

## Letter from the Desk of the Executive Director . . . .

One day, several weeks ago, a staff member came into my office and asked me “What’s the plan?” What they were referencing was the changes coming with KanCare, the State of Kansas’ flagship for not only changing how people with Medicaid receive medical care, but for showing that it can be done in a way “other than” the Affordable Care Act, known more and more derisively by some as “ObamaCare.”

Now, this was a very appropriate question, and I told the staff person that. What I’ve found interesting is that I’ve been thinking about that staff person’s question often since it was asked. Not that there hasn’t been a great deal of thought devoted to that question by staff and me. I dare say every decision I have made, or been involved in for the past year, has been made with KanCare in mind. What’s made the question so interesting to me is that, within that simple, short, and straight forward question are the very underpinnings of our future success.

“What’s the plan” on one level can be thought about in terms of what KanCare is trying to achieve. Well, that’s pretty straight forward; KanCare has the goal of, over the next 5 years, of pulling one *billion* dollars out of the Kansas Medicaid funding stream (the total spending stream of all Medicaid expenditures; at its height of FY11, there was approximately 205 million dollars spent through Kansas Medicaid on behavioral health care). It is predicted by the proponents of KanCare that the large majority of those savings will come through better outcomes and efficiencies in care coordination. For adults who have Severe and Persistent Mental Illness (the SPMI we serve in our CSS program) that means, through KanCare, CMHCs will function, starting in January of 2014, as health homes. So, “the plan” is for us to learn what the State of Kansas wants specifically to happen with that, what if any preferred model the State wants CMHCs to utilize to achieve that (which has yet to be determined as I write this) and which of the existing models that the Federal Government recognizes as approved health home models will work for an organization the size of Labette Center, in a rural setting like Labette County.

Another thing this means is that providers of behavioral health care must become more efficient in how that care is delivered. One aspect of efficiency is having a demonstrated way of identifying what the needs of each client are, and providing the correct types and amounts of service(s) that client needs. Through that determination those that need a great deal of services, receive it, while those who do not, well, they don’t. So, “the plan” towards that goal is the DLA-20 training that is scheduled to occur in November. For those who receive the training, they will be able to assign highly accurate Axis V level of functioning scores to our clients, and through that score, along with other factors, take a huge leap forward in operationally defining the treatment needs of those we serve.

Beyond this though are other areas that fall under the question of “What’s the plan?” Strategically, “the plan” is to adapt to the new paradigm developing in behavioral health, a paradigm driven by efficiency and outcomes, not one of process. It means remembering, as I’ve written about before, that two of Labette Center’s largest ideological enemies are the stances of “We’ve always done it this way” and “We’ve never done it this way.” Intra-organizationally, “the plan” is to help everyone understand and remember that we are all part of the success of Labette Center, and those we serve, and to do that means remembering to treat ourselves with respect, and courtesy, and to interact with our coworkers in the way that we want to be interacted with. “The Plan” in part is to help everyone understand that everyone here, before they had a job title, started out a person, and all the imperfection that comes with that, but to also help everyone understand that situations can usually be improved through respectful, thoughtful and adult conversation.

So, all that out of a three word question (four, if you want to count the contraction as two words). To the staff member, who asked it of me, thanks. To those of you reading this, I hope “the plan” is a little clearer.

As always, come on by if you have thoughts or questions...

Matt

# 2012 Company Picnic

Recipients of gift Cards from the 6<sup>th</sup> Annual Company Picnic were: Gas Cards: Andrea Scott - \$10, Jessica Ramsey-\$10, Mandy Shaw-\$10, Rebekah Wells-\$10, Monica Simpson-\$15, Rebecca Gray-\$15, Susan Lynch-\$15, Mark Haslett-\$15, Emma Vore-\$20, Babette Collins-\$20, Jeanne McCallum-\$20, Matt Newton-\$20, Natasha Purcell-\$20, Lisa Morse-\$25, Mark Mikel-\$25. Wal-Mart Gift Card: Virginia Standley-\$50.



