee call in 1969. In many other countries soccer is called football, for the obvious reason that it is a sport played with the feet. However, in America, we have a different meaning for football. There were some who turned in football for an answer, and, after asking for their meaning of the word, those answers were accepted.



www.triviaplaining.com

The winner was:
Vanessa Cohen

Trivia Question of the Month:

This event was held for the first time in the US on March 17th, 1762. What was it?

- A) Constitutional Convention
- B) Shriner's Convention
- C) Spelling Bee
- D) St. Patrick's Day Parade
- E) Baseball Game

Interesting Facts about Social Work:

- More than 600,000 people in the United States hold social work degrees.
- There are 5300 social workers in Kansas, living and/or working in at least 101 of 105 counties across the state.
- Social workers help people in all stages of life, from children to elderly, and all situations from adoption to hospice care.
- You can find social workers in hospitals, schools, police departments, mental health clinics, private practices, military facilities, and corporations.
- The Department of Veterans Affairs - the largest employer of social workers in the country - employs more than 6000 social workers to assist veterans and their families with individual and family counseling, client education, end of life planning, substance abuse treatment, crisis intervention, and other services.
- Forty percent of mental health professionals working with the Red Cross Disaster Services Human Resources system are social workers.
- There are hundreds of social workers in national, state, and local elected office, including two US Senators and seven US Representatives.
- Social workers' most frequent specialty practice areas are mental health (37%), child welfare/family (13%), health (13%) and aging (9%).
- With 12% of respondents planning on leaving the workforce in the next two years and the increasing need for social work services, there will likely not be enough social workers to meet the needs of clients.

Mental Health



Social Worker

www.knasw.com
www.socialworkers.org

Youth Skills Group Growing by Leaps and Bounds!

Good news comes from the Youth Skills Group. The group seems to be growing rather rapidly. There have been a large number of referrals made to the group by various programs in town and it has now grown in size to the point they will be holding two groups per week. There are a total of 19 youth involved in the group at this point. The group is targeted towards 14 to 18 year old youth. It uses cognitive restructuring and social skills to enhance member's problem-solving and decision-making skills. The group meets from 4:00 pm—5:30 pm on Monday's and Wednesday's. Kudos to Terry Fouts and Mark Mikel for their work with this group.

Web Links from this issue of the Newsletter

- www.walkkansas.org
- www.about.com
- www.socialworkers.org
- www.knasw.com
- www.triviaplaining.com
- www.brownielocks.com
- www.kshs.org

Kansas Health Fact:

In Kansas, only 48% of the population reaches the minimum goal for physical activity (150 minutes per week). Many Kansans are at risk for chronic disease – 37% are overweight; 27% are obese; and only 19% eat enough fruits and vegetables.

www.walkkansas.com

Congratulations to Kim Horn and Sandra Dickerson!!!!

On January 30th, 2009 Kim Horn completed her requirement for her LPN. She is now working towards her RN. With the acquirement of this LPN, Kim now holds a position with the center as a nurse. She is located in the office directly across the hall from Dr. Haslett. Congratulations to Kim and good luck in your continued schooling!!



Sandra Dickerson completed all the necessary requirements to gain a BS in Business Administration with a focus on Health Administration. She will continue her schooling to gain a Master's in this field. Congratulation to Sandra!!

Walk Kansas Recipe

Crispy Waffles

(Makes 12 waffles)

Ingredients:

- 1¾ cups skim milk
- ¼ cup water
- ¼ cup canola oil
- 3 eggs
- 1 teaspoon salt
- 2 tablespoons sugar
- 1a cups all purpose flour
- 1a cups whole wheat flour (Can use white whole wheat)
- 2¼ teaspoons (1 pkg.) active dry yeast OR 1 tablespoon baking powder

Directions:

1. Combine all-purpose flour, whole wheat flour, yeast, sugar, and salt in a mixing bowl. Stir to combine ingredients
2. Combine milk, water and oil; heat to 120-130 degrees F. either in the microwave or on the stovetop. Use a thermometer to verify the temperature.
3. Add the liquid ingredients to the dry mixture; stir by hand or blend on low speed with your mixer.
4. Add the eggs and beat 2-3 minutes on medium speed.
5. Cover the bowl and refrigerate the batter for several hours or overnight if using yeast; use right away if using baking powder.
6. To make waffles: preheat waffle iron. Remove batter from refrigerator and stir it down. (Batter should have a bubbly surface.)
7. Pour the batter onto the waffle iron and close the iron. Bake according to your waffle iron instructions. Serve immediately with your favorite toppings.

