

Art Show

It is once again time to start preparing for the Annual Labette Center Children and Adult Art Show. In celebration of Mental Health Month in May, we will once again be holding our art show at the Labette Community College Hendershot Gallery from May 17th through May 29th. We are looking forward to as many amazing entries to the show as possible! As in the past, artwork will be displayed on the display walls as well as stands placed around the room. There are even display cases for items that are more fragile! All artistic items are welcome, including but not limited to paint, charcoal, crayon, colored pencil, 3-D items, jewelry, poetry, etc. Please advise clients that no profanity, nudity, gang symbols or signs, sexual imagery, or violent imagery will be allowed to be shown. Artwork must be turned in no later than May 11th. Artwork will then be prepared for the show and transported to the college by LCMHS. Categories for art work will be separated into groups determined by age. Groups will be: 7 and under, 8 to 10, 11 to 14, 15 to 18 and 19 and up. Individuals may submit more than one piece.

As always, we are excited to see what wonderful pieces of art our clients, employees and children of employees are able to submit! It is an exciting opportunity for them to show off their artistic abilities to the public! Release for artwork to be displayed are located on pages 7 & 8 of this newsletter.

Care & Compassion Awards Banquet

We are looking forward to our 2nd Annual Care and Compassion Awards Banquet on Saturday March 10th! It will be an evening to remember with our 2012 Award Recipients being announced. We will also celebrate employees and board members years of service with Labette Center. Look for pictures from the event in the April Newsletter and on our website, www.lcmhs.com.

LCMHS Hosts Press Conference



Mr. Matthew Atteberry, Executive Director, LCMHS, speaks at the Press Conference.

Labette Center hosted a press conference to announce a \$25,000.00 Grant awarded to the Center by the Kansas Health Foundation's Recognition Grants program, which will be used in whole to support the Unused Medication Program in Kansas.

Recognition Grants expand the Kansas Health Foundation's support to a broad range of health-related organizations throughout the state. The program is targeted for organizations and agencies proposing meaningful and charitable projects that fit within the Foundation's mission of improving the health of all Kansans.

"We truly appreciate the work that our Recognition Grantees do to serve Kansans," said Steve Coen, president and CEO of the Kansas Health Foundation. "We're hopeful that more Kansans will become aware of these grants and how this funding can improve the health of communities all across our state."

In 2010, the Kansas Health Foundation provided nearly \$1 million through this program to help organizations accomplish more than 50 different projects intended to improve the health and wellness of Kansans. Using a competitive application process, the Foundation allocates up to \$2 million each year for the Recognition Grants program. Application deadlines for the two cycles are March 15 and Sept. 15 each year. Any tax-exempt, nonprofit organization using the money for charitable purposes and proposing a project meeting the Foundation's mission to improve the health of all Kansans is eligible.

The Unused Medication Program came about with *The Utilization of Unused Medications Act* (KSA 65-1668 through 1675) which was passed by the Kansas Legislature in 2008. It allows the donation of unused medications by adult care homes, mail service pharmacies, and medical care facilities to Federally Qualified Health Centers, indigent health care clinics and community mental health centers (CMHCs).



Ms. Michelle Sweeney, ACMHCKS, speaks at a Press Conference held at LCMHS on March 2nd.

Continued on Page 2 as "Press Conference"

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.



Ms. Krista Posti, Ex. Director, Community Health Center of SEK, speaks during the press conference.

To facilitate this, the Kansas State Board of Pharmacy issued regulations to ensure patient safety was maintained and the Kansas Department of Health and Environment's Bureau of Local and Rural Health established a central repository for donations. The Community Health Center of Southeast Kansas, the only indigent health clinic in Kansas with its own

pharmacy, was selected to oversee this repository. Effective January 1, 2011, Social and Rehabilitation Services joined the project and awarded additional funding of \$40,000 to cover the expense of opening the repository to the state's mental health centers. However, since then, the state has not been able to support the program's use for community mental health centers.

"Labette Center is honored to be a part of this process and to have provided the assistance of our services to facilitate this grant to the Unused Medication Program," stated Atteberry. "This program has the capability to help many of the uninsured patients in Labette County and beyond for both mental health and physical health needs. We truly appreciate all the work done by the repository."