## Flu Shot Clinic

As part of our Wellness Program, Labette Center will be offering a FREE flu vaccine clinic on Monday, October 29th at 8am. This clinic is free to ALL staff and as always, voluntary. Staff from Labette Health will be here at the main building in the multipurpose room to conduct the flu vaccine clinic.

Everyone is encouraged to participate and take advantage of this wonderful benefit!! A signup sheet will be posted in the Resource room at the main building. Anyone interested in receiving a flu shot must sign up before Friday, October 12th. If you have any questions feel free to ask.

## Flu Season Is Coming! Know The Symptoms

In the United States, flu season occurs in the fall and winter. The peak of flu season has occurred anywhere from late November through March.

### Influenza Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

If you are experiencing these symptoms, we encourage you to stay home.

### Flu Complications

Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death. Pneumonia, bronchitis, and sinus and ear infections are three examples of complications from flu. The flu can make chronic health problems worse.

One study found that during the 1990s, flu-related deaths in the United States ranged from an estimated 17,000 during the mildest season to 52,000 during the most severe season (36,000 average). Over a period of 31 seasons between 1976 and 2007, in the United States range from a low of about 3,000 to a high of about 49,000 people. During a regular flu season, about 90 percent of deaths occur in people 65 years and older.

Source: [www.cdc.gov](http://www.cdc.gov)

## Labette Center Receives High Fidelity in Second Area

Labette Center was found to be in high fidelity with the policies and practices of the KU Strength Based Case Management evidence based practice during a recent review. 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 Strength Based Case Management. The importance of following fidelity is that for clients in our adult case management program, 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. In their report, KU praised staff and said that LCMHS has a very positive and well trained case management staff. "Staff are overall very hope-inducing, seem excited about their work and express belief in their clients' ability to recover." stated Leslie Young, LCSW, University of Kansas. Clients who were interviewed during the review process also gave high reviews of the Center's case management staff. Thank you to all the employees of LCMHS which made receiving this status possible.

## Adult Psycho-social Skills Group

Katrina Beach, Adult Psycho-social group leader, is now holding Social Skills classes of our adult population. The Basic skills group is held on Wednesday's and Friday's at 10:00am and the Advanced Skills group is held on Monday's and Friday's at 1:00pm. The group focuses on the "Pathways to Recovery" curriculum and helps individuals gain skills to increase their coping mechanisms. Anyone who has questions regarding the group please contact either Misti Mustain or Katrina Beach.

## Pumpkin & Cream Bread (low calorie)

Yield: 2 loaves (14 slices each)  
79 calories per slice  
Batter:  
1-1/2 c. pureed pumpkin  
1/2 c. unsweetened applesauce  
1 whole egg  
3 egg whites  
1 c. all-purpose flour  
2/3 c. whole wheat flour  
1/2 c. Stevia Cup For Cup sweetener  
1/2 c. granulated sugar  
1 t. baking soda  
1/2 t. ground cinnamon  
1/2 t. ground nutmeg

Cream filling  
8 oz. reduced fat cream cheese  
1/4 c. granulated sugar  
1 T. all-purpose flour  
2 egg whites  
1 t. vanilla extract

### METHOD:

1. For the Batter: With an electric mixer, beat the pumpkin, applesauce, egg, and egg whites on medium speed until smooth. In a separate bowl, combine the flours, Stevia, sugar, baking soda, cinnamon and nutmeg. Slowly mix the flour mixture into the pumpkin mixture.
2. For the cream cheese filling: Beat the cream cheese, sugar, vanilla, egg whites and flour until creamy and smooth.
3. Grease 2 8x4x2" loaf pans. Divide half of the batter between the two pans. Pour half of the filling in one pan and the other half in the second pan and smooth with the back of a spoon. Top with the remaining batter.
4. Bake in a 350 degree oven for about 40 minutes, or until a toothpick inserted comes out clean. Don't overbake or your bread will be dry on the edges. Cool and remove from pans. Store in the refrigerator in an airtight container.