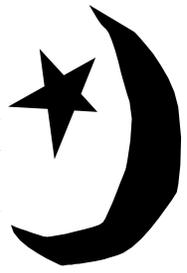
March is

- American Red Cross Month
- Optimism Month
- Celebrate Your Name Week (1st-7th)
- National Procrastination Week (2nd-8th)
- Act Happy Week (16th-22nd)
- Learn What Your Name Means Day (4th)
- Middle Name Pride Day (6th)
- Barbie Day (9th)
- Johnny Appleseed Day (11th)
- International Fanny Pack Day (14th)
- St. Patrick's Day (17th)
- National Chocolate Carmel Day (19th)
- Viagra Day (27th)
- Doctor's Day (30th)

www.brownielocks.com

Moon Phases for March

- First Quarter - March 4th
- Full Moon - March 10th
- Second Quarter - March 18th
- New Moon - March 26th



The full moon on the 10th is called the "worm moon" by the Native Americans of New England and the Great Lakes because at this time of year there are signs in the ground of earthworms due to the ground thawing and preparing for spring.

www.brownielocks.com

Kansas History in March

March 1st - [1885] - State Census. Population, 1,268,562; males 679,316; females, 589,246; native -- males, 601,962; females, 533,925; foreign -- males, 77,354; females, 55,321; white -- male, 654,841; females, 565,514; [black] -- males, 24,379; females, 23,655.

March 12th - [1888] - Towns along the Santa Fe were out of fuel. The Garden City *Herald* reported that "several young society gents were seen on their way to the residence of their best girls last night carrying a bucket of coal."

March 17th - [1856] - Senator Douglas, from the Committee on Territories, introduces a bill to authorize the people of Kansas to form a constitution; recommitted, June 25.

March 21st - [1936] - Kansas is enjoying the greatest boom in the oil industry since its peak year of 1919. [Ives, *Footprints on the Sands of Time*]

March 22nd - [1922] - The Southwestern Bell Telephone Co. was installing a dial telephone system at Topeka at a cost of \$1,250,000.

March 26th - [1879] - "Gold" found in Cowley county.

March 31st - [1915] - In the past 20 years Kansas had increased nine percent in population, 400 percent in value of crops, 200 percent in livestock, eggs and horticulture, 300 percent in manufacturers, and 400 percent in mineral output, the State Board of Agriculture reported.

www.kshs.org

***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.*

The Newsletter is going digital. This will be the first issue of the newsletter to be sent out to everyone via email. For those who I do not have an email address for, it will still be mailed to or printed off for. Please be sure to let me know if you have any problems receiving the newsletter. Thank you - Monica

Anniversaries

Tom Schibi 17 yrs March 1st
Adult Case Management Team Leader

LaShawn Taylor 1 yr March 12th
Children's Case Manager



March Birthdays

- Tara Fleck March 7th
Therapist
- Mark Haslett, MD March 16th
Medical Director/Psychiatrist
- Virginia Standley March 21st
Parent Support
- Kenisha Morton March 24th
Children's Case Manager

American History in March

- March 1st, 1692 - The Salem Witch Trials began.
- March 1st, 1932 - Charles Lindbergh's baby was kidnapped for ransom.
- March 4th, 1789 - The first United States Congress was held in New York.
- March 5th, 1770 - The Boston Massacre occurred.
- March 7th, 1876 - Alexander Graham Bell patented his telephone.
- March 8th, 1884 - Susan B. Anthony testified before the House of Representative's Judiciary Committee concerning giving women the right to vote.
- March 10th, 1848 - United States gained the Mexican states of California, New Mexico and part of Texas through the Treaty of Guadalupe Hidalgo
- March 17th, 1673 - Frenchmen Marquette and Joliet began their exploration of the Mississippi River and Great Lakes.
- March 20th, 1852 - *Uncle Tom's Cabin* by Harriet Beecher Stowe was published. This was an important book for abolitionists to gain support for the abolition of slavery.
- March 21st, 1925 - The teaching of the theory of evolution was outlawed in Tennessee eventually leading to the Scopes Trial.
- March 23rd, 1775 - Patrick Henry gave his famous "Give me liberty or give me death" speech before the American Revolution.
- March 30th, 1867 - America through the dealings of US Secretary of State William H. Seward bought Alaska from Russia. At the time, this purchase was nicknamed Seward's Folly.

www.about.com