The Kansas Health Foundation has seen the need for the program for those who are indigent and also have a mental illness. The Foundation granted \$25,000 to the Labette Center for funding the program for all Community Mental Health Centers who are eligible to participate. Last year, more than \$114,000.00 worth of medications were distributed to clients at the centers, ensuring access to medications that are critical to their care—both physical and mental health.



Mr. Bob Burke with the Unused Medication Repository explains how the repository works.



Labette Center was one of the first Community Mental Health Center to understand the value of the Unused Medication Program for indigent clients who received services there. Matthew Atteberry, Executive Director and Jon Tower, CMA were able to access the program as soon as it was available and have since then received \$20,875.28 in medications for clients.

Happy St. Patrick's Day
March 17th



Recipe of the Month

Try this healthy choice recipe for your St. Patty's day meal!

Corned Beef Hash

A classic Irish comfort food, this version has a healthier profile but tastes just as good, if not better. Corned beef can be purchased at your supermarket deli. Be sure to specify that you want it lean, which has only 1 gram of fat per ounce compared to 5 grams of fat per ounce in regular corned beef.

Serves: 4

Preparation time: 35 minutes

Cook time: 35 minutes

Ingredients

- 2 teaspoons canola oil
- 1 large onion, chopped
- 4 cups diced cooked potatoes or frozen hash brown potatoes
- 1 cup chopped lean corned beef brisket (4 ounces)
- 1/2 cup reduced-sodium chicken broth
- 1/4 cup chopped fresh parsley
- Salt & freshly ground black pepper to taste
- 4 large eggs

Preparation

1. In a large cast-iron skillet, heat oil over medium-high heat. Add onion and sauté until it starts to brown, 5-8 minutes.
2. Add potatoes and cook, stirring, until they brown in spots and become crusty, about 8 minutes more.
3. Stir in corned beef and broth. Cook, scraping up any browned bits, until liquid is absorbed, 5-8 minutes. Add parsley and season with salt and pepper.
4. Meanwhile, fill a large skillet with 2 inches salted water and bring to a gentle simmer. Break eggs, one at a time, onto a saucer and slide into the simmering water. Poach eggs until set to desired firmness, 4-5 minutes.
5. Divide hash among 4 plates. Place eggs on top of hash.

Enjoy!

Nutrition Facts

- Per serving:
- 320 calories
- 13 g fat (4 g sat, 6 g mono)
- 240 mg cholesterol
- 36 g carbohydrate
- 15 g protein
- 3 g fiber
- 493 mg sodium

2011-2012 Wellness Program

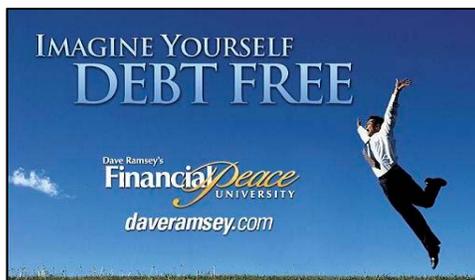
The first weigh in took place on December 29th, 2011. If you were unable to attend this weigh in, please be sure to contact Natasha Purcell to find out alternative ways to have your weigh in information used. The next weigh in will take place in March, 2012. Jessica Hildrith will be making updates to the Wellness Website periodically. If anyone has not received their username and password for the website or are having any difficulty logging into the website, please contact Provant at:

portalsupport@provanthealth.com. Visit the Center's website at www.lcmhs.com and log in to the employee site for more information on the 2011-2012 Wellness Program, which includes information on Dave Ramsey's Financial Peace course and how to sign up for it! For more information employees may contact Natasha Purcell, Human Resources at npurcell@lcmhs.com or through babble.

Sign up TODAY for the Dave Ramsey Financial Peace Workshop!

"The Financial Peace workshop is a program that teaches you how to beat debt, build wealth and keep your own economy thriving."

This program will be offered as an online workshop, so internet access is necessary to participate. The membership fee is FREE to full time employees and family members may attend along with you at no extra cost. Labette Center will offer payroll deduction for the price of the membership fee for those employees that do not complete the program in the appropriate amount of time. Upon



successful completion of the program (attending 10 of the 12 lessons) you must present your certificate to Natasha Purcell in order to avoid being charged. Check out the Dave Ramsey video by going to our website www.lcmhs.com and employee login. Contact Natasha Purcell, Human Resources for further information and to SIGN UP!!

Benefits From Quitting Smoking

The American Cancer Society lists some of the immediate and long-term health benefits of quitting smoking:

After 20 minutes, blood pressure drops to normal.

After 8 hours, the carbon monoxide level in the blood drops to normal.

After 48 hours, nerve endings start growing and the senses of smell and taste are enhanced.

In one to nine months, coughing, sinus congestion, fatigue, and shortness of breath decrease and cilia (tiny, hair like cells that move continually to clean air that is breathed in) regrow in the lungs.

After five years, the chance of dying from lung cancer decreases by almost half.

After 15 years, the risk of heart disease is equal to that of a nonsmoker, and the risk of dying from lung cancer is only slightly higher than that of a nonsmoker.

Smoking takes an average of at least seven years off every smoker's life, which works out to five and a half minutes per cigarette.

The risk of lung cancer drops considerably after five years of not smoking.

Source: www.cancer.org

What happens to your body when you SMOKE

0-10 Seconds - ...smoke passes through your mouth, leaving a faint brown film on your pearly whites. Toxic gases such as formaldehyde and ammonia immediately put your immune system on alert, causing all-over inflammation.

Your body gets a jolt of energy as the nicotine hits your adrenal glands, triggering an outpouring of adrenaline that raises your blood pressure and heart rate. Your heart is unable to relax fully between beats—and you are now at a higher risk of having a stroke.

At the same time, carbon monoxide (a toxic component also found in car exhaust) from the smoke is starting to build up in your blood, limiting your body's ability to transport oxygen to your vital organs. This is caused by your blood vessels constricting, or tightening, as a result your blood pressure goes up 5 to 10 points.

The temperature of your skins drops by 6 degrees Fahrenheit due to your blood rushing to your heart.

Via the blood-stream, nicotine hits your brain; where certain nerve cells respond by letting loose a flood of the feel-good neurotransmitter dopamine.

5 Minutes - As dopamine levels quickly plummet back to normal, your body yearns for another high—even if you're not aware of it. If you frequently give in to the craving, your brain will get hooked and you'll crash into withdrawal when you try to stop smoking (some experts suggest that nicotine could be just as addictive as heroin).

The hypothalamus, which regulates hunger, gets a "speed-up" message, so your appetite falls.

The cigarette smoke is gone, but your body will be mopping up toxic substances for the next six to eight hours.

Forever - The cigarette's parting gift: gooey brown tar in your lungs.

Tobacco is a poisonous plant. The poison in it is nicotine which is a natural defense to keep bugs from eating its leaves.

Source: www.CDC.gov



Misti Mustain to Speak at DBSA Group

Depression Bipolar Support Alliance meets on the first and third Mondays at 7:00p at Labette Health 3rd Floor Classroom. This month we have a featured speaker for March 19th, 2012, Misti Mustain, from Labette Center for Mental Health Services Inc. Mustain is a Licensed Master Level Psychologist and Licensed Clinical Addictions Counselor, with eleven years of experience. Mustain is currently the Community Support Services Coordinator for the adult program at LCMHS. This program has implemented and maintained evidenced based practice of Integrated Dual Diagnosis Treatment.

Research indicates that about fifty percent of people with Schizophrenia, Bipolar and other Mood Disorders will have a substance use disorder at some time in their life. Recovery from both substance use disorder and mental illness occurs in stages over-time, and coping with both disorders can lead to some unique challenges. There is hope, support, and treatment that is effective for these conditions. Mustain will be covering effects and education about substances, how use of substances impacts individuals that are also dealing with mental illness, tools that are helpful in working towards recovery, and answer questions you may have about dual diagnosis issues.

For more information please contact:
Jean McCandless
(620) 421-8415

March Recipient of the Parsons Theater Movie Tickets!

Congratulations to Mandy Shaw, the March winner of the Parsons Theater Movie Tickets! Be sure to pick up tickets before the end of the month. If tickets are not picked up, they will be put back in to the group of tickets for another drawing.



Daylight Savings time begins on Sunday March 11th at 2:00am. Don't forget to set your clocks forward an hour!

Spring is here - its time to SPRING forward!

New Employees



Elizabeth loves to travel and spend time with her family. Welcome to Labette Center Elizabeth!

Labette Center for Mental Health Services would like to welcome Elizabeth Davis to our Navigator's staff. Elizabeth began working with Labette Center on Tuesday February 21st in the psychosocial program. Elizabeth, who is married to her high school sweetheart and has 3 children and two cats, is a full time student at LCC where she is studying psychology. Born in Chanute, her family moved to the Olathe area when she was a child, where they lived for 10 years. Elizabeth moved to Parsons and has resided here for the last thirteen years. She enjoys attending her children's extracurricular activities including basketball, dance and volleyball, which keeps their family very busy.



Darla Kristin joined the LCMHS staff on March 5th as part of our Navigator's staff. Darla is a Kansas Native who, after living in Virginia, has returned to Kansas and currently lives in Parsons. She has one daughter who resides in Virginia. Darla enjoys writing poetry and has had her work published in both the United States and the United Kingdom. She also enjoys playing the guitar and singing. Darla loves people and looks forward to working in the Navigator's program. We would like to welcome Darla to Labette Center!

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

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

Promo Code: **Charlie**

CRSS Meeting

On Thursday March 1st, Labette Center hosted a CRSS Consortium Meeting (Coordinated Resource and Support Services). There were a total of 16 people in attendance. Karen VanLeeuwen spoke with the group about the Parsons State Hospital.

March Anniversaries

Tom Schibi	March 1st	20yrs
CSS Team Lead		
Jordan Cager-Davis	March 4th	1yr
Navigator's Aide		
Katee Lane	March 16th	2yrs
Business Office		
Judy Blackburn	March 22nd	2yrs
Receptionist		

March Birthdays

Dr. Mark Haslett	March 16th
Medical Director/Psychiatrist	
Zack Schibi	March 19th
Navigator's Aide	
Virginia Standley	March 21st
Parent Support	
Kenisha Morton	March 24th
Children's Case Manager	

Visit our Website!

Check out all the changes to the Website! Visit 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

Also - Join us on **FACEBOOK!!!** Updates, quotes, mental health news, etc are posted

American History in March

- March 1st, 1692** - The Salem Witch Trials began.
- March 1st, 1932** - Charles Lindbergh's baby was kidnapped for ransom.
- March 1st, 1954** - Bravo test of world's first full-scale hydrogen bomb at Bikini Atoll.
- March 1st, 1961** - President Kennedy formed the Peace Corps.
- March 2nd, 1807** - Congress banned the import of slaves to America.
- March 2nd, 1836** - Texas declared independence from Mexico.
- March 2nd, 1864** - Abraham Lincoln rejected Robert E. Lee's call for peace talks demanding unconditional surrender as the only way to end the Civil War.
- March 3rd, 1931** - "The Star Spangled Banner" was adopted as the National Anthem.
- March 4th, 1789** - The first United States Congress was held in New York.
- March 5th, 1770** - The Boston Massacre occurred.
- March 5th, 1946** - Churchill gave his famous Iron Curtain Speech to a graduating class in Missouri concerning the Soviet Union and the Cold War.
- March 6th, 1836** - The Siege of the Alamo ended with a massacre of the Alamo's defenders by Mexican troops.
- March 7th, 1876** - Alexander Graham Bell patented his telephone.
- March 9th, 1933** - The first 100 days of Franklin Roosevelt's New Deal legislation began.
- March 13th, 1862** - Union troops are ordered not to return fugitive slaves to their owners during the Civil War.
- March 14th, 1794** - Eli Whitney was granted a patent for the cotton gin.
- March 14th, 1900** - President William McKinley signed the United States into a gold standard with the Gold Standard Act.
- March 14th, 1964** - Jack Ruby was found guilty of killing Lee Harvey Oswald.
- March 17th, 1673** - Frenchmen Marquette and Joliet began their exploration of the Mississippi River and Great Lakes.
- March 18th, 1766** - British Parliament repealed the Stamp Act leading up to the American Revolution.
- 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 22nd, 1622** - 350 American settlers were killed by Algonquian Indians at the James River near Jamestown.
- March 22nd, 1638** - Anne Hutchinson was expelled from the Massachusetts Bay Colony.
- March 23rd, 1775** - Patrick Henry gave his famous "Give me liberty or give me death" speech before the American Revolution.
- March 24th, 1765** - The Quartering Act was passed by the British requiring colonists to house British troops. Quartering of troops angered colonists so much that when they finally gained independence, they included an amendment in the Bill of Rights that would not allow troops to be quartered in private homes during peacetime.
- March 25th, 1634** - Lord Baltimore led the first settlers into Maryland.
- March 27th, 1814** - US troops under General Andrew Jackson inflicted an overwhelming defeat on the Creek Indians at the Battle of Horseshoe Bend.
- March 29th, 1638** - The Swedes established the first settlement in Delaware.
- March 29th, 1973** - US troops pulled out of South Vietnam.
- 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.
- March 31st, 1774** - Boston Harbor was closed by Great Britain through the Boston Port Act. This was one more action that would lead to the American Revolution.

March is

American Red Cross Month
Bell Peppers and Broccoli Month
Berries and Cherries Month
Employee Spirit Month
Honor Society Awareness Month
International Ideas Month
International Women's Month
Irish-American Heritage Month
Music in Our Schools Month
National Athletic Training Month
National Caffeine Awareness Month
National Craft Month
National Ethics Awareness Month
National Kidney Month
National Kite Month
National Nutrition Month
National Social Workers Month
Poison Prevention Awareness Month
Sing with Your Child Month
Youth Art Month
Festival of Owls Week (2-4)
Celebrate Your Name Week (4-10)
National Procrastination Week (4-10)
National Social Work Week (4-10)
Newspaper in Education Week (5-9)
Universal Women's Week (8-14)
Girl Scout Week (11-17)
Wildlife Week (12-18)
Act Happy Week (19-25)
American Chocolate Week (19-24)
Root Canal Awareness Week (25-31)
National Cleaning Week (26-31)
Peace Corps Day (1)
Dr. Seuss Day (2)
National Anthem Day (3)
International Women's Day (8)
Genealogy Day (10)
Salvation Army Day (10)
Donald Duck Day (13)
Potato Chip Day (14)
Ides of March (15)
International Astrology Day (17)
St. Patrick's Day (17)
First Day of Spring (20)
National Puppy Day (23)
Education and Sharing Day (27)
Doctor's Day (30)

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Full Moon	March 8th
Last Quarter	March 14th
New Moon	March 22nd
First Quarter	March 30th

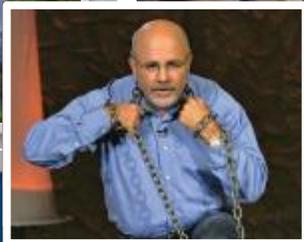
WITH FINANCIAL PEACE WORKPLACE EDITION, YOU WILL LEARN HOW TO

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.

2012 Art Show

RELEASE OF INFORMATION FORM Adult Form

This form must be submitted with the artwork to Labette Center for Mental Health no later than **May 11th, 2012 at 5:00 PM.**

Please Print

Regarding (Artist Name)

I, _____, hereby agree to have my artwork displayed in all activities and agenda items scheduled for the 2010 art show sponsored by Labette Center for Mental Health Services, Inc.

I agree not to hold LCMHS liable in the event of an accident. I agree to allow recording of my artwork for publications, trainings and education. I realize that I may withdraw my permission at any time by submitting a statement of withdrawal in writing to Labette Center for Mental Health.

Please sign and date below the appropriate statement:

YES! - My **FIRST** name may be used in conjunction with any publications.

Signature Date

NO! - My name may not be used in conjunction with any publications.

Signature Date

Title of Art Work

(Example: Little Pink House or Watercolor of white swan on blue lake, or Sunset on the river)

Description of Art Work