## Shirt Orders

It is that time of year again! We will be putting in the Fall shirt order at the end of October. Anyone who would like to purchase a polo shirt with the Center's logo on it may put orders in during this month. Samples of shirts and sizes, as well as the color chart, will be available in Monica Simpson's office for anyone who would like to see them or try them on. As always, employees may purchase any clothing from the catalog they wish, but are only able to wear those articles of clothing to work that fit the guidelines of the Center's dress code policy. Based on the Spring order prices, Port Authority Polo Shirts were \$18.45 each, Sport Tek Polo Shirts were 22.45 each, and T-Shirts were \$8.30 each (prices increase with sizes 2XL and up). Please keep in mind that these prices are subject to change, and prices are dependent on number of shirts ordered. Please be sure and let Monica know by October 31st if you are interested in purchasing a shirt. Shirts will be ordered on October 31st and generally take approximately 2 weeks to be delivered. Shirts will be delivered to employees upon payment.

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## Help us Reach 400 Likes!!!!

The week of October 7th through October 13th is National Mental Illness (Health) Awareness Week. Help us spread awareness about mental health issues by reaching a goal of 400 "likes" by the end of October!!!! Like our page, share it with your friends and encourage others to do the same. By being aware of mental health issues, we can all help fight the stigma!

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Angela Johnson has resigned her position as an Adult Case Manager with Labette Center to further pursue her career in the medical field. Angela's last day with the center was on September 28th.

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## Position Available

Labette Center for Mental Health Services, Inc. in Parsons, Kansas, is seeking to add a Psychosocial Aide to our staff. The primary function of the position is to provide support for children and adolescents. All applicants must be 18 years of age or older, have a valid driver's license and be able to pass a background check. This is a part time position. Applications can be picked up at 1730 Belmont, Parsons, KS, or send cover letter and resume to LCMHS, Inc. Attn: Natasha Purcell, Human Resource Coordinator, PO Box 258, Parsons, KS 67357-0258 or you can email your resume to [npurcell@lcmhs.com](mailto:npurcell@lcmhs.com). Information about Labette Center for Mental Health Services, Inc. can be obtained at [www.lcmhs.com](http://www.lcmhs.com). EOE.

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## 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

## October Birthdays

Mark Gardner A/D Counselor	October 7th
Trinette Vance Adult TCM Case Manager	October 14th
Doug Hale Adult Case Manager	October 17th
Michelle Bernd Crisis Therapist	October 25th
Monica Simpson Admin. Assistant/PR-Marketing	October 30th
Emma Vore Adult Case Manager	October 31st



## Employee Anniversaries

Zach Schibi Navigator's Group Leader	1yr	October 4th
Rebecca Gray Therapist	1yr	October 10th
Jonathan Tower CMA	5yrs	October 11th
Rebecca Wells Children's Case Manager	1yr	October 17th
Betty Reissig Front Office Receptionist	2yrs	October 18th
Lorraine Royer Attendant Care	4yrs	October 21st



Last Quarter October 8th  
New Moon October 15th  
First Quarter October 21st  
Full Moon October 29th

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## 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 October

- October 1<sup>st</sup>, 1908** - Henry Ford introduced the Model T.
- October 2<sup>nd</sup>, 1950** - First *Peanuts* cartoon drawn by Charles Schulz appeared.
- October 3<sup>rd</sup>, 1863** - Thanksgiving was named an official holiday by President Abraham Lincoln.
- October 5<sup>th</sup>, 2001** - Tom Ridge became America's first US Homeland Security Advisor under George W. Bush.
- October 6<sup>th</sup>, 1927** - First talking movie, "Jazz Singer" was released.
- October 8<sup>th</sup>, 1871** - Chicago fire occurred.
- October 8<sup>th</sup>, 1897** - Dow Jones was created.
- October 12<sup>th</sup>, 1492** - Land sighted by Christopher Columbus.
- October 12<sup>th</sup>, 1901** - Theodore Roosevelt named the President's residence the White House.
- October 13<sup>th</sup>, 1792** - George Washington laid the foundation stone for the White House.
- October 14<sup>th</sup>, 1912** - Theodore Roosevelt shot in an attempted assassination.
- October 15<sup>th</sup>, 1969** - Massive Vietnam War demonstrations occurred in New York City protesting the war.
- October 17<sup>th</sup>, 1777** - American troops defeated the British in the Battle of Saratoga.
- October 18<sup>th</sup>, 1873** - Rules formulated for American football.
- October 18<sup>th</sup>, 1898** - The United States took possession of Puerto Rico from Spain.
- October 18<sup>th</sup>, 1989** - Huge earthquake hit San Francisco.
- October 19<sup>th</sup>, 1781** - British surrendered ending the Revolutionary War.
- October 21<sup>st</sup>, 1967** - During the Vietnam War, more than 100,000 war protesters gathered in Washington, DC. for a peaceful rally at the Lincoln Memorial.
- October 23<sup>rd</sup>, 1954** - Occupation of Germany ended.
- October 24<sup>th</sup>, 1861** - First transcontinental electric telegraph completed.
- October 24<sup>th</sup>, 1931** - Al Capone charged with tax evasion.
- October 26<sup>th</sup>, 1881** - Gunfight at the OK Corral occurred.
- October 28<sup>th</sup>, 1886** - Statue of Liberty dedicated.
- October 29<sup>th</sup>, 1929** - Black Tuesday: The New York Stock Exchange crashed beginning the Great Depression.
- October 30<sup>th</sup>, 1938** - "The War of the Worlds" radio broadcast occurred.

www.about.com



**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.

## October is .....

- Bullying Prevention Month
- Caffeine Addiction Recovery Month
- Children's Magazine Month
- Christmas Seal Campaign
- Class Reunion Month
- Domestic Violence Awareness Month
- Down Syndrome Awareness Month
- Emotional Wellness Month
- Financial Planning Month
- Head Start Awareness Month
- Italian-American Heritage Month
- International Strategic Planning Month
- International Walk to School Month
- National Book Month
- National Breast Cancer Awareness Month
- National Caramel Month
- National Chili Month
- National Cookbook Month
- National Crime Prevention Month
- National Depression Education & Awareness Month
- National Pregnancy & Infant Loss Awareness Month
- National Sarcastic Awareness Month
- National Stamp collecting Month
- National Sudden Infant Death Syndrome Awareness Month
- World Menopause Month
- Universal Children's Week (1-7)
- Customer Service Week (1-5)
- Mental Illness Awareness Week (7-13)
- Freedom From Bullies Week (14-20)
- Teen Read Week (14-20)
- National Food Bank Week (14-20)
- Fall Astronomy Week (15-21)
- Kids Care Week (21-27)
- Red Ribbon Week (21-27)
- National School Bus Safety Week (22-26)
- International Magic Week (25-31)
- World Day of Bullying Prevention / Blue Shirt Day (1)
- Guardian Angels Day (2)
- Balloons Around the World Day (2)
- World Smile Day (5)
- Mad Hatter Day (6)
- Columbus Day (8)
- National Depression Screening Day (8)
- World Mental Health Day (10)
- Stop Bullying Day (10)
- Navy Birthday (13)
- Boss's Day (16)
- Support Your Local Chamber of Commerce Day (17)
- National Chocolate Cupcake Day (18)
- Mammography Day (19)
- World Pasta Day (25)
- Mule Day (26)
- National Forgiveness Day (27)
- National Chocolates Day 28
- National Candy Corn Day (30)
- Halloween (31)
- National Knock-Knock Jokes Day (31)
- National UNICEF Day (31)
- National Magic Day (31)

# Free Flu Vaccine Clinic!

*Labette Center for  
Mental Health Services, Inc.*

**CDC recommends a  
yearly flu vaccine as  
the first and most im-  
portant step in pro-  
tecting against flu vi-  
ruses**



**Sign up sheet is located in the re-**



**Location: Main Building - Multipurpose Room**

**Date: Monday, October 29, 2012**

**Time: 8:00 am**

***Even healthy people can get the flu, and it can be seri-